DOCUMENT RESUME

ED 417 127 SO 029 322

TITLE	The Esalen Catalog, 1993-1997.
INSTITUTION	Esalen Inst., Big Sur, CA.
PUB DATE	1997-00-00
NOTE	1056p.; Published triennially. This five-year compilation has been done by Ted Brandhorst and Peter Friedberg as a "Friends of Esalen" project; it supplements the earlier thirty-year compilation (1962-1992), see ED 347 118.
AVAILABLE FROM	Esalen Institute, Big Sur, CA 93920-9616 ($15 domestic subscription; $17 Canada/Mexico; $22 Europe/South America; $25 all other countries); Phone: 408-644-8476.
PUB TYPE	Collected Works - Serials (022) -- Reference Materials - Directories/Catalogs (132)
EDRS PRICE	MF07/PC43 Plus Postage.
DESCRIPTORS	*Consciousness Raising; Gestalt Therapy; Group Dynamics; Group Therapy; *Individual Development; Self Evaluation (Individuals); *Sensitivity Training
IDENTIFIERS	Counter Culture; Encounter Groups; *Esalen Institute CA; *Human Potential Movement

ABSTRACT

This document consists of a compilation of the 14 issues of "The Esalen Catalog" published during the 5-year period 1993-1997. An earlier compilation (ED 347 118 in the ERIC database) covering the 30-year period 1962-1992, describes the geographic location, history, and purpose of the Esalen Institute. Esalen provides a forum in which the various exponents of the human potential movement can present their ideas in weekend-long and week-long seminars and workshops. "The Esalen Catalog" provides a full description of these offerings, including brief biographies of the teachers and leaders of the sessions and, occasionally, essays on Esalen and on issues in the field. Because Esalen has been in continuous operation since the beginning of the human potential movement, its catalog may be regarded as an historical record of the movement's major schools of thought and major "gurus". Examples of some of the many topics represented in the catalog during this period are (alphabetically): Acupressure, Biodrama, Biofeedback, Breema Bodywork, Buddhism, Chakra Integration, Conscious/Lucid Dreaming, Cortical Reeducation, Craniosacral Massage, Drumming, Dzogchen, Enneagrams, Feldenkrais Method, Gestalt Practice, Hatha Yoga, Herbology, Holoenergetics, Holotropic Breathwork, Hypnosis, Integrative Body Practice, Ishta Yoga, Kundalini Yoga, Life Energy Process, Lomi Bodywork, Massage, Meditation, Mysticism, Psychodrama, Qigong, Raku, Reflexology, Rubenfeld Synergy Method, Sensory Awareness, Shamanism, Somatics, SomatoEmotional Release, Sufism, Tai Chi, Tantric Yoga, Tao Mentoring, Therapeutic Touch, Vipassana Meditation, Vision Painting, Yoga, Zen, and Zero Balancing. (WTB)

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ED 417 127

The Esalen Catalog

(1993 - 1997)

A collection of the 14 issues of *The Esalen Catalog*
published from 1993 through 1997.

Compiled by Ted Brandhorst

as a "Friends of Esalen" Project
with the Assistance of the Esalen Staff

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II. Collation Report

III. ERIC Record for 1962-1992 Catalogs

IV. Availability via ERIC, as described in *The Esalen Catalog*

V. *The Esalen Catalog, 1993-1997* (14 Issues, Arranged Chronologically)

S0029322

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I. Introduction

The Esalen Catalog lists the seminars, workshops, and other sessions that are held at the Esalen Institute, Big Sur, California. It is arranged in the form of a catalog from which prospective participants can select (from the current catalog) the group most appropriate for their needs. Each session usually has a paragraph description, written by the group leader, that describes its content and aims. At the back of the catalog, biographic information about each group leader is provided, further helping to define session content and approach.

Early catalogs were brief, but later catalogs have included a wide variety of articles on major figures and schools of thought. Given the rich content of the catalogs (course descriptions, group leader vitae, and substantive articles) and given Esalen's on-going central position in the "Human Potential Movement," it is not hard to see that *The Esalen Catalog* is, in effect, a kind of moving edge history of the major human potential concerns during the last thirty-five years. It was, of course, never designed to perform such a function, but via the "incremental" approach and the passage of time, it now amounts to an unexpected treasure trove of historical source material.

This compilation of fourteen (14) catalogs covers the five-year period 1993-1997. An earlier compilation (ED 347 118 in the ERIC database) covered the entire 30-year period from Esalen's beginnings in 1962 through 1992, and included 102 total issues. It was done as a Friends of Esalen project to help celebrate Esalen's thirtieth anniversary in 1992. Because no one had thought to collect *The Esalen Catalog* in the beginning, the first comprehensive compilation took two years to accomplish and involved rummaging in many basements and attics. Rather than wait so long again and perhaps face similar problems, it was decided to aim for supplemental compilations every five to ten years. This is the first such supplelmental compilation. It adds 14 catalogs to the previous 102 for a grand total of 116 catalogs through 1997 (covering classes up to February 1998).

Acknowledgments

The fourteen (14) issues of *The Esalen Catalog* included here were assembled and to the U.S. Department of Education's Educational Resources Information Center (ERIC) through the efforts of Peter Friedberg, current co-editor of the *Catalog*, (along with Margaret Livingston).

The Introduction, Collation Report, ERIC cataloging/indexing/abstracting, and preparation for filming were done by Ted Brandhorst, of the ERIC Processing and Reference Facility (who performed the same functions for the 1962-1992 compilation).

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The Esalen Catalog, 1993-1997

Collation Report

					Issue Size			
Item No.	Title	Volume	Issue Number	Date	Numbered Pages	Format/ Orientation	Microfiche Frames	Notes
103	—*The Esalen Catalog*	32	1	January - June 1993	67	Regular (8½" x 11")	68	
104	—*The Esalen Catalog*	32	2	May - October 1993	71	Regular (8½" x 11")	72	
105	—*The Esalen Catalog*	32	3	September 1993 - February 1994	67	Regular (8½" x 11")	68	
106	—*The Esalen Catalog*	33	1	January - June 1994	68	Regular (8½" x 11")	72	Only two issues were published in 1994.
107	—*The Esalen Catalog*	33	2	July - December 1994	72	Regular (8½" x 11")	76	
108	—*The Esalen Catalog*	34	1	January - June 1995	72	Regular (8½" x 11")	75	"Esalen" in a calligraphic script begins appearing prominently as a logo, generally larger than the catalog's name.
109	—*The Esalen Catalog*	34	2	May - October 1995	72	Regular (8½" x 11")	74	
110	—*The Esalen Catalog*	34	3	September 1995 - February 1996	72	Regular (8½" x 11")	74	
111	—*The Esalen Catalog*	35	1	January - June 1996	72	Regular (8½" x 11")	74	
112	—*The Esalen Catalog*	35	2	May - October 1996	72	Regular (8½" x 11")	74	
113	—*The Esalen Catalog*	35	3	September 1996 - February 1997	72	Regular (8½" x 11")	74	
114	—*The Esalen Catalog*	36	1	January - June 1997	80	Regular (8½" x 11")	82	
115	—*The Esalen Catalog*	36	2	May - October 1997	80	Regular (8½" x 11")	82	
116	—*The Esalen Catalog*	36	3	September 1997 - February 1998	80	Regular (8½" x 11")	84	

TITLE: The Esalen Catalog, 1962-1992.
INSTITUTION: Esalen Inst., Big Sur, Calif.
CLEARINGHOUSE: Social Studies/Social Science Education; code: SO
CLEARINGHOUSE No. -- SO022520
CITATION: 1992; 4584 Page(s); 48 Microfiche
ERIC ACCESSION No. -- ED347118
NOTES: Issued triannually.
AVAILABILITY: Esalen Institute, Big Sur, CA 93920 ($15 Domestic Subscription; $17 Canada/Mexico; $22 Europe/South America; $25 all other countries).
EDRS PRICE: Level & Cost: Paper Copy: $750.72 Microfiche: $12.13 Plus Postage. To order, write to: EDRS, 7420 Fullerton Road, Suite 100, Springfield, Virginia, 22153-2852, USA; or call: 800-443-3742; 703-440-1400; FAX: 703-440-1408; Internet: edrs@inet.ed.gov

KEYWORDS, MAJOR:
Consciousness Raising; Individual Development; Sensitivity Training | Esalen Institute CA; Human Potential Movement

KEYWORDS, MINOR:
Group Dynamics; Group Therapy; Self Evaluation[Individuals] | Counter Culture; Encounter Groups; Gestalt Therapy

ABSTRACT:

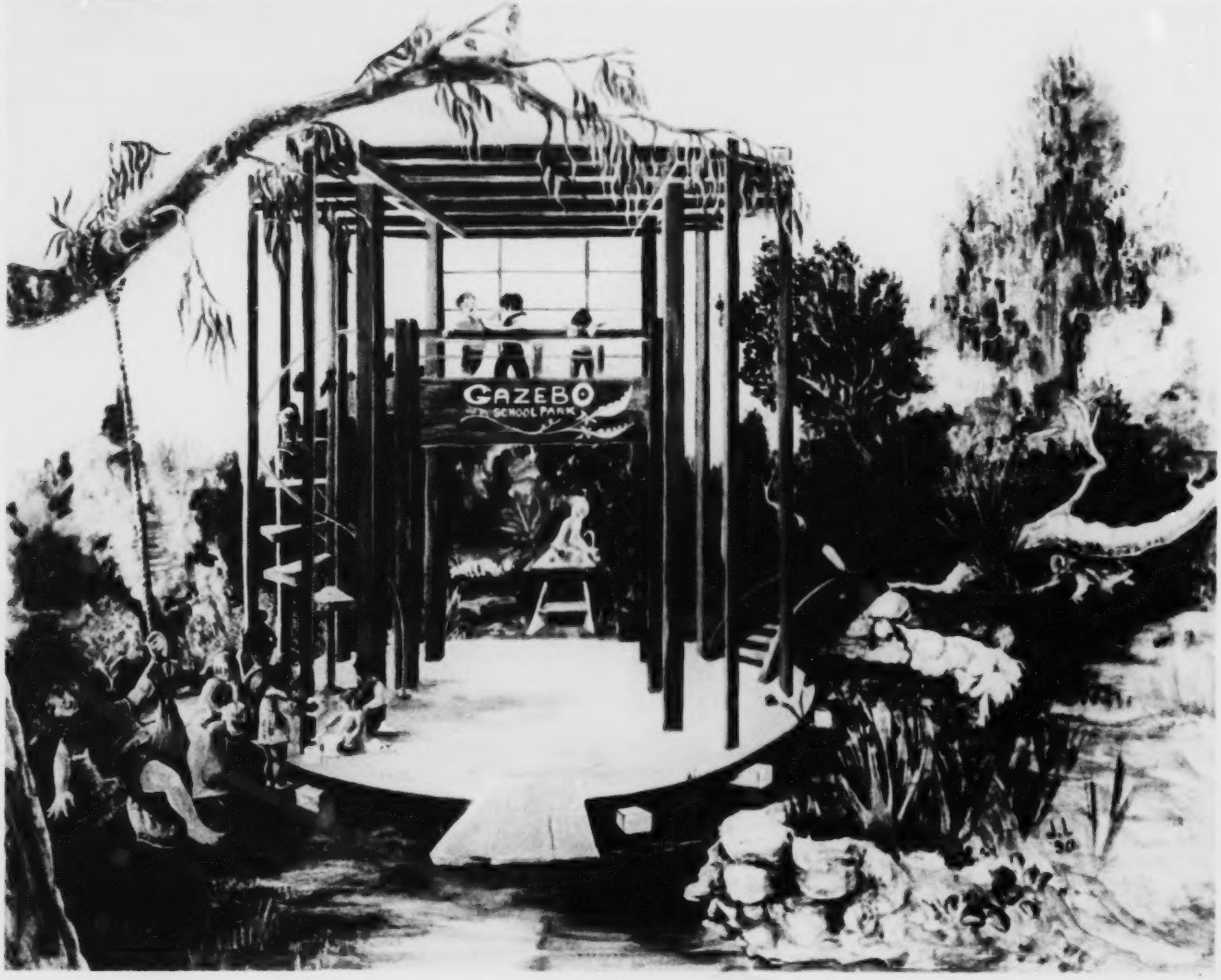
The Esalen Institute is located on a scenic portion of the California Coast, about 40 miles south of the Monterey Peninsula. The location contains natural cliffside hot springs from which mineral water flows into the sea. The springs were used in early times by the now extinct Esselen Indian tribe (from which Esalen derives its name) and this usage has continued to this day. Esalen Institute was founded in the early 1960's by Michael Murphy (whose family owns the land on which it stands) and Richard Price. Its purpose from the beginning has been to provide a forum, far from the distractions of urban life (e.g. no radio, television, newspapers, etc.), where the various exponents of the human potential movement could present their ideas in weekend-long and week-long seminars and workshops. Esalen espouses no particular ideology of its own, but rather provides an eclectic forum for all schools of thought that identify with the phrase "Human Potential." In its own words, Esalen is a "center for experimental education," designed "to explore work in the humanities and sciences that promotes human values and potentials. Its activities consist of public seminars, residential work-study programs, invitational conferences, research, and semi-autonomous projects." Early major figures at Esalen were the psychologist Abraham Maslow and the Gestalt therapist Fritz Perls, but many other famous individuals have taught there. "The Esalen Catalog" describes the workshops and other kinds of sessions in which Esalen attendees may participate. It has been issued since 1962. Because Esalen has been the bellwether and longest running organization of its type, "The Esalen Catalog" in its entirety may be regarded as a running historical record covering 30 years of the major concerns and directions of the human potential movement. This document consists of a compilation of all extant editions (some 102 issues) of "The Esalen Catalog", 1962-1992. Examples of some of the specialties cited in this catalog provide a brief indication of Esalen's typical offerings: Acupressure/Acupuncture, Aikido, Alexander Technique, Arica, Biofeedback, Bodywork, Channeling, Cortical Reeducation, Encounter, Est, Feldenkrais, Gestalt Therapy, Holistic Health, Humanistic Psychology, Hypnotism, Integrative Body Psychotherapy, Leonard Energy Training, Life Energy Process, Lomi School of Bodywork, Massage, Meditation, Movement Therapy, Polarity, Psychodrama, Psychosynthesis, Radix, Reichian Bodywork, Ridhwan, Rolfing, Rubenfeld Synergy Method, Sensory Awareness, Tai Chi, T-Groups, Vipassana Meditation, Yoga, Zen Buddhism, and Zero Balancing. (WTB)

PUB. TYPE: REFERENCE MATERIALS - Directories/catalogs
>> code: 132
PUB. PLACE: U.S.; California
LANGUAGE: ENGLISH
ABSTRACT ISSUE: RIENOV92
SUBFILE: Resources in Education (RIE)

The Esalen Catalog (1962-1992) Available via the Educational Resources Information Center (ERIC)

Anyone interested in *The Esalen Catalog* as human potential movement historical source material for research purposes can now obtain the complete thirty-one-year set from ERIC's document delivery arm, the ERIC Document Reproduction Service (EDRS, 7420 Fullerton Road, Suite 110, Springfield, Virginia 22153-2852; phone 1-800-443-3742). When ordering either microfiche or reproduced paper copy, please refer to the catalog's ERIC accession number ED 347 118.

THE ESALEN CATALOG


GAZEBO
SCHOOL PARK
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JANUARY – JUNE 1993

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The *Esalen Catalog* is published triannually by the Esalen Institute, Big Sur, CA 93920-9616. Subscription cost for one year is $15 for the United States, $17 for Canada and Mexico, $22 for Europe and South America, and $25 for all other countries. A single inspection copy of the current issue is available upon request.

Although we're delighted to provide you with this issue of the catalog, if you are not currently a subscriber we would appreciate a $5 contribution to defray postage and production costs.

The *Esalen Catalog* is printed on recycled paper.

JOYCE LYKE

We are
the mirror
as well
as the
face in
it.
We are
tasting the
taste this
minute
of
eternity.
We are
pain and
what cures
pain.
We are
the sweet
cold water,
and the
jar that
pours.
–Rumi

Janet Lederman

JOYCE LYKE

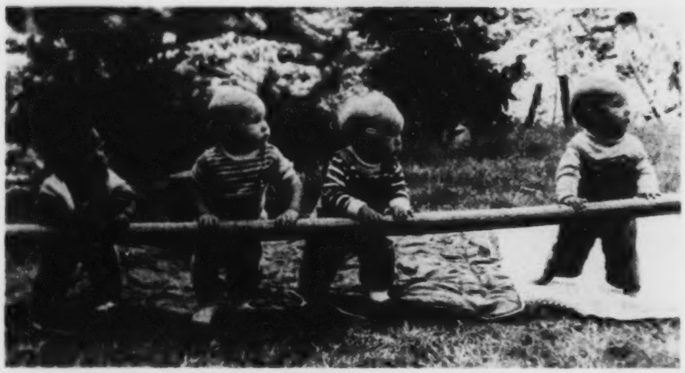
In this catalog we remember and celebrate Janet Lederman, who left a permanent legacy in the Esalen community. For 19 years, from 1973 until 1992, she developed Esalen's Gazebo School for pre-school children, and for several decades she influenced teachers in many parts of the world. In recent years, the Gazebo School has attracted educators from across the United States and abroad. Many of us feel her presence still, and no one who worked with her will ever forget her.

–Michael Murphy

"A small child who is able to attend to what she/he is doing with awareness will be a successful learner. We teach paying attention by paying attention to what the child can do and expanding on that."

"When experience precedes cognitive learning, resourcefulness develops. Gazebo School Park is designed to maximize the full use of the child's growing body and unfolding intelligence."

BENJ LANGDON


JOYCE LYKE

BENJ LANGDON

"A toddler cannot fail, be too slow, too impatient, too sloppy, too active in the Gazebo School Park. Some children learn by exploring everything, some by staying in one area. Some learn by touching all objects, others by building around them familiar items. Some are more interested in pouring water, others in slopping it. And all of these proclivities balance and change in time."

Janet's Philosophy

In their early years, children learn basic concepts through their bodies– up-down, in-out, over-under, hot-cold. An understanding of boundaries, of territory, of struggle, and the mastery of skills such as riding tricycles, watering, planting, and climbing are all important for a young child. Children, like their parents, are busy in the production of their lives. Making mistakes, dealing with frustration, problem-solving, feeling success and moving on, or experiencing failure and moving on are daily experiences. Each child goes to work/play encountering the ups and downs of living and learning about balance.

Early childhood at Gazebo is a place to get dirty, to get clean, to get dirty again. Some skills are explicit, others hidden, awaiting discovery. Imagination is allowed to flourish with passion and humor. Children learn how to have ideas and make dreams come to life. Struggles become challenges. There is support for dreaming and support for doing. We do not hurry the child.

The physical setting of Gazebo School Park is in itself a major teaching tool. Minute by minute the child is obliged to master the environment. Moving through the park she/he must pay attention as the earth changes textures and grades, as flowers and vegetables spring up where once there was open space. Science and math are everywhere, chemistry is in the wet sand box, at the worm farm, in the kitchen. The whole child is always involved in social, academic, and physical skills. Hands on, heads on, feet on, arms, legs, everything on, everything go– learning through a full-body experience.

BENJ LANGDON

The children and staff of Gazebo design and develop Gazebo with their bodies, their minds, their feelings, their spirits, their imagination, and their hearts.

JOYCE LYKE

"By maximizing each child's unique learning style and pace, and using the environment with its demands and differences, the young child cultivates self-confidence, self-esteem, and self-discipline in their most basic forms. When a child has these basics, a natural cooperative spirit develops. Usually that spirit begins to emerge when the child is between four and five years old."
–Janet Lederman, "To Play's the Thing"

JANNA OLCOTT-FOURNIER

Today a new cycle of life begins. At Janet Lederman's request, Gazebo School Park continues under the direction of Eduardo Eizner and Ann Seifert. The Gazebo School Park will continue to serve staff children, community children, and the children of guests taking workshops at Esalen. There is also a three-month internship program for those students who wish to have intense exposure to life at the Gazebo School Park and its unique educational resources.

BENJ LANGDON

"I have always seen Gazebo School Park as an art form based on sound educational and learning principles. It is and always has been a moving sculpture created by children and their talented care-givers; a sculpture forever changing, as are the small children helping to create and maintain their learning/playing ground. The Gazebo is a safe place for both their imagination and their body–a place with ups and down, with concerned adults of many ages, and several generations."

BENJ LANGDON

Janet Lederman
1930-1992

Janet Lederman received her Associates Degree in Fine Arts from Los Angeles City College in 1950. She earned her Bachelors Degree in Education Administration in 1960 from Los Angeles State College.

Janet was a member of the Los Angeles Board of Education from 1956-1967, co-directed the Gestalt Institute of Canada with Dr. F.S. Perls from 1969-1971, and served as vice-president, director, and general manager of Esalen Institute.

Her publications include: Anger and the Rocking Chair, *Viking Press, 1973; In George I. Brown,* Human Teaching for Human Learning, *"Learning — Personal Viewpoint". Viking Compass Edition, 1971; and "To Play's the Thing" (Unpublished Manuscript).*

■ ESALEN NOTES

Big House Programs

We are now scheduling workshops in our newly renovated Big House. This facility is available to groups of individuals who work together and would like to design their own Esalen program, drawing on our leaders and other resources. Ten bedrooms accommodating up to twenty individuals, ten bathrooms, a kitchen, dining room, and living room make it possible to house group members together, thereby enhancing the retreat environment.

To schedule or discuss possible formats, please contact Pat LeWine, program coordinator at (408) 667-3038.

Friends of Esalen Quarterly Newsletter

The *Friends of Esalen Newsletter* is for and about the extended Esalen community. Published quarterly, it covers current events and other items not covered in the Catalog.

Through membership contributions, Friends of Esalen support the scholarship fund, the Friends' network and newsletter, and other Esalen projects. In return, the Friends receive the *Esalen Catalog* three times a year, the quarterly Friends' Newsletter, and opportunities to appear in the Friends' Network Directory and to attend the annual Friends' Workshop.

Esalen's Friends include people in 22 countries, from Big Sur to Nepal. If you would like to join us, please complete and return the membership form on page 54.

A Special Opportunity for Friends of Esalen

To celebrate the publication of Michael Murphy's book, *The Future of the Body*, we are offering an opportunity to become a Friend of Esalen for a gift of $100 or more and receive an autographed copy of Michael's book with the inscription of your choice. You will also receive the Friends' Newsletter, Directory, and the opportunity to attend the yearly Friends' workshop. Please send your check to Friends of Esalen, Esalen Institute, Big Sur, CA 93920.

GINA CONTE

■ INVITATIONAL CONFERENCES

In its continuing commitment to the fields of education, religion, philosophy, and the physical and behavioral sciences, Esalen regularly sponsors invitational conferences that bring together experts who share their research and points of inquiry. As host, Esalen covers room and board expenses for participants as a way of advancing these particular studies. These are invitational conferences only and are not open to the public. Currently scheduled programs and their conveners are listed here.

April 11-16
Art & Apocalypse

Nine Wise & Liz Thompson

What is the artist's function at this time in history, a time when the human species questions its own survival? What role do artists play in shaping society and unfolding the future?

Because of their interest in art and social change, a group of visual artists, performing artists, filmmakers, writers, producers, politicians, and historian/futurists have been invited to discuss the complex issues facing artists today. In addition to brainstorming about theoretical issues, the group will show each other their work, discuss the creative process, and explore the place artists have in a changing society.

May 2-7
New Directions in Meditation Research V

Cosponsored by Esalen Institute,
the Institute of Noetic Sciences
& Marius Robinson

The objective of this conference will be to identify critical issues involved both in the study of meditation and its use in clinical or educational contexts. Conference participants will also discuss methodologies for meditation research; explore the interface between meditation traditions and the disciplines of science, psychology, and human development; and explore the potential significance of meditation and meditation research for both the individual and society.

June 13-18
Ecopsychology: Theory & Practice

Theodore Roszak, Mary Gomes
& Allan Kanner

This conference will focus on the following assumption: *psychology needs ecology; ecology needs psychology.* How can the expertise of environmentalists be gracefully synthesized with the sensitivity of therapists?

June 27-July 2
The Esalen Institute Russian-American Exchange Center

The Center will bring together political experts from the United States, Japan, Russia, and other European countries to discuss how the rapidly changing political situation has affected all of us.

■ WAYS OF BEING AT ESALEN

There are various ways to experience Esalen, ranging from an overnight visit to a long-term stay as a seminarian. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the methods of personal growth available here. The *Experiencing Esalen* workshops, scheduled periodically, offer an introduction to practices such as gestalt, massage, sensory awareness, and meditation. From such a sampling, participants can then choose those approaches they are most attracted to and pursue them in subsequent seminars.

Another way of being at Esalen which allows a much greater involvement with the place and its community at a lower expense is the Work Study Program, described more fully elsewhere in this section and on pages 52-53. For those who wish an extended stay of a month or more, there are frequent long-term programs which involve didactic seminars or professional trainings as well as experiential workshops. Please see Special Programs.

With the completion of the Big House renovation in June, we can now accommodate groups of people in a single facility. The Big House provides meeting rooms, ten bedrooms with twenty beds, a kitchen for meal preparation, and a dining area. We invite people who work together on a regular basis, be they corporate, government, legal, artistic, or familial groups, to design a workshop according to their own needs, using Esalen resources and catalog faculty. Participants also have access to other Esalen amenities, including massage, the hot springs, swimming pool, and bookstore. Reservations for the Big House must be made at least nine months in advance. For more information contact Pat LeWine, (408) 667-3038.

Finally, there are other events that enrich life at Esalen. There are occasional forums in which writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights there may be lectures, films, dance performances, or other forms of entertainment. Body work of various kinds is available by appointment with individual practitioners. And, there is a community event schedule that is offered; please check the bulletin board for details when you arrive.

Scholarship Information

Esalen is able to provide some scholarship assistance to workshop participants in exchange for a work commitment (usually in the kitchen or cabins) as follows:

	Assistance	Work
Weekend	$50	4 hours
5-7 days	$100	8 hours
12-14 days	$200	16 hours
14+ days	$300	24 hours

If this arrangement is desired, please check "Standard Scholarship" on the reservations form. If additional assistance is needed, please check "Other Scholarship" and write a brief note of explanation (type or print). If a scholarship is approved, it will be noted on your confirmation. Due to the number of requests we receive, we can only provide one scholarship per person per year.

Reduced Rate Options and Discounts

If you pay in full at the time you make your reservations, you will receive a $10 pre-payment discount per workshop and be eligible for express check-in upon arrival. This discount does not apply to scholarship recipients or sleeping bag accommodations.

Senior Citizen Discount: Esalen offers a special discount to individuals over 60 years of age. The discount for a weekend workshop is $25; for a five-day or longer workshop, it's $50. Please request this discount at the time of registration. When you complete the reservations form on page 66, please indicate the discounts for which you qualify. If you qualify, and you make your reservations by phone, be sure to ask for this discount. (Please note: Senior discounts are not available for Wilderness Programs or the Work Study Program.)

Family Rates: Two full-paying adults housed in standard accommodations may have their children in the room for a meal charge of $19 per child per day ($8 per day for children under six). **Note:** If children are enrolled in Gazebo School/Park or an Esalen workshop, additional fees are required. Contact Gazebo, (408) 667-3026, for information regarding their fees.

Standard Accommodations: This is shared housing with two or more persons per room. In some cases, bathrooms are shared. Couples will always be housed in doubles. The rates listed with the workshop descriptions throughout the catalog refer to these shared, standard accommodations. Please review the information below for other housing options.

We would like to remind you that scholarship assistance is available; refer to "Scholarship Information" on this page as well as "Reduced Rate Options and Discounts" for other economical ways of staying at Esalen.

7-Day Rate, per person	5-Day Rate, per person	Weekend Rate, per person
$1025	$675	$350

Bunk Bed Rooms: Bunk beds are available for seminar participants who are willing to share a room with three or more persons. There are a limited number of these spaces, which are reserved on a first-come, first-served basis.

$780	$500	$280

Sleeping Bags: Sleeping bag spaces may be available for workshop participants. Please inquire when you make your reservations.

$535	$350	$185

Own Accommodations: If you are staying off the property the following rates apply:

$600	$400	$225

Ongoing Residence Program

Offered beginning mid-September and ending mid-June, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay is 26 days (four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay with weekends free to enjoy room and board. Weekend workshops are available at special prices. Occasionally workshops are canceled, so second choices are advised.

The cost is $3045 per 26-day-period for standard accommodations and $2400 for bunk bed rooms.

Room and Board

Occasionally, when beds aren't needed for seminarians, room and board is available. This gives visitors the opportunity to enjoy the grounds, the baths, and massage without participating in a workshop. Accommodations are standard (2 or 3 per room) or bunk bed (4 or more per room). Not all rooms have private baths. Room and board rates include dinner on the day of arrival and breakfast and lunch on the following day. We require full payment at the time of reservation. This payment is not refundable or transferable.

For a room and board stay between Sunday and Thursday, please call us no sooner than the Thursday before for room availability. For a Friday or Saturday night stay, please call no sooner than the Sunday before. The following rates are per person, per day.

	Weekday (Sunday through Thursday nights)	**(2 or more days)**	**Weekend (Friday and Saturday nights)**
Standard Accommodations (2 or 3 per room):	$95	($80)	$115
Bunk Bed (4 or more per room):	$75	($65)	$80

The Hot Springs at Esalen

We would like those people who are planning their first visit to Esalen to know that swimsuits are optional, and nudity common, in the hot springs, massage area, and swimming pool. We encourage each individual to choose what is most comfortable, either wearing a swimsuit or not, and emphasize that the environment at Esalen is one of personal sanctuary and respect for the human body.

Disabled Access

Esalen now provides a means of transportation to the baths for those with physical limitations which prevent them from walking. A vehicle was purchased, in part, through the generosity of Dr. John W. Harris who believes, as we do, that those among us who are aged, infirm, or handicapped should also be able to enjoy the hot springs.

If you are disabled and would like to plan a visit to Esalen or participate in a workshop, please give the office as much advance notice as possible. While disabled access to some parts of the property is difficult, with enough planning, arrangements can be made for access to most of our facilities.

The Gazebo School Park Early Childhood Program

The Gazebo School Park is a unique educational experience for children 1 to 6 years. It is open year-round and has an average of 15 to 20 children in attendance each day.

The Early Childhood Program is available to seminarians who would like childcare at Esalen. *Child care is provided during workshop hours only.* Daytime activities for the children include gardening, pony rides, learning about animal care, exploring nature, a real boat, the magic castle, and an Indian tepee. Evenings are spent in the Gazebo Farmhouse with a teacher engaged in activities that are age appropriate, such as reading, learning and playing with the computer, baking, arts and crafts, or building-block play.

Reservations should be made a least a month in advance. Call the Gazebo Farmhouse, (408) 667-3026, for more information and reservations.

Weekend	$200
Week	$400

Internship Program: This is a three-month program for those who wish to have intense exposure to life at the Gazebo School Park and its unique educational resources. The Internship Program offers experience with children, the Gazebo environment and its teaching philosophy. Applicants must have completed at least three work scholar months at Esalen before being considered for this program.

Call the Gazebo Farmhouse, (408) 667-3026, for more information or reservations.

First month	$400
Second month	$350
Third month	$300

Work Study Program

The Work Study Program is an intensive work-oriented program for individuals who want to make a directed, personal commitment to self-exploration and growth and a contribution to the Esalen community. Participants can enroll in the general interest track, which gives an overview of several disciplines, or choose a more specific course of study from the focused track, such as gestalt, meditation, Reichian work, massage.

Information regarding special interest sections may be obtained by writing Bette Dingman, c/o Esalen. For a full description of the Work Study Program, please turn to pages 52-53.

Accreditation

Many formal educational institutions recognize the time spent at Esalen as being worthy of credit in their own curriculum; check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs. Please submit a written request to the office supervisor.

Medical Programs

Some programs offered at Esalen qualify for continuing education credit with the California Board of Registered Nursing. For current C.E. listings, see pages 50-51.

Recommended Reading and Mail Order Books

Most books listed as recommended reading for workshops are available through Esalen's bookstore. Other merchandise is also available. For ordering information please call (408) 667-3049.

■ GUIDE TO WORKSHOPS

This is a guide to the workshops offered in this catalog. Although many of them could be cross-referenced, most are listed only in their main subject area. We recommend that you read the workshop description before deciding to register.

If you have never taken an Esalen workshop, "Experiencing Esalen" is a weekend workshop that offers a sampling of the various kinds of programs offered at Esalen. (See "Integral Practices" section of this directory for dates.) Please call the office if you have any questions concerning a workshop, (408) 667-3005.

■ THE ARTS

January 1-3 • Music for Everyone: Finding Your Long-Lost Musician
January 1-3 • Fire in the Earth: Poetry, Silence, and the Heart's Desire
January 24-29 • Risking the Spotlight
February 7-12 • The Power of Voice
February 12-14 • Vision Painting
February 14-19 • Vision Painting for Women
February 19-21 • Singing Gestalt: Solo or Duet
February 26-28 • A Weekend with Ruth Zaporah and Action Theater
February 28-March 5 • Language of the Drums: African Percussion, Chanting & Dance
March 5-7 • Language of the Drums: African Percussion, Chanting & Dance
March 26-28 • Creative Writing Brainstorming
April 9-16 • Painting Experience with Michell Cassou & Stewart Cubley
April 16-18 • Enjoying Poetry
April 18-23 • True Stories: Autobiographic Storytelling
April 18-23 • Cliff-Dwelling: The Adventure of Spontaneity
April 25-30 • Visual Thinking with the Polaroid Camera
April 30-May 2 • The Soul of the World: A Multi-Media Workshop
April 30-May 2 • Watercolor: A Window into Nature and the Self
May 7-9 • Crazy Wisdom: A Weekend of Philosophy & Laughter
May 9-14 • Accessing Creative Process
May 16-21 • Pilobolus Technique: Choreographic Creation
May 21-23 • West African Culture through Music & Dance
June 4-6 • Short Stories: A Magical Carpet Ride
June 18-20 • Singing Gestalt: Solo or Duet
June 27-July 5 • Language of the Drums: African Percussion, Chanting & Dance.

■ BIOFEEDBACK / HYPNOSIS

April 11-16 • Hypnotic Innovations: Investigations in Living, Using Ericksonian Hypnosis
May 21-23 • The Awakened Mind: Brainwave Training
May 23-June 18 • Certification in Clinical Hypnosis

■ BUSINESS / SOCIAL RESPONSIBILITY

February 7-12 • Rekindling the Spirit in Work
February 19-21 • The Art of Leadership: Excellence in Business, Management & Communication
March 5-7 • When Success is Not Enough
March 19-21 • The Psychology of Community
April 9-11 • Spiritual Democracy: The Organizing Principles of the Twenty-First Century
May 14-16 • Ethics in the Workplace: Living Your Values without Losing Your Job
June 18-20 • Leadership and Consciousness
June 25-27 • Burnout: Causes & Cures

■ CONTEMPLATIVE / SHAMANIC

January 1-3 • Fire in the Earth: Poetry, Silence & the Heart's Desire
January 3-8 • Zen Practice
January 8-10 • The Physical Basis of Enlightenment: Discussions and Meditation Practice with Richard Baker-roshi
January 15-17 • The Way of the Shaman: The Shamanic Journey, Power & Healing
January 17-29 • Advanced Training in Shamanism & Shamanic Healing
January 22-24 • Introduction to Vipassana Meditation
January 29-31 • Journey into the Sacred Unknown
January 29-31 • Vision and Embodiment
February 7-12 • The Enneagram and Higher Awareness: The Inner Centers of Perception
February 14-19 • A Course in Miracles
February 14-19 • Advanced Holotropic Breathwork & Meditation
February 21-26 • Cross-Cultural Shamanic Practices
February 21-26 • Mentations and Deviations^{SM}: Thinking with the Whole Body
February 26-28 • Meditation: The Living Dance
February 28-March 5 • The Path of Transformation in Psychotherapy & Meditation
March 7-12 • A Modern Shamanic Initiation
March 12-14 • Joy is the Journey: Hatha Yoga & More
March 19-21 • Refilling the Chalice: Time Out for Healers
March 26-28 • Vision and Embodiment
March 28-April 2 • Ceremonies of Spring: Vision Questing, Rebirth, Time of the Eagle
April 18-23 • Nature and Contemplation
April 23-25 • Yoga Works: Tools for Well-Being
April 25-30 • The Living Core of Christianity
May 2-7 • Spiritual Psychology: An Adventure in Consciousness
May 7-9 • Buddhism and Deep Ecology
May 9-14 • Spirit in Nature: A Shamanic Workshop
May 16-21 • Protoanalysis^{SM} and the Enneagon: Transcending the Fixation
May 28-30 • Introduction to Vipassana Meditation
June 13-18 • Ishta: The Yoga of Empowerment
June 20-25 • Embodiment and Vision
June 25-27 • The Subtle Self

■ DREAMS

January 3-8 • Focusing, Dream Work & the Helping Relationship
January 8-10 • Learning the Craft of Dreamwork
March 12-14 • Learn from Your Dreams
May 16-21 • Dreaming: The Magic Mirror that Never Lies

■ HEALTH / HEALING

January 17-22 • Spiritual Dimensions of Healing
January 24-29 • Creating Exact Moments of Healing
January 17-29 • Advanced Training in Shamanism & Shamanic Healing
January 31-February 5 • Spiritual Healing: Laying on of Hands
February 21-26 • Prevent Your Heart Attack
March 14-16 • Emotional Healing: From Co-Dependence to Aliveness
March 28-April 2 • Sexual Abuse Survivors: Transforming Interventions in Body, Mind & Spiritual Healing
April 2-4 • Medicinal Herbology: An Esalen Garden Workshop
April 4-9 • Healthy Eating

April 16-18 • Everything You Always Wanted to Know About Drugs
April 25-30 • Starting to Heal Yourself, with Meir Schneider
April 30-May 2 • Time-Shifting: Creating Time for Your Life
May 2-7 • Rituals for Healing
May 16-21 • The Healing Crisis: Fasting as a Pathway
May 28-30 • Optimum Health: Theory & Practice

■ INTEGRAL PRACTICES

January 29-31 • Experiencing Esalen
January 31-February 5 • The Extraordinary Human: Theory & Practice
February 19-21 • Experiencing Esalen
February 21-26 • Clinical Program for Professionals: Integrating Gestalt, Self-Psychology & Mind-Body Healing
March 7-12 • Human Potential: Theory & Practice
April 9-11 • Experiencing Esalen
May 14-16 • Experiencing Esalen
June 4-6 • Experiencing Esalen
June 11-13 • The Vision and Practice of Human Transformation

■ INTUITIVE DEVELOPMENT

February 7-12 • The Enneagram and Higher Awareness: The Inner Centers of Perception
April 30-May 2 • Experiencing Psychic-Intuitive Abilities
June 6-13 • Cutting the Egoic Knot: The Challenge of Surrender
June 18-20 • Practical Intuition: Introduction

■ MARTIAL ARTS / SPORTS

January 3-8 • The Tao of Music Improvisation & Movement Meditation
January 8-10 • Embrace Tiger, Return to Mountain (Tai Ji Intensive)
March 14-19 • Golf in the Kingdom: An Exploration of the Inner Game
March 19-21 • Essential Tai Ji: Body-Mind-Spirit in Action
March 21-26 • Centering
April 2-4 • The Modern Warrior and the Samurai Game
April 4-9 • T'ai Chi Ch'uan: An East/West Approach
May 23-28 • Golf in the Kingdom: An Exploration of the Inner Game
May 23-28 • Sports Massage
May 28-30 • Optimum Health: Theory & Practice
May 30-June 4 • Centering & Gestalt Awareness
June 4-6 • The Clean Cut: The Art of Bokken

■ MYTHOLOGY / ANTHROPOLOGY

February 5-7 • Your Deep Mythology: Tap Into the Magic
March 21-26 • The Joseph Campbell Foundation: A Mythological Toolbox
April 2-4 • A Message from the Tasaday
May 2-7 • Rituals for Healing

■ PHILOSOPHICAL INQUIRY / INTELLECTUAL PLAY

January 29-31 • Eccentric Thinking
February 19-21 • Should I Tell the Truth?
February 19-21 • How to Tell Your Friends from the Apes: A Workshop in Evolutionary Psychology
February 26-28 • The Passion of the Western Mind: Bringing It All Back Home
March 12-14 • Conceiving, Perceiving, and Doing Biospherics
April 4-9 • Socratic Midwifery: Uncovering Beliefs that Block Human Excellence
April 9-11 • Spiritual Democracy: The Organizing Principles for the Twenty-First Century
April 16-18 • Enjoying Poetry
April 23-25 • Cosmos and Psyche
April 25-30 • The Living Core of Christianity
April 30-May 2 • The Soul of the World: A Multi-Media Workshop
May 7-9 • Crazy Wisdom: A Weekend of Philosophy & Laughter
May 14-16 • Life Tides & Timelines in a Psychedelic World: A Weekend with Terence McKenna
May 21-23 • Freud, Ben Franklin, and Us: Good Ideas Never Grow Old

■ PROFESSIONAL TRAINING PROGRAMS

January 3-8 • Focusing, Dream Work, and the Helping Relationship
January 3-15 • Creative Bodywork: An Advanced Workshop
February 7-12 • A Kind of Presence: The Therapist as a Somewhat Sacred Person
February 12-14 • Toward a Common Language: Psychotherapy & 12-Step Recovery
February 14-19 • Advanced Holotropic Breathwork and Meditation
February 21-26 • Clinical Program for Professionals: Integrating Gestalt, Self-Psychology & Mind-Body Healing
February 28-March 28 • 28-Day Massage Practitioner Certification Program
March 19-21 • Refilling the Chalice: Time Out for Healers
March 26-28 • Body Work Intensive: Strategies for Healing Post Trauma Stress
March 28-April 2 • Sexual Abuse Survivors: Transforming Interventions in Body, Mind & Spiritual Healing
May 23-June 18 • Certification in Clinical Hypnosis
June 25-27 • Burnout: Causes & Cures

■ PSYCHOLOGICAL PROCESS

January 1-3 • Introduction to Gestalt Practice
January 1-3 • Introduction to Focusing
January 3-8 • Focusing, Dream Work & the Helping Relationship
January 3-8 • Feeling and Innovation
January 8-10 • Learning the Craft of Dreamwork
January 8-15 • Healing from Sexual Abuse: A Seven-Day Intensive for Survivors
January 15-17 • Accepting Life's Transitions: Letting Go–Moving On
January 15-17 • Creating a New Life: Developing Spiritual Strength while Recovering from Addiction
January 17-22 • Gestalt Practice
January 24-29 • Risking the Spotlight
January 24-29 • Creating Exact Moments of Healing
January 29-31 • Experiencing Esalen
January 29-31 • Powerfully Presenting Yourself
January 31-February 5 • Return to the Light: Winter Teachings
January 31-February 5 • Accepting Life's Transitions: Letting Go–Moving On
February 5-7 • Dealing with Difficult People
February 5-7 • Your Deep Mythology: Tap into the Magic
February 5-7 • A Weekend with Paul Rebillot
February 5-7 • Self-Expression through American Sign Language
February 7-12 • Playing the Edge
February 7-12 • The Enneagram and Higher Awareness: The Inner Centers of Perception
February 7-12 • A Kind of Presence: The Therapist as a Somewhat Sacred Person
February 12-14 • Toward a Common Language: Psychotherapy & 12-Step Recovery
February 14-19 • The Unfolding Self
February 14-19 • A Course in Miracles
February 19-21 • Should I Tell the Truth?
February 19-21 • Singing Gestalt: Solo or Duet

February 19-21 • Experiencing Esalen
February 21-26 • Making It Float
February 21-26 • Mentations and Deviations$^{\text{SM}}$: Thinking with the Whole Body
February 26-28 • A Weekend with Seymour Carter
February 28-March 5 • Reunion
March 7-12 • Body, Heart & Soul
March 7-12 • Human Potential: Theory & Practice
March 7-12 • Accepting Life's Transitions: Letting Go-Moving On
March 12-14 • Rituals of Transformation
March 14-19 • Courage
March 14-19 • Owning the Shadow
March 14-26 • Emotional Healing: From Co-Dependence to Aliveness
March 19-21 • Refilling the Chalice: Time Out for Healers
March 19-21 • The Psychology of Community
March 21-26 • Gestalt Practice
March 28-April 2 • What Is This Thing Called Love?
March 28-April 9 • Twelve Days with Jack Rosenberg & Beverly Kitaen Morse
April 2-4 • Introduction to Gestalt Practice
April 4-9 • Socratic Midwifery: Uncovering Beliefs that Block Human Excellence
April 9-11 • Experiencing Esalen
April 11-18 • Gestalt Practicum: A Seven-Day Intensive
April 16-18 • Psychodrama: Exploring the Possible
April 18-23 • Self-Empowerment & Purification: The Farther Reaches of Gestalt
April 23-25 • The Core Self: The Heart of the Matter
April 25-30 • Recovery for Adult Children and Co-Dependents
April 30-May 2 • Introduction to Gestalt Practice
May 2-7 • Spiritual Psychology: An Adventure in Consciousness
May 7-9 • Accepting Life's Transitions: Letting Go-Moving On
May 7-9 • Self-Affirmation: A Workshop for People Who Put Themselves Down
May 9-14 • Accepting Life's Transitions: Letting Go-Moving On
May 9-14 • The Practical Art of Creative Risk-Taking
May 14-16 • Experiencing Esalen
May 14-16 • Natural Genius: An Authenticity of Being
May 16-21 • A Week with Seymour Carter
May 23-28 • Mid-Life Crisis as Spiritual Emergence
May 23-28 • Opening the Feelings
May 28-30 • A Weekend with Devers & Nathaniel Branden
May 30-June 4 • Centering & Gestalt Awareness
May 30-June 4 • Change & Self-Esteem
May 30-June 4 • Accepting Life's Transitions: Letting Go-Moving On
June 4-6 • Experiencing Esalen
June 4-6 • A Weekend with Seymour Carter
June 6-11 • A Week with David Schiffman
June 6-11 • Gestalt Practice
June 6-13 • Cutting the Egoic Knot: The Challenge of Surrender
June 11-13 • Advanced Gestalt Practice
June 13-18 • Life Stories: Healing the Sorrows
June 18-20 • Leadership and Consciousness
June 18-20 • Singing Gestalt: Solo or Duet
June 20-25 • Making It Float
June 25-27 • A Weekend with David Schiffman
June 27-July 2 • Embodied Gestalt Practice: Body & Soul

■ RELATIONSHIPS

January 10-15 • Tantra: The Art of Conscious Loving
January 22-24 • Relationships: Turning Toward Joy
January 31-February 5 • Couples Workshop
February 5-7 • Dealing with Difficult People
February 7-12 • A Kind of Presence: The Therapist as a Somewhat Sacred Person
February 19-21 • Should I Tell the Truth?
March 5-7 • A Workshop for Couples
March 7-12 • Body, Heart & Soul
April 4-9 • A Workshop for Couples: Independence & Intimacy
April 9-11 • Coming Out and Coming Into Relationships
April 23-25 • Keeping a Good Relationship Alive
May 14-16 • Massage Intensive for Couples
May 30-June 4 • Couples Workshop
June 11-13 • Intimate Relationships: Keeping the Spark Alive
June 20-25 • Tantra: The Art of Conscious Loving

■ SOMATICS

January 3-15 • Creative Bodywork: An Advanced Workshop
January 17-22 • Introduction to Craniosacral Work
January 17-22 • Spiritual Dimensions of Healing
January 24-29 • Life Energy Process$^{\text{SM}}$
February 5-7 • Authentic Movement
February 12-14 • Somatics: Mastery of Muscles & Emotions
February 14-19 • Introduction to Continuum
February 26-28 • Weekend Massage Intensive
February 28-March 28 • 28-Day Massage Practitioner Certification Program
March 12-14 • Joy is the Journey: Hatha Yoga & More
March 26-28 • Body Work Intensive: Strategies for Healing Post Trauma Stress
March 26-28 • Spring Shake-Up
March 28-April 2 • Massage Intensive
March 28-April 2 • Sexual Abuse Survivors: Transforming Interventions in Body, Mind & Spiritual Healing
April 9-16 • Cortical Reeducation® and the Feldenkrais Method®
April 16-18 • Sensory Awareness with Charlotte Selver
April 23-25 • Yoga Works: Tools for Well-Being
April 25-30 • Starting to Heal Yourself with Meir Schneider
April 25-30 • Intermediate Massage Workshop
May 2-7 • Yoga: A Week of Learning & Rejuvenation
May 2-7 • Five-Day Lomi Intensive
May 9-14 • A Weekend with Ilse Middendorf
May 14-16 • Massage Intensive for Couples
May 14-16 • Natural Genius: An Authenticity of Being
May 21-23 • Weekend Massage Intensive
May 23-28 • Sports Massage
June 6-11 • Mountains and Waves
June 13-18 • Modalities of Pressure Point Release
June 13-18 • Ishta: The Yoga of Empowerment

■ WILDERNESS / ECOLOGY

April 18-23 • Nature and Contemplation
April 30-May 8 • Big Sur Wilderness Journey: From Esalen to Tassajara Zen Mountain Center
May 21-23 • Big Sur Wilderness Experience
June 6-11 • Mountains and Waves
June 20-25 • Big Sur Wilderness Experience

■ WOMEN'S / MEN'S STUDIES

February 12-14 • On Being a Man
February 12-14 • Ritual, Ecstasy & Women's Spirituality
February 14-19 • Vision Painting for Women

■ ESALEN SEMINARS

Please Note: *January and February workshops were also listed in the previous catalog. If you are planning to register for a workshop during those months, please call the office to ensure that there is still space available.*

Weekend of January 1–3

Introduction to Gestalt Practice

Eric Erikson

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear —
And when used — is inexhaustible.
—Lao Tzu

Gestalt practice is a form — nonanalytic, noncoercive, nonjudgmental — evolving out of the work of Fritz Perls. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that awareness is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. This form is similar to some Reichian work as well, in that emotional and energetic release and rebalancing are allowed and encouraged.

The emphasis is *intrapersonal* rather than *interpersonal*. It is explicitly understood that participants are not patients but persons actively consenting to work (or play) in direct awareness. The leader functions to reflect, clarify, and respect whatever emerges in the process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure, or accomplishment. Through group exercises, meditations, and open seat work, this workshop will introduce participants to the gestalt practice approach.

Recommended reading: Perls, *Gestalt Therapy Verbatim* (Real People Press); Heider, *The Tao of Leadership* (Humanics); Ram Dass & Gorman, *How Can I Help?*

C.E. credit is available for nurses; see pages 50-51. $350

Music for Everyone: Finding Your Long-Lost Musician

David Darling

David Darling's magical work with late bloomers, non-prodigies, professional musicians, and "burned out" teachers has been opening hearts to the mystery of sound for the last two decades. "Music for Everyone" is an adventure into music making, rhythmic grooving, song writing, laughing, and listening.

Regardless of prior experience, this workshop will take you to a deeper, more powerful level of music appreciation and involvement. Bring an instrument or play on David's collection of world instruments. $350

Fire in the Earth: Poetry, Silence, and the Heart's Desire

David Whyte

This is a workshop for the New Year concerned with remembering half-forgotten and neglected desires that are central to our personal creativity and destiny. Fire has been an abiding image for creativity throughout human history, but the first steps into that flame depend upon our ability to rest in the silence present in our own bodies. These disciplines of silence are a way of understanding desire at a level deeper than we ordinarily experience.

Much of modern life has a way of distancing us from our bodies: seeing the body as a problem to overcome rather than the center of our experience. In hard times we often find it more difficult to remember rest and silence, and it's during these times that we need them the most. At the very start of the new year, this should be a time to remember through poetry, silence, voice work, and movement, the priorities closest to our heart's desire.

Ability or knowledge of poetry welcomed, but not the least bit necessary. $350

Introduction to Focusing

Mary McGuire & Roseann Kasayka

Focusing is a step-by-step process for gaining entry into a physically felt intelligence called body wisdom or bodily knowing. This method evolved from research conducted by Eugene Gendlin and his associates at the University of Chicago. They tried to determine what leads to successful outcomes in psychotherapy, and found that success cannot be predicted by either the personality of the client or the orientation of the therapist, but instead is related to the client's awareness of felt experience in the body. They also found that this awareness can be cultivated. The focusing method developed by Gendlin teaches this awareness of felt experience.

Focusing's applications extend far beyond its use in psychotherapy. It enhances other methods of change or growth and is used in education, business, and work with cancer patients. It offers:

- A way of listening to oneself and others
- A means to personal insights
- A resource for spiritual growth
- A path to healing and reconciliation
- A catalyst for healthier relationships
- A method for reducing stress and preventing burn-out
- A means of getting in touch with one's creativity
- A tool for phenomenological research

This workshop will cover the six steps outlined in Gendlin's *Focusing*, which participants are encouraged to read before the workshop. Participants will be introduced to a holistic way of paying attention by creating an inner climate of gentleness, friendliness, allowing, receiving, being with, touching, listening, and waiting. This differs from the usual outside climate of forcing, pushing, shoving, and demanding. They will explore how to relate to both positive and negative experiences as they are carried in the body, without the usual response of being overwhelmed by feelings or running away from them. This way of being with oneself allows each experience to unfold in a positive direction and life energy to flow forward in new ways.

You will experience the process through demonstrations, working in partnerships with supervision and feedback. You might want to bring a partner to work with you.

Recommended reading: Gendlin, *Focusing* (Bantam).

C.E. credit is available for nurses; see pages 50-51. $350

Week of January 3–8

The Tao of Music Improvisation and Movement Meditation

Chungliang Al Huang & David Darling

The leaders will continue their traditional New Year's celebration with music and Tai Ji during the southern migration of gray whales and monarch butterflies. Chungliang Al Huang will lead participants each morning in Tai Ji meditation and Chi Gong breathing exercises in the fresh ocean air while David Darling plays Bach on the cello. Everyone is invited to rediscover the fundamentals of creative expression and the revitalization of body, mind, and spirit through Tai Ji dancing and music.

Recommended listening: Darling, *Cycles* and *Journal October* (both, ECM), *Minor Blue* and *Rhythm and Blues Suite* (both, Music for People, 203-672-0275).

Recommended reading and viewing: Huang, *Embrace Tiger, Return to Mountain* and *Quantum Soup: Fortune Cookies in Crisis* (both, Celestial Arts); *Thinking Body, Dancing Mind* (Bantam); Living Tao Videos, 217-337-6113. $675

Zen Practice

Kathleen O'Shaughnessy

Zazen is the sitting practice which constitutes the heart of the Buddhist perspective. Through use of this clear, core practice, one can begin to penetrate thought itself to the place beyond thought where all thought begins, or that place which has been called "Large Mind."

The majority of time will be spent refining the practice of Zazen (sitting meditation). Support will be given to the body through the use of traditional yoga posturing, stretches, and contemporary breath work.

Participants are asked to wear loose, layered clothing. $675

Focusing, Dream Work, and the Helping Relationship

Mary McGuire & Roseann Kasayka

Focusing originally came out of research conducted by Eugene Gendlin and his associates at the University of Chicago. They tried to determine what leads to successful outcomes in psychotherapy, and found that success cannot be predicted by either the personality of the client or the orientation of the therapist, but instead is related to the client's awareness of felt experience in the body. They also found that this awareness can be cultivated. The focusing method developed by Gendlin teaches this awareness of felt experience.

This workshop is for psychologists, counselors, social workers, nurses, doctors, and others in the helping professions. Focusing is beneficial to these individuals because it augments their understanding of the client's inner process and aids in their own self-awareness as helper. It allows the practitioner to recognize the vulnerable or painful places in the other where new life wants to emerge, and to facilitate growth in a gentle way that honors the other's experience.

Participants will practice the focusing process called Experiential Listening, a method of listening for the bodily felt sense in what the other is saying and responding from one's own felt sense of the situation. They will also be introduced to Gendlin's integrative approach to dream work. Theories of Freud, Jung, Perls, and others will serve as a source of questions; the answers will come from participants' own dream interpretations and will be explored via this method of awareness of felt experience.

Research has shown focusing to have made a significant difference in the process of therapy clients, the lives of cancer patients, in preventing staff burn-out, and building team spirit among health care professionals. This workshop could be a new beginning. What better way to start the New Year.

You will experience the process through demonstrations, working in partnerships with supervision and feedback. You might want to bring a partner to work with you.

Recommended reading: Gendlin, *Focusing* (Bantam) and *Let Your Body Interpret Your Dreams* (Chiron).

C.E. credit is available for nurses; see pages 50-51. $675

Feeling and Innovation

Dale Cummings & Karel Samson

Discovering creative solutions in our personal and occupational lives can transform leisure and work and enliven our experience. Webster defines feeling as "the capacity to respond emotionally" and innovation as the "introduction of something new." How these two themes interconnect will be the focus of this workshop.

Participants will use neo-Reichian methods of emotional release, exercises in creativity and innovation, role-playing, and discussion. A period of individual work in a small group setting will provide a safe environment of emotional support. As negative feelings are worked through, active creativity can emerge.

Through its focus on feelings and creativity, this workshop offers encouragement and practical ideas for reinvigorating personal and organizational experiences and for pursuing innovation and new (ad)ventures in daily life. $675

January 3–15

Creative Bodywork: An Advanced Workshop

Vicki Topp & Esalen Massage Staff

For workshop description, please see Special Programs, page 47. $1665

Weekend of January 8–10

Embrace Tiger, Return to Mountain (Tai Ji Intensive)

Chungliang Al Huang & Living Tao Staff

This workshop offers New Year renewal with fundamentals of Tai Ji practice. Chungliang Al Huang will share the crystallization of his most essential learnings. He will lead participants in sunrise movement meditation, five elements form, Chinese Chi Gong breathing, and life force revitalization exercises with Taoist philosophical and aesthetic dialogue and discourse. Join the music, dancing, and celebration!

Recommended reading: Huang, *Quantum Soup: Fortune Cookies in Crisis* and *Embrace Tiger, Return to Mountain* (both, Celestial Arts); *Thinking Body, Dancing Mind* (Bantam). $350

The Physical Basis of Enlightenment: Discussions and Meditation Practice with Richard Baker-roshi

Existence is something you explore and create at the same time. Exploring life with the idea that existence is not a fixed thing is essentially what we are, in our own ways, trying to do. Enlightenment is the goal — fundamental security; overpowering tenderness and gratitude; an actively compassionate, courageous, and life-generating state of mind; luminosity. But we really don't know what it all is.

The teaching of Enlightenment is first to accept life as it is without an observer. What are we going do? Where do we start? How do we get our history (our personal history) to acknowledge this project? The human body is the best medium through which to realize truth, to realize this precious human existence. $350

Learning the Craft of Dreamwork

Stephen Aizenstat

Dreams can be imagined as looking-glass parables, each a complex story that reflects the personality and soul of the dreamer. This weekend's program will emphasize the healing potential of dreamwork.

New methods of dreamwork which take into account the world unconscious will be described. The world unconscious is seen as a deeper and broader dimension of the psyche and is imagined to contain the subjective inner natures (the subtle body) of all phenomena. It is believed that these inner subjective properties are reflected in the images of dreams and are, at an essential level, interrelated. It is at this level of the psyche that dream images provide access to an interconnected source of healing energy. This view, grounded in modern research and ancient wisdom, has practical implications for the use of dreams in physical and psychological healing.

Participants will be shown how to employ specific methods of dreamwork which honor and actualize the healing potential of the psyche. Common dream themes, nightmares, lucid dreaming, archetypal imagery, and the recurring dream will all be discussed. $350

January 8–15

Healing from Sexual Abuse: A Seven-Day Intensive for Survivors

Carolyn Braddock & Guest Staff

Healing does not have to be a struggle — healing can be gentle, sensitive, and friendly. This intensive will explore "victim"/survivor's body, mind, and spiritual belief systems. Since the body was where the abuse occurred, we will focus on body-oriented healing. Attention will be paid to ways in which sexual abuse/assault is carried in the mind/body, and how it affects flashbacks and disassociation, old messages (self-destructive beliefs), addictions, and the ability to let go. Using a gentle approach, we will learn and practice innovative and creative possibilities for healing.

Participants will learn and practice specific tools for wholeness. Humor, energy awareness, gestalt, role-playing, meditation, Tai Ji, and play will be used, as well as sessions that focus on feelings concerning sexuality, relationships, touch and intimacy, and accepting new patterns. New ways of creating support, phasing back gently, and nurturing will be discussed. This will be a week of safety, exploration, and integration. Individual work within the group setting will be possible.

To register for this seminar, completion of application questions is necessary. This helps determine some history, what issues are prevalent, what support could be available to the participant during the week, and what forms of body work and/or transformational work has been experienced. For an application, please write or call the leader at: 333 S. Allison Pky. #304, Lakewood, CO 80226-3115, or (303) 985-7310.

C.E. credit is available for nurses; see pages 50-51. $1025

Week of January 10–15

Tantra: The Art of Conscious Loving

Charles Muir & Caroline Muir

Few of us have been blessed with healthy childhood conditioning and education regarding the mysteries of sexual love and sexual energy. This can leave many individuals less aware and conscious about their sexuality than they are in other aspects of their lives. Tantra can transform sex into a loving meditation, putting more consciousness, energy, intimacy, joy, and love into sexual exchanges.

Participants will learn and discuss various ways to increase intimacy and passion in their relationship. Tantric meditation and ways to exchange sexual energy in a safe, non-sexual manner will also be taught in the workshop. These methods can then be practiced in a sexual way in the privacy of your own home. This workshop is open to couples only.

Live music will be provided by Michael Stillwater. $675 per participant

Weekend of January 15–17

Accepting Life's Transitions: Letting Go–Moving On

Mary Goldenson (Devarani)

The only certainty in life is change, yet we often resent our transitions because of patterns of fear and self-denial. Old beliefs keep us stuck in our resentments, unsuccessful marriages, friendships and careers, and can cause illness, sorrow, and the inability to forgive. Transitions are crossroads in our lives that give us the opportunity to take time out and reconnect with our truth. It is never too late to change. Transitions are doors to the renewal of our passions, courage, and commitments.

This workshop will provide you with ways to help complete the past, be open to the present, and create a future. Participants will experience a safe, supportive environment that includes taking risks, intense body work, gestalt imagery, dance, and meditation, in order to support the transitions that keep us committed to the process of discovering ourselves. $350

The Way of the Shaman: The Shamanic Journey, Power & Healing

Michael Harner

Shamanism is an ancient human strategy for personal learning and for acting on that learning, using normally neglected or hidden potentials of the heart, mind, and spirit. Shamanic methods can contribute to virtually any aspect of living, as they have for tens of thousands of years, and are especially useful for problem-solving, well-being, and healing.

In this experiential workshop, participants will be introduced to basic methods of the shaman (a specific type of medicine man or woman) and initiated into the classic shamanic journey. Otherwise known through myth and accounts of great spiritual experiences, this visionary method can be used to enter non-ordinary reality to obtain knowledge, to answer personal questions, to maximize power in achieving personal goals, and to contribute to the health of oneself, others, and the Planet. Participants will be aided by traditional drumming and movement and will be provided with methods to study with their individual spiritual teachers in non-ordinary reality, a classic step in shamanic practice.

The shamanic journey can be utilized to help restore spiritual power and health and has practical applications to contemporary life. Practices this weekend will include comparison of discoveries and work on personal problem-solving and wellness.

Please bring a bandanna to cover your eyes, a pen and notebook to record your journeys, and, if you have them, a drum and/or a rattle. Wear comfortable clothing.

Recommended reading: Harner, *The Way of the Shaman* (Harper & Row). $350

Creating a New Life: Developing Spiritual Strength while Recovering from Addiction

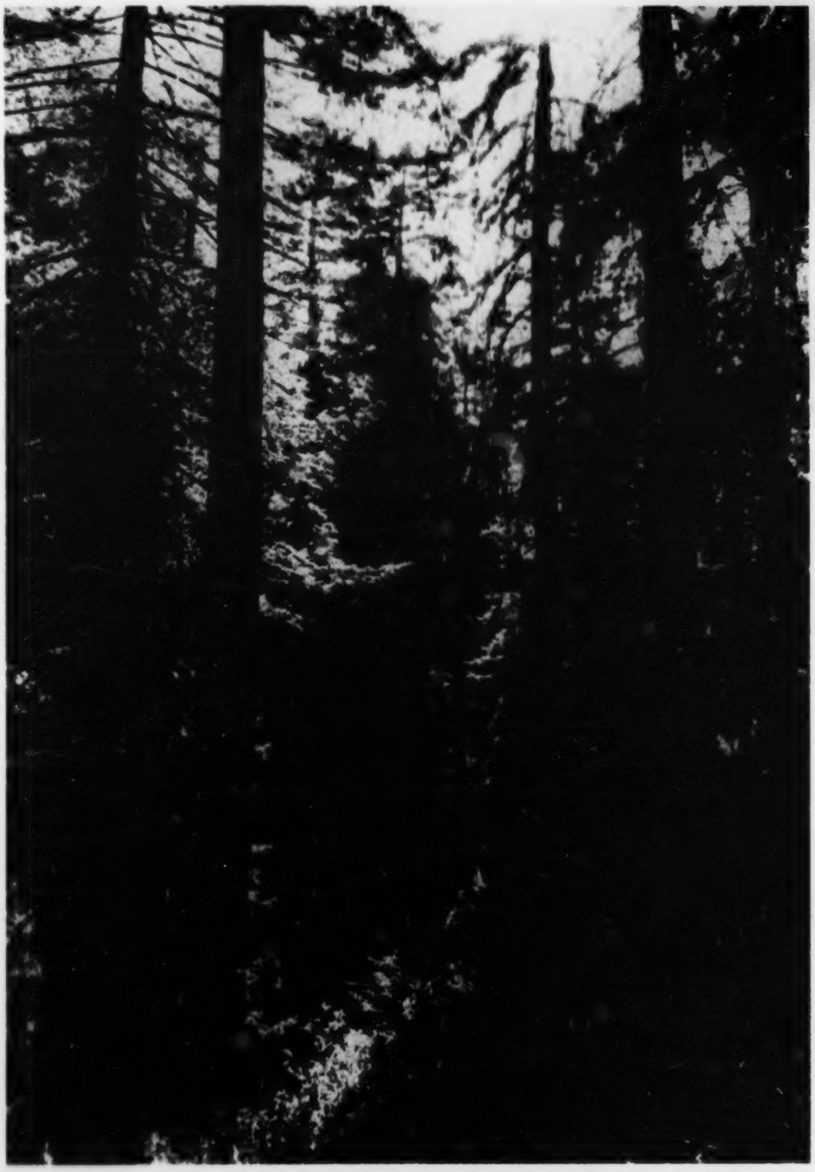
Elizabeth Stratton

The foundation of recovery from any addiction is spiritual strength — the recognition of the healing power of our relationship with God. It gives the recovery process meaning and the individual a will to live.

Creating a new life during recovery is a challenging process. To let go of the past while recovering from it means to see life through new eyes. Beginning each day anew requires dedication, courage, and compassion for the self that is being reborn. It means telling the truth and seeing life and the self through the eyes of compassionate truth.

This workshop provides an opportunity for those individuals who are in the recovery process to develop the healing skills necessary to create a new life. Experiential work will include: establishing and nurturing a relationship with God; self-forgiveness and forgiving others; telling the truth and releasing fear; turning anger into the will to live; healing the physical body from years of abuse; opening the inner energy system through meditation and imagery; developing psychic strength and protection from other people's negativity and addictive behaviors; and experiencing bliss through spiritual substance rather than substance abuse.

C.E. credit is available for nurses; see pages 50-51. $350



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Week of January 17–22

Gestalt Practice

Christine Stewart Price & Guest Leaders

For workshop description see January 1-3. $675

Introduction to Craniosacral Work

Hugh Milne

This workshop will introduce the theory and practice of craniosacral work, a subtle, careful, and delicate method for treating illness and for promoting health and healing. The gentlest of approaches, if accurate, can be more powerful than the most invasive.

Craniosacral work can be used to help people with a wide variety of symptoms, from cluster headaches to thoracic outlet syndrome to peripheral ischaemia. While very powerful, this is an inherently safe approach if it is studied from both analytical and intuitive models. To this end, the class will devote an equal portion of time to academic study and to practical, hands-on experience. Emphasis will be on visual and tactile diagnosis. In China, this is called "The Art of Listening." Practice of the demonstrated methods will be encouraged so that a high standard of individual experience can be gained as the class unfolds. Feedback among participants on personal issues affected by this work will be an important part of the week. This workshop is for health care practitioners who already have a background in body work.

C.E. credit is available for nurses; see pages 50-51. $675

Spiritual Dimensions of Healing

Elizabeth Stratton

The desire to heal and be healed is a deep need within every human being. Seeing someone we love in pain brings out the instinct to touch that person in a compassionate way. Feeling or being ill ourselves can lead us to explore both spiritual and scientific dimensions of healing that we would otherwise not be open to.

Psychic healing, with its focus on the laying on of hands, understanding the meaning of the illness, and seeing into the heart of the person who is ill, brings a spiritual dimension to healing that can be a valuable adjunct to modern medicine and its high technology.

This five-day workshop will provide both theoretical and practical tools to awaken the healer within. Self-healing methods such as opening the energy centers (chakras), communicating with the body, and guided healing imagery will be explored to assist participants in taking charge of their own health. In addition, participants will begin to learn to work with others in a healing capacity through laying on of hands and psychic scanning.

C.E. credit is available for nurses; see pages 50-51. $675

January 17–29

Advanced Training in Shamanism and Shamanic Healing

Michael Harner & Sandra Ingerman

For workshop description and fee, please see Special Programs, page 47.

Weekend of January 22–24

Introduction to Vipassana Meditation

James Baraz

Vipassana (Insight) meditation is the practice described by the Buddha for developing wisdom, compassion, and peace. Vipassana, "to see things clear," means being mindful of what is actually happening in the present moment. Using the breath, body sensations, thought, and emotions as objects of attention, we can learn to be fully awake and bring a balanced awareness to all aspects of our lives.

Through vipassana meditation we experience the nature of reality as continual change. When we see that all phenomena are impermanent, we can begin to let go of clinging to the pleasant or avoiding the unpleasant. We are then more capable of meeting each situation with spontaneity, fearlessness, and love. Meditation also teaches us to see in each moment the interconnectedness of all things. Our hearts open to a natural expression of compassion and kindness.

Participants will be introduced to this method of meditation practice and the principles on which it is based. There will be periods of silent sitting and walking meditation, as well as discussion. As we bring attention to all of our activities at Esalen, we will continue to develop mindfulness through the weekend. This will provide a foundation for applying vipassana practice to everyday life.

C.E. credit is available for nurses; see pages 50-51. $350

Relationships: Turning Toward Joy

Mariah Fenton Gladis

Creating stable and fulfilling relationships is a challenge that everyone faces. To be successful, human relating must be understood and accepted as an activity, an ability that requires movement, purpose, emotional capacity, and extensive contact skills. People often believe that good relating evolves naturally, but they discover in the routine of living with families, friends, and lovers that, in truth, they have not been adequately prepared to meet the demands of loving relationships.

This workshop will focus on the nature and basic requirements of healthy relationships. It will offer participants opportunities to assess their abilities and disabilities, to develop awareness, and to practice risking positive action with others. It is for anyone who has "hit the wall" in a relationship or who has experienced being stuck at some seemingly impenetrable contact boundary, and who wants to break through. Particularly helpful for adult children of dysfunctional families, ACAs, and human relations professionals, this experiential and didactic workshop will blend individual and group gestalt work, spiritual healing, body work, and personal metaphor. $350

Week of January 24–29

Life Energy Process℠

Stephano Sabetti

The Life Energy Process (LEP) is a spiritually-oriented approach to self-development and professional growth based on Eastern and Western energy dynamics. Specially designed subtle and intensive movements (microments) can increase energy flow and lead to the discharge of non-esssential processes in your body (e.g., repressed emotions, chemical toxins, etc.). Each of us has an energy frequency that can be felt when attuned through LEP. This unique vibration helps us center and ground ourselves as well as find clearer direction and meaning in daily life. Each participant will have a chance to feel their unique energy process and explore it afterward in process inquiry.

Life Energy Process includes: dance, theater, massage, pool work, and various other forms. The workshop is of particular interest to professionals and laypersons who are excited by the integration of theory, pleasure, and hands-on application of energy concepts. $675

Risking the Spotlight

Paula Shaw

Many of us want to step out and expand our participation in life. We would like to be able to fully express ourselves and communicate more freely, and not shrink from the limelight when we find ourselves in it. Some of us might even want to seek it out. But it feels risky. Participating in a group can feel threatening — we become shy and unable to be who we are. Issues of safety, shame, disapproval, low self-esteem — to mention only a few — arise when we feel "on the spot." As a result, the freedom and intimacy we may experience on a one-to-one basis eludes us in a larger context, and we end up avoiding the risks of playing a bigger game in life.

This workshop creates a safe environment to risk stepping into the spotlight. Using simple and effective acting techniques including physical and vocal exercises, improv and creative communication games, and individual and group work, we will make our way through fearful inhibitions to joyful and powerful self-expression.

Optional: Bring a memorized performance piece of 1 to 2 minutes: a monologue, speech, poem, song, etc. $675

Creating Exact Moments of Healing

Mariah Fenton Gladis

Adult children of alcoholic, dysfunctional, or abusive families (ACAs) must walk a road of recovery that requires determination, life-long commitment, and the creation of specific moments of healing. This workshop offers participants an opportunity to take a major step toward health, helping them define a plan for necessary moments they must create so they can move forward, transforming their personal history from one of liability to one of strength and wisdom. Focus will be on the promotion of healing in four fundamental relationships:

- With oneself: developing awareness, freedom from addictions, and healing of the body and soul from the residual effects of trauma;
- With others: improving one's capacity for moving out of isolation and into direct, open communication and trust; expanding intimacy skills while securing healthy boundaries;
- In the world: moving away from chaos and deprivation and toward stability and abundance;
- Spiritually: searching for the meaning of one's history and accessing that part of the self that can utilize universal blessings.

This workshop will be experiential *and* didactic, blending individual and group gestalt work, music, spiritual practices, and body work. A step-by-step recovery process developed by the leader will be incorporated throughout the workshop. The atmosphere will be one of trust and mutual support. This workshop is also appropriate for professionals who work with ACAs. Please bring a mirror and photographs of yourself at all ages.

C.E. credit is available for nurses; see pages 50-51. $675

Weekend of January 29–31

Experiencing Esalen

Experiencing Esalen Staff

This workshop is designed for people who have not previously been to Esalen. Emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. These may include: sensory awareness, gestalt practice, group process, guided fantasy, meditation, massage. There is also time to explore the natural magnificence of the Big Sur coast.

Recommended reading: Perls, *Gestalt Therapy Verbatim* (Real People Press). $350

Eccentric Thinking

Ralph Abraham

Break out of conventional patterns of thought in a weekend of high jinks on the playing field of the intellect. Accompany the leader for a weekend romp in the backcountry of mental arcana. Come discuss and experience Eccentric Thinking with chaos pioneer Ralph Abraham. $350

Powerfully Presenting Yourself

Mary Goldenson, Paula Shaw & Bob Corff

Why are some people so inspiring and impactful when they speak? What inhibits us from delivering our message? This workshop will explore the inhibitions to self-expression and communication, and help us move beyond them with more freedom in both our personal and professional lives. It is designed for people who want to develop a more powerful personal and public presentation, and better professional and business communication.

As the increasingly complicated new decade unfolds, work on challenging yourself into the twenty-first century. Courage, passion, and clarity need not be restricted to rare moments in life. There is a power within ourselves that can cut through inauthenticity and reconnect with what deeply and truly moves us and others around us. Learn to live your own dream, express yourself more fully, and experience the satisfaction of being more authentic and self-assured.

Workshop leaders combine their extensive expertise in the fields of psychology and the performing arts to guide you through this exciting adventure. In addition to individual and group work in self-exploration, participants will use their voice and body to express more power, passion, and communication that can awaken dreams and invigorate your life. $350

Vision and Embodiment

Laura DeNuccio (Ma Prita)

This is an educational introduction to vision fitness, integrating inner vision and outer sight. The focus is on discovering 1) how to relax, clear, and reeducate the eye and the self to see; and 2) how one's present reality is distorted or shaped by attitudes, beliefs, and feelings.

Participants will utilize the Bates method of eye relaxation, movement, breath, guided meditation, earth ritual, and the creative use of the Spoken Word. Together they will explore, discover, experience, and expand their vision of possibilities for themselves and the world in which they live.

Recommended reading: Goodrich, *Natural Vision Improvement* (Celestial Arts); Huxley, *The Art of Seeing*. $350

Journey into the Sacred Unknown

Myron McClellan

Surrendering to the Sacred Unknown is the key to living passionately in the body, experiencing deep intimacy in relationships, eliciting the creativity of the whole in groups and teams, and unlocking imagination in work and play. The Unknown is refined awareness, the source of all true transformation. It cannot be accessed through thinking, but can be evoked through ritual process, body movement, and sacred music.

In this workshop, the Unknown dimension of consciousness will be called forth to replace the dominating role the ego plays in personal development and achievement, relationships, and group dynamics. The work will involve identifying subconscious barriers to accessing the Unknown, removing them, and replacing them with ways of opening to the Sacred.

The goal will be to focus on learning to live by inquiry and discovery rather than by plan and agenda; to live by commitment rather than control; to live with joy and ease rather than with suffering.

Participants must be willing to do body movement, though no previous experience is necessary. $350

Week of January 31–February 5

Accepting Life's Transitions: Letting Go–Moving On

Mary Goldenson (Devarani)

For workshop description see January 15-17. $675

• The Extraordinary Human: Theory and Practice

Michael Murphy & George Leonard

In his new book, *The Future of the Body*, Michael Murphy raises the possibility that by gathering data from many fields — including medical science, anthropology, sport, the arts, psychical research, and comparative religious studies — we can identify extraordinary versions of most, if not all, our basic attributes. Murphy's research has shown that the most reliable path toward the realization of these extraordinary attributes involves transformative practice. He defines such practice as a coherent set of activities designed to produce positive change in a person or group. For a practice to be integral as well, it must aim to cultivate the physical, vital, cognitive, volitional, affective, and transpersonal dimension of human functioning in an integrated way. Leonard Energy Training (LET) was developed by George Leonard as an integral transformative practice.

Michael Murphy will discuss the twelve aspects of human functioning outlined in *The Future of the Body*: perception of external events, somatic awareness, communication abilities, vitality, movement abilities, capacities to manipulate the environment directly, feelings of pain and pleasure, cognition, volition, sense of self, love, and bodily structure. George Leonard will lead participants in practical exercises that illustrate the possibility of extraordinary human functioning. There will also be discussion of the applications of integral transformative practice to society at large.

Recommended reading: Murphy, *The Future of the Body* (Tarcher); Leonard, *Mastery* (Dutton) and *The Transformation* (Tarcher). $675

Spiritual Healing: Laying On of Hands

Maria Lucia Sauer Holloman

This workshop will present practical methods of using the hands as instruments for physical and spiritual healing. The emphasis will be on intentionality and personal clarity as fundamental tools in any healing art.

Maria Lucia Sauer Holloman studied and lived at Esalen for nine years. She currently studies with healers in Brazil and has a private practice in Rio de Janeiro where she applies Brazilian and North American approaches to healing.

C.E. credit is available for nurses; see pages 50-51. $675

Couples Workshop

Jack Rosenberg & Beverly Kitaen Morse

Most couples are reluctant to seek help in their relationships; instead they wait, hoping that the relationship will improve. If couples approached medical help the same way they approach marriage counseling, many of them would only visit the doctor when they ought to be lining up at the mortician's.

Designed on a preventive model, this workshop will deal with the underlying structures and defenses in relationships before they surface as terminal problems. It will also examine the attitudes and beliefs about sexuality and how to make sex better.

Recommended reading: Rosenberg, *Total Orgasm* and *Body, Self, and Soul: Sustaining Integration* $675

Return to the Light: Winter Teachings

Paul Rebillot & Carol Proudfoot-Edgar

The winter solstice is a time for restful introspection as the earth's outer darkness allows the inner sun of the soul to regenerate and find expression. Traditional cultures the world over have rested, fasted, and feasted during this time of the year in celebration of the turning point, the cyclic return of the light. This is the time when all creatures prepare for the next cycle of growth.

Despondency, disillusionment, and regrets often weigh on people at this time of year, manifesting as depression or flight into frantic cheerfulness. This workshop offers an opportunity to work through past regrets and unfulfilled ideals, promises, and fairytales of childhood that lie behind them. Movement toward light is movement toward growth and individuation, and as we move through the time of darkness toward spring, it is important to understand the current season of one's life. What has not been completed? What needs healing? What do we need to say goodbye to? What new steps do we need to take as we cross our current thresholds into a new season?

There are many ways to this self-knowledge. Different people have developed different paths, using a variety of metaphors. The principle way we will use in this workshop is the way of the Medicine Wheel, which teaches us to celebrate our cycles and seasons. Through ritual and gestalt open seat, guided fantasy, music, and play, we will seek our own inner solstice, our own turning point on the Medicine Wheel, and there sow the seeds for spring. $675

Weekend of February 5–7

Authentic Movement

Tina Stromsted

Our bodies form our closest link to the unconscious, providing avenues for deep and lasting change. Authentic Movement is a meditative form of dance influenced by the depth psychology of C.G. Jung. Through moving and witnessing each other move, participants will explore their own inner dance, finding freedom of expression while healing wounds and uncovering images of the self that may have locked them into painful or dissatisfying ways of living. Body-related issues, unresolved developmental material, preverbal memories, and transpersonal experience may emerge, leading toward integration and wholeness.

Designed for mental health professionals, artists, and those interested in personal growth, this experiential process assists participants in bridging body and psyche through expressive movement. Offering a structure within which natural movement can bloom and be nurtured, it allows individuals to discover ways to engage their creativity and make soulful self-contact.

C.E. credit is available for nurses; see pages 50-51. $350

Dealing with Difficult People

Julian Silverman

Occasionally we have difficulties with certain people in the midst of living or working, or providing services for them. These difficulties are usually not carefully examined or ever resolved. Sometimes such people wind up "driving us nuts." This workshop will offer the following:

- A framework for understanding these situations
- A checklist of do's and don'ts which serve to minimize problems with so-called "difficult" people
- A practicum for learning to empower yourself in difficult situations.

C.E. credit is available for nurses; see pages 50-51. $350

Self-Expression through American Sign Language

Lorraine Peters

American Sign Language (ASL) is most often associated with the method of communication for deaf people. Rich with facial expression, pantomime, gestures, and specific signs made with the hands and fingers, it embodies the spirit and cultural uniqueness of the deaf. But ASL can also be a vehicle for the hearing to explore subtle forms of non-verbal communication. It offers them an alternative means of self-expression as they step out from behind the mask of words and reveal themselves through facial expression and body movement.

This workshop invites participants to tune in to their emotions and become aware of the gestures and postures that convey them. While specific ASL signs will be taught, participants will be encouraged to express their individuality by creating new signs of their own. Music, movement, and other experiential activities will be used in an atmosphere of humor and play.

This weekend is for those who want to become more emotionally expressive, for those in theater or dance, or for those who just want to begin learning American Sign Language. Previous sign language skills are not necessary.

C.E. credit is available for nurses; see pages 50-51. $350

Your Deep Mythology: Tap into the Magic

Stanley Krippner & David Feinstein

Each of us operates out of a deeply personal mythology, a guiding theme that animates our lives. This mythology functions largely outside of awareness, yet with uncanny accuracy we choose the characters and create the scenes that correspond to our deepest visions. Some of these visions serve us well, but others inevitably become outdated as we mature as adults. They may have been created in response to the limitations of our parents or other childhood circumstances, and often lead to inner conflict and self-defeating behavior. One of the most powerful steps we can take to enhance our sense of fulfillment and improve our effectiveness in the world is to constructively change this inner mythology, this invisible force that subliminally directs what we think, what we feel, and what we do.

Drawing upon techniques from a spectrum of systems, including Jungian psychology, gestalt practice, ancient spiritual disciplines, and modern clinical practice, you will be led through a powerful and moving sequence of experiences designed to discover the strengths of the mythology you are living, and to transform those aspects that no longer serve you. Discover how to understand your life story as an unfolding mythology, and reach into unconscious realms for visions that nourish and inspire. Participants are invited to bring a journal and record any dreams they recall prior to the workshop. $350

A Weekend with Paul Rebillot

Combining gestalt, guided meditation, gentle movement, and play with the needs of the participants, this group will create their own weekend of self-discovery and expression. • $350

Week of February 7–12

The Power of Voice

Arthur Samuel Joseph

This course introduces a method called Vocal Awareness, which includes vocalizing, sound meditation, movement, song study, and development of the speaking voice as a means for deepening contact with the Self. Participants will work individually and in groups exploring breathing, toning, a capella and accompanied vocalizing with poetry, sonnets, and songs.

Vocal Awareness is an art form that addresses in precise ways how language affects the brain. It is now well-known in the field of psychoneuroimmunology that endorphins are released by the brain in response to verbal cues and visual imagery. Research also points to a strong correlation between language, breath, and psycho-physical response. Knowing this, developing one's own language becomes a means for self-integration.

The aim of this workshop is to explore the voice as metaphor, to tap into issues of self-expression and self-esteem, and to have fun while developing vocal abilities. It is valuable for lay people and professionals alike, and is open to beginners through advanced. Tape recorders are required.

C.E. credit is available for nurses; see pages 50-51. $675

A Kind of Presence: The Therapist as a Somewhat Sacred Person

Ron Kurtz & Amina Knowland

What do we expect when we are in despair and yet go to a man? Surely, a presence by means of which we are told that nevertheless there is meaning. —Martin Buber

How is it that we become the kind of presence that we must be to be "healers in general and psychotherapists in particular" (Trungpa)? What are the essential elements of that presence? How are they expressed through the psychotherapist as person? And how does this "personhood" manifest, first as qualities we bring to the relationship, and finally as method and technique?

This workshop will approach these questions using the wisdom of Buddhism and Taoism and the teaching exercises of the Hakomi Method of body-centered psychotherapy. Emphasis will be on discovery, particularly the discovery of *how we do what we do by being who we are*. Participants will also explore how the images and energies which give life to this way of being are evoked, nourished, and sustained. $675

Rekindling the Spirit in Work

Howard Schechter & Barbara Lee

"Rekindling the Spirit in Work" is about reconnecting with yourself and the work you do. Through creative exercises and sharing with the group, participants will strive to gain clarity about work goals, the skills required to reach those goals, and the strengths each individual has to accomplish those goals. This process can help integrate who you are with what you do. The emphasis will be on the question, "Who is working?" From an identification with our highest Self, what we do can flow more easily and be a direct expression in the world of who we are inside.

This workshop is for people who are: beginning new careers, in transition, dissatisfied, or simply bored with their work. Participants often come away with a sense of clarity and purpose, and realize that they may not need to make radical shifts in their job or profession. Rather, the subtle inner adjustments of identity, attitude, and perspective create greater job satisfaction and offer direction for taking the next steps in work.

C.E. credit is available for nurses; see pages 50-51. $675

Playing the Edge

David Schiffman

In the early stages of growth, success seems to be its own reward. Excitement, energy, and the willingness to face life boldly are often characteristics of those who are involved in new and successful ventures. To keep this spirit alive is not easy. The enormous pressure, the grinding routines and demands of substantial involvement can dispirit even the healthiest people. To listen to one's heart and know what's real requires the courage to pause. In this willingness to stop and listen to the deeper self live the true resources that guide and protect us.

The purpose of this week is to create a mood of sanctuary for people who are in transition and facing major changes in career, relationship, or matters of the spirit; those in need of a break from demanding, stressful responsibilities; individuals interested in breaking new ground in the areas of self-nurturance, intuitive functioning, and problem-solving.

The processes will be gently restorative, illuminating, and enlivening. The group intention will be to create a community based on trust and goodwill with emphasis on individual freedom. Traditional methods of self-inquiry (gestalt practice, bioenergetics, psychosynthesis) will be combined with innovative methods using music, meditation, poetry, and prayer to foster this spirit of living fully and comfortably. $675

The Enneagram and Higher Awareness: The Inner Centers of Perception

Helen Palmer

The Enneagram is an ancient system of human development that describes nine different personality styles. Through this system personality is seen to mimic aspects of higher awareness. In this way, a specific spiritual quality such as faith, hope, or love was challenged in early life. Personality then formed both as an emotional survival strategy and as a spiritual path organized to recover the missing quality.

This will be an oral tradition class, using panels of speakers who represent the types. Their stories will offer a glimpse of the private workings of different minds and provide a deeper understanding of how these different approaches to life are worked out through each individual.

Practices of emptying, focusing, chanting, moving, and observing that demonstrate a correspondence between the chief distortion of type and a specific facet of higher awareness will be introduced. These practices align the inner centers of belly, heart, and mind through which we perceive our inner nature. Each center opens one of the three intuitive "ways" of knowing and is attuned to specific aspects of the inner life.

This session can be applied as one of the requirements for the Enneagram Professional Training Program. Emphasis will be on inner material, not personal process work. If you wish to discuss the workshop, please call (510) 843-7621.

Recommended reading: Palmer, *The Enneagram: Understanding Yourself and the Others in Your Life* (Harper-Collins). $675

Weekend of February 12–14

Vision Painting

Helen Malcolm-Neeb

"Vision Painting" is a transformative adventure recreating aspects of your life spiritually, professionally, and physically. Through meditation and guided visioning you can explore the many layers of who you are that motivate your life. Subconscious symbols and dream images are evoked on the path to the inner self. The painting becomes the process of the hand following the emotions of the heart, creating from your highest potential a personal map of the future as you would like it to be.

This is an opportunity to affirm the spirit within from a place of play, creativity, and strength. Beginners and artists are welcome. Create a vision of your future as you want it to be.

$350 (plus $20 materials fee paid directly to the leader)

Somatics: Mastery of Muscles and Emotions

Eleanor Criswell Hanna

This workshop will explore the neuromuscular responses to emotional states — the somatics way to internal mastery of muscles and emotions — and the joy that comes with the body's renewed awareness and freedom. Guided somatic exercises and individual sessions with practitioners trained by Thomas Hanna will give participants the opportunity to experience this wonderful work.

Recommended reading: Hanna, *Somatics* (Addison-Wesley), *The Body of Life* (Knopf), and *Bodies in Revolt* (Freeperson Press). $350

Toward a Common Language: Psychotherapy and 12-Step Recovery

Peter Finkelstein & Peter Ways

Participants in "12-Step" programs are often irritated or bored when faced with conventional psychodynamic discussions of their addictive behavior patterns. Similarly, adherents to more classical psychological approaches are frequently condescending and dismissive when they encounter the AA point of view. Although both groups employ combinations of insight and social support in their work, their differences in basic orientation and experience with treatment often cause defensiveness and frustration. As a consequence, it becomes very difficult for those involved in these two approaches to learn from each other.

This workshop, co-led by a psychodynamic psychiatrist and a recovering physician steeped in "12-Step" work, will attempt to develop a common language and inclusive style for dealing with addictive patterns that gathers strength from each model. The workshop will be useful to counselors and therapists from both sides of this conceptual gap and for all persons wrestling with the similarities and contradictions of "12-Step" and psychotherapeutic approaches.

$350

On Being a Man

David Schiffman

Many men today have sought to honor and embrace the emergence of the feminine principle in their own natures. As a result of this emphasis, the right to celebrate and honor the masculine has become a thorny and difficult dilemma.

A man's sense of his uniqueness and value is critical. During this week participants will examine those elements in their own natures which comprise the deeper dimensions of manhood and how they might enhance the freedom to be men with simplicity, clarity, tenderness, strength, and dignity. They will explore the following questions:

- What does a man need to know and accept about his own nature to feel himself fully as a man?
- Can men come together to create an atmosphere of trust and goodwill, where the masculine aspects that they have in common can be honored and appreciated in the pleasure of each other's company?
- Are there ways that men can mark and celebrate the cycles that season them, their victories, and defeats? How might they reveal themselves emotionally without unnecessary shame or remorse?
- Can the "wild man" within be befriended and reliability and respectability still survive? Can fierceness and aggression be used constructively in realizing spiritual aspirations, intimate relationships, family and community concerns?

A variety of experiential processes will illu-

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minate these and similar issues. Traditional initiation rituals and purification ceremonies using drumming, chanting, and a sweat lodge will also be incorporated in this journey. $350

Ritual, Ecstasy, and Women's Spirituality

Margo Adler

This workshop for women explores the ideas, the rituals, and the celebrations that come out of the women's spirituality movement. Margo Adler uses chant, songs, and sacred circles as ways for women to explore the healing power, joy, and ease that comes from doing rituals with women. The basic philosophy that informs this workshop is Neo-Paganism and Goddess spirituality. This perspective is non-hierarchical and starts with the idea that we, ourselves, are sacred and flowing with potential. Ritual is a tool that can end our alienation from nature and from each other. The workshop explores ways of reclaiming the vitality and mystery of ecstatic religions without the dogmatic and patriarchal attitudes that have caused so many women to leave their own religious traditions.

The workshop will combine joyful exuberance (chants, songs, laughter, and drumming) with time for quiet meditation, including a voyage to meet the Goddess within ourselves. This should be two days filled with joy and fun. Please bring drums, rattles, instruments, and one or two personal items that have special significance to place on a community altar as a way of sharing your own stories. $350

Week of February 14–19

Introduction to Continuum

Emilie Conrad-Da'oud

Emilie Conrad-Da'oud writes: "A human being can be seen as a living process of many activities: neuro-electrical-chemical-muscular, feeling, thinking, remembering, dreaming, and much more than we'll ever know. We sweepingly refer to all of this as 'My Life.' These activities can also be described as movements. What we call a 'body' can be seen as movements that flow, combine, and stabilize into 'muscle' or 'spine' or 'eyes.' I see movement as what we are rather than as something we do.

"Our time together will enhance our sensitivity to movement, whether we're experiencing it as moving 'muscle' or moving 'thoughts,' whether we're involved in the softness of a breath or the play of language, whether we're meandering through skin or feeling the wonder of meaningfulness as it shapes and colors the moment. For me, 'life' and 'movement' are one." $675

Vision Painting for Women

Helen Malcolm-Neeb

This workshop is the same as February 12-14, except that it is for women only.

$675 (plus $30 materials fee paid directly to the leader)

A Course in Miracles

Julian Silverman

"A Course in Miracles" is a curriculum for enjoying life. Its basic premise is that the mind can learn to empower itself by learning how to extend itself: "All confusion comes from not extending life." In this course, ordinary human thinking is regarded as an oppressive force in the mind, one which needs to be neutralized and understood. The method and perspective of the Course are based on the following goals:

- Upgrading our ordinary ways of making sense of things
- Recognizing our life's trials as opportunities to heal ourselves and taking advantage of these opportunities
- Recollecting routinely our *essential* value and our *essential* purpose as human beings. $675

The Unfolding Self

Joyce Lyke & Jessica Britt

We are the night ocean filled
with glints of light. We are the space
between fish and the moon,
while we sit here together. —Rumi

We live in a world of mystery, wonder, and beauty. Unfortunately many of us seldom perceive or participate in this realm of reality. Instead we see and live in a world of conflict, suffering, and uncertainty, often doubtful of life's meaning. Our childhood conditioning creates veils that make it difficult to perceive the truth, which limits our capacity to be present in the unfolding mystery.

This week is for participants who have been working on themselves and would like further inquiry into the relationship between emotional work and spiritual development. Using Sufi self-remembering exercises, meditation, and individual Reichian and gestalt work, we will inquire into what it means to allow and commit to the unfoldment of the self—the unveiling of the mystery.

Recommended reading: A.H. Almaas, *Essence* and *Diamond Heart*, Vols. I, II & III. $675

Advanced Holotropic Breathwork and Meditation

Ricci Coddington & Laurie Weaver

This workshop is open only to participants experienced in Grof Holotropic Breathwork.

This five-day program will offer the opportunity to connect with Mother Earth, open your heart, and become more in touch with your Spirit while deepening your breathwork experience.

The daily routine will include Arica Psychocalisthenics exercises, sitting and walking meditation, relaxation, energy generation, and music-making. Each breathwork session will include group process and creative art work.

To apply for the workshop, please send background information to Ricci Coddington, 1537 4th Street, Suite 193, San Rafael, CA 94901. Applications should include past experience with Grof Holotropic Breathwork, dates, and the names of the certified leaders.

Participation in this five-day workshop will fulfill forty hours of credit requirements for the Grof Holotropic Breathwork and Transpersonal Psychology Training. $675

Weekend of February 19–21

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 29-31. $350

How to Tell Your Friends From the Apes: A Workshop in Evolutionary Psychology

Robert Anton Wilson

Developed in the 1920s by Dr. Theodore Schroeder, evolutionary psychology was a major influence on Harry Stack Sullivan, interpersonal psychology, Dr. Eric Berne, general semantics, existential therapy, and Dr. Timothy Leary, among others. In this workshop, evolutionary psychology will be updated to include current findings in the neurosciences, and we will discuss Schroeder's evolutionary perspective on discovering both past and future genetic programs buried in our brains.

Using simple "experiments" and "games," the leader will guide participants in finding the amoeba within, learning how their reptile brain operates, seeing the "monkey-mind" in politics and family feuds, exploring "Civilization and its Discontents," and probing the latent potentials of our neurosomatic (mind-body) healing circuitry. We will also probe our neurogenetic vistas ("memories of the future"), the metaprogramming networks that lift us above conditioned reflex mechanisms, and the nonlocal "Holon" in which we find each individual mind contains and reflects the mind of all sentient life throughout space and time.

WARNING: The Attorney General has determined that this workshop may be hazardous to your dogma. $350

Should I Tell The Truth?

Will Schutz

Two of the most popular and powerful films of 1992 — *Prince of Tides* and *JKF* — revolve around the consequences of withholding, one personally, the other socially. The human potential movement placed the issue of openness, or truth, center stage. Various practitioners felt it was essential for the following reasons: to realize full potential; to find the god within; to utilize total energy; to enjoy full relationships; to solve social and organizational problems; and to allow the cosmic energy to flow through our bodies without a ripple.

More practical heads insisted on the legitimacy and desirability of privacy, secrets, prudence, discretion, and compassion for the potential hurt feelings of the recipient of the openness. What is openness, or truth? Is withholding okay, or is it the intellectual's form of lying? Is openness sometimes an excuse for civilized hostility? Is unawareness (deniability) a legitimate justification for not being open? Is it true that people get in trouble not because they tell the truth — but rather because they do not tell enough truth? We will explore and experiment with the consequences and limits — if any —of living a life of total openness.

Recommended reading: Bok, *Lying* (Vintage); Schutz, *Profound Simplicity* (Will Schutz Assoc., Muir Beach, CA) and *The Truth Option* (Ten Speed Press). $350

Singing Gestalt: Solo or Duet

Nancy Kaye Lunney

Singing gestalt is singing about yourself, who you are, what you feel, who you'd like to be. Singing gestalt is about being yourself in front of other people without judging how well you sing. Singing gestalt is not about performance. It is about contacting and feeling and expressing.

Come along or bring someone who is important to you, perhaps a lover, friend, a parent, someone with whom you'd like to communicate in a different way things you've expressed before and possibly things you've never said. If you wish, bring photographs of significant people in your life, past or present.

If the idea of getting up and singing in front of other people terrifies you more than anything you can think of, this workshop is for you. If you love to sing in front of other people and want to stretch yourself further, this workshop is for you. If you've been too shy to try, this is your chance.

Some guided imagery and gestalt may be used. Accompaniment and lots of music are provided. But the workshop is really about you — singing. $350

The Art of Leadership: Excellence in Business, Management and Communication

Ronald Alexander & Bruce Gregory

This workshop is for executives, managers and other people who are committed to improving their communication and leadership skills. Some of the major areas of focus will include:

- Conflict resolution
- Dealing with the blocks that prevent executives from feeling secure and clearly articulating their vision
- Developing trust with persons who feel threatened or intimidated
- Discovering and addressing blind spots in self-esteem
- The development of creative strategies for building support systems that facilitate the transformation of visions into realities.

Some of the group processes will include: giving and receiving feedback on communication and leadership styles, role-playing, problem-solving exercises for real life work situations, and exercises for learning to use the unconscious to creatively solve problems.

C.E. credit is available for nurses; see pages 50-51. $350

Week of February 21–26

Cross-Cultural Shamanic Practices

Angeles Arrien

Participants of this workshop will be introduced to shamanic tools from diverse cultures in order to access and empower their inner teacher, healer, visionary, and warrior. The universal healing salves of singing, storytelling, dancing, and silence will be engaged to rekindle the spirit and retrieve any soul loss.

Group members will work individually and collectively to honor ancestor spirits by releasing limiting family patterns; enhance personal and professional power by speaking with "spirit tongue" (truth-telling); and experience shamanic practices that reveal internal mythology, help heal wounds, and adjust imbalances.

This week qualifies as a Foundational training for the Four-Fold Way, a cross-cultural shamanic training program by Angeles Arrien. $675

Mentations and Deviations^{SM}: Thinking with the Whole Body

Michael Kramer, Paule Marx
& Christian Intemann

True mentations are the conscious physical experience of perceptions which occur naturally in our bodies. Participants in this workshop will learn how to utilize their entire body to formulate a complete thought. This training is based upon the teachings of Oscar Ichazo, founder of the Arica Institute.

The goal of this workshop will be to sensitize our entire body and to "set" the mentations. For example, our ears give us the mentation of substance or understanding, and with our eyes we perceive the purity of forms; our nose gives us an awareness of the possibilities of any given moment, and with our mouth we perceive our essential needs.

In setting the mentations we use 12 yantras, one for each mentation. Yantras use the principles of color and form and provide a set of symbols that enable our psyche to grasp directly the essential language of the mentations. Music is also an integral part of this training, as the mentations have a direct correspondence with the notes of the 12-tone musical scale.

In contrast to the 12 mentations of the body are the 12 deviations of the mind.

They are referred to as "clowns," and are a chorus of misinformation and confusion that arise whenever we attempt to intellectualize the natural flow of perceptions in our bodies. The deviations are determined by the time and place of birth. They act as voices of dissension that impede the clear perception of both our interior and exterior worlds. Participants will learn to recognize and name each deviation's voice, and disarm them all with humor, light-hearted theater, and meditation.

Please note: The date, time, and place of your birth must be received by February 7th. A letter of explanation is available from Esalen. Please call the main office.

Recommended reading: *Interviews with Oscar Ichazo* (Arica Institute Press), and *Master Level Exercise: Psychocalisthenics* (Sequoia Press). $675

Mentations and Deviations is a service mark of Arica Institute, Inc.

Prevent Your Heart Attack

Joe Goldstrich & Norman Kaplan

As an adult, the greatest danger to your health and life is coronary disease — a heart attack often manifested by sudden death. The risks for coronary disease are well-known, and this workshop will help you identify and act directly against whatever risks you feel you have. You will be given a pre-workshop questionnaire about your current health habits and asked to obtain a simple blood test for blood sugar and cholesterol before the workshop.

The leaders will review the scientific evidence about the role of each of the following risks and provide practical, individualized guidance for a long-term program that will reduce those that relate to you: obesity, particularly upper body or abdominal; high blood pressure; high blood LDL-cholesterol, low HDL-cholesterol; cigarette smoking and passive smoke; job-related stress; Type A personality; physical inactivity.

To lower these risks, participants will discuss the following:

- Diet: low saturated fat, limited protein, moderate sodium, increased essential vitamins, minerals, and antioxidants
- Exercise: an individualized program of medium intensity, aerobic exercise
- Smoking cessation: use of nicotine skin patches and gum as part of an effective stop-smoking program
- Stress reduction: massage, meditation, and proper breathing
- Drug therapy as an adjunct to diet to reduce serum cholesterol and cause regression/reversal of coronary heart disease
- Appropriate alcohol intake, use of aspirin and (for women) postmenopausal estrogens, avoidance of other environmental toxins, and incorporation of other heart-helpful practices.

C.E. credit is available for nurses; see pages 50-51. $675

Clinical Program for Professionals: Integrating Gestalt, Self Psychology, and Mind-Body Healing

Ronald Alexander & Bruce Gregory

This five-day training program will combine didactic discussion with experiential exercise, supervision of therapist-client dyads, and clinical demonstrations. A full spectrum of treatment cartography will be used to clarify how gestalt, self psychology, and mind-body healing can be effectively integrated to address early developmental trauma, narcissistic issues of the self, and contact boundary disturbances. Emphasis will be on:

- Improving skills of diagnosis
- Formulation of treatment plans that attend to the transition points of the healing process
- Improving intervention skills as they relate to handling resistance, the nurturing of the real self, and facilitation and activation of unconscious healing processes through the use of mirroring, pacing, and the language of mind-body healing.

Particular attention will be paid to assisting therapists to become more aware and effective in dealing with countertransference and projective identification.

Recommended readings: Masterson, *Countertransference and Psychotherapeutic Technique* (Bruner Mazel); Erickson & Rossi, *Hypnotherapy Casebook*; and Polster, *Gestalt Therapy Integrated* (Bruner Mazel).

C.E. credit is available for nurses; see pages 50-51. $675

Making It Float

Robert Hall

There is no fixing a damaged childhood. The best you can hope for is to make the sucker float. —Conroy

Robert Hall writes: "And so it is. This workshop is about making it float. How to. If you're willing to spend some time with meditation, gestalt group process, making sounds, and experimenting with moving your body to your own rhythms, if you're interested in how body awareness, psychotherapy, and meditation work together to loosen your identification with who you think you are, and if you still have your sense of humor, we'll not only make it float, we'll take a ride in it." $675

Weekend of February 26–28

A Weekend with Ruth Zaporah and Action Theater

Physical theater improvisation reflects life — in both we walk backwards, knowing where we've been, which is not knowing where we're going. Each step we take is a step into now. As awareness expands, experience becomes more now. The movement, vocal, and language exercises in this training expand awareness. Participants improvise upon an awakened memory and imagination. Integrated thought, emotion, fantasy, and spirit inspire action and speech.

During this weekend, we'll play in the studio and out on the beach, all the time seriously enjoying ourselves. This workshop accommodates the novice, the explorer, and the practiced. $350

The Passion of the Western Mind: Bringing it All Back Home

Richard Tarnas

In light of the current state of humanity and the world, how should we evaluate the Western intellectual and spiritual tradition? What are we to make of this tremendous historical development that has shaped our world and our psyches with such pervasive force? Has the long Western trajectory served some deeper evolutionary purpose, or rather was it humankind's supreme evolutionary error, a sustained epistemological mistake? With the emergence of the global ecological crisis, with the deconstruction of patriarchal, Eurocentric, and anthropocentric assumptions and values, with the rise of multiculturalism and feminism and the resurgence of Eastern and indigenous spiritual traditions, where stands the West?

These are critical questions of our time, especially for those of us who stand at the crossroads of all these intellectual and spiritual impulses — postmodern, countercultural, indigenous, archaic, esoteric, Eastern — and yet who are, in the end, sons and daughters of the West. Every generation must discover a way to transcend its historical foundations. Yet paradoxically it can do so only by first integrating them. What each of us as psychological individuals has long been doing is also what we as a civilization must do — strive to understand that which has constituted us, recover our historical evolution, make the unconscious conscious. For in terms of a civilization, history is, in a sense, the great unconscious. What has been driving us the last four thousand years? Can we envision a conceptual framework large enough and subtle enough that it can make intelligible both the extraordinary achievement of the Western trajectory and its great cost? Can we find our way to a genuinely integral world view, one that does not secrete a final dualism by embracing everything except the Western or the modern? If ours is indeed a participatory cosmos, what role has been played by our own vast experiment?

Join Richard Tarnas in engaging these questions and issues. The group will draw on sources as diverse, but perhaps ultimately convergent, as depth psychology (the work of Stanislav Grof, the later Jung, James Hillman), sociology of religion (Robert Bellah), philosophy of science (Kuhn, Popper, Feyerabend, Evelyn Fox Keller), Romantic thought (Goethe, Hegel, Rudolf Steiner), and ecofeminist spirituality.

Recommended reading: Tarnas, *The Passion of the Western Mind* (Harmony 1991), especially the Epilogue. $350

A Weekend with Seymour Carter

Everyone has unused capacities for further personal development. When these capacities are recognized and given attention, a natural force is released which, like a tide, can carry the individual to a higher level of ability and action. Fritz Perls taught how to recognize the force of avoided issues in dealing with blocked energies. When unfinished issues are confronted and assimilated, it is possible to feel potent and in charge of one's life.

In this workshop, participants will deal with these issues by examining the influence of the inner dialogue on thoughts and the nature of impasse, as well as tendencies within themselves toward psychological completion and well-being. The basis of this work is the gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, and aikido. Each participant's process of development will be honored, encouraged, and treated as unique. $350

Weekend Massage Intensive

Laurie Schutz & Roger Grandy

Participants will be instructed in basic methods used in giving a pleasurable and beneficial massage. Fundamental elements of body work, such as breath awareness, grounding movement, quality of touch, and stress reduction, will be introduced. The workshop is available to beginners as well as to those who wish to brush up on their massage skills.

C.E. credit is available for nurses; see pages 50-51. $350

Meditation: The Living Dance

David Streeter

The experience of insight, tranquility, inner strength, and aliveness can be found within our everyday life through the ancient art of meditation. This workshop will approach traditional meditation practice in an unusual way.

In our retreat atmosphere we will prepare the body-mind for silent listening with fluid movement from the martial arts and yoga. We will incorporate breathing methods (Prana-Yama) and energy work with Zazen (sitting meditation). Other activities will include a group meditation in a nearby contemplative monastery and Zazen at our new meditation center nestled close to a waterfall.

This approach to the subtle practice of meditation through the body can inspire the student to discover his or her rich interior life and that crystal-clear still point described so well in every spiritual tradition.

C.E. credit is available for nurses; see pages 50-51. $350

Week of February 28–March 5

Language of the Drums: African Percussion, Chanting, and Dance

Babatunde Olatunji & Friends

Nigerian musician Babatunde Olatunji has been bridging the gap between American and African culture for thirty years. In this workshop he will show how drum sounds and rhythms communicate, stimulate, and pace the activities of traditional African life. He will teach the consonants of the Yoruba language, reproducing its sounds on drums and through chants, body percussion, and dance.

This workshop is for dancers, percussionists, musicians, and anyone who wants to speak the language of the drums. Drummers can experience the dance and dancers can experience the drums. Bring a drum if you have one.

Please Note: This has always been a popular workshop, with lots of people drumming and dancing in a small area. The energy runs high; be prepared for a crowded, exuberant atmosphere. $675

The Path of Transformation in Psychotherapy and Meditation

Daniel Brown

This workshop is designed for psychotherapists, practitioners of meditation, and those interested in the integration of the worlds of psychotherapy and spirituality. The leader will present an integrated model for the path of transformation, for the development of emotional experience, the sense of self and others, and reality sense. This model of normal, pathological, and optimal human development is drawn from the fields of child development, clinical psychology, and the great Eastern traditions of meditation.

This workshop will show how the path of meditation unfolds and will present a vision of optimal human development. It will also help participants learn to assess and treat different types of problems (clinical symptoms and meditation crises) which occur at various points along the overall developmental continuum. The workshop will address how psychotherapy can be used as a way to attain some of the necessary prerequisites for spiritual development and can assist with the problems that occur for the meditation practitioner and meditation teacher. It will also explore how spiritual awareness can inform one's view of psychotherapy. Various experiential exercises and meditation practices will be used along with clinical case material. The workshop will be both experiential and didactic.

Much of the material will be drawn from the leader's experience as a clinician and teacher, and from his eighteen years of practicing meditation, translating meditations texts from Sanskrit and Tibetan sources, and conducting scientific studies on deep meditation states and enlightenment on meditation masters in this country and South Asia.

Recommended reading: Wilbur, et al., *Transformations of Consciousness* (Shambhala). $675

Reunion

David Schiffman

This is a workshop for seasoned people who are already familiar with and appreciate the basics of self-exploration, inner work, myth, and sacred ritual. Its aim is to create a mood of safety and support for further study. It is a time for individuals to renew this connection to the resources that can guide and protect them. Gathering together in a spirit of trust and goodwill, participants will explore ways to:

- Reconnect with and honor what they feel most deeply
- Express feelings with simplicity, clarity, and integrity
- Celebrate playfulness and spontaneity
- Release disappointments, reversals, and emotional losses
- Mark their hopes and dreams and renew their spirits through myth and ritual
- Deepen their understanding and appreciation of their own rhythm and true nature
- Explore imaginative ways to live freely and fully

In an eclectic framework, the workshop will combine innovative elements of guided meditation, sound work, ritual, dance, and music with traditional psychological practices. $675

February 28–March 28

28-Day Massage Practitioner Certification Program

Brita Ostrom & Dean Marson

For workshop description see Special Programs, page 47. $3150

Weekend of March 5–7

Language of the Drums: African Percussion, Chanting, and Dance

Babatunde Olatunji & Friends

For workshop description see February 28-March 5. $350

A Workshop for Couples

Daniel Brown & Marushka Glissen

This workshop is for couples who want to improve their communication skills and increase their understanding of each other. Ways for resolving conflict and practical methods for becoming self-assertive and self-transcending in a partnership will be taught. Some of the work will address how the family of origin and past conditioning contribute to the bonding as well as the conflicts. Time will also be spent on learning how to find satisfaction, mutual support, relaxation, solitude, and play in day-to-day living as partners. Helping couples discover the wider purpose of being together through a sharing of values, love, and perhaps a spiritual vision will be emphasized. $350

When Success is Not Enough

Peller Marion

If I had known what it would be like to have it all, I would have settled for less.

—Lily Tomlin

Since 1950, materialism has sky-rocketed in the United States. Indeed, many of us are wealthy beyond the wildest dreams of our ancestors, and yet we struggle more than ever for self-esteem and meaning in our lives.

When alternative measures of success are not available, the human need to be valued and respected by others is acted out through consumption. Buying things becomes both a means of self-esteem and social acceptance. "The avarice of mankind is unsatiable," wrote Aristotle, who believed that as soon as one desire was satisfied, another would appear to take its place. If our wants are insatiable, there is simply no such thing as enough.

Peller Marion has designed a weekend that explores the questions: How much is enough? What is an achievement junkie? What is my definition of success at this time in my life? How do I create my own personal philosophy of life? How do I live by my own agenda?

Participants will explore the paradox of success in their own lives. A variety of experiential processes will be drawn from readings and discussion, games, dance, gestalt, imagery, and meditation.

Recommended reading: Marion, *Crisis-Proof Your Career* (Carol Communications, 1991).

C.E. credit is available for nurses; see pages 50-51. $350

Week of March 7–12

Accepting Life's Transitions: Letting Go–Moving On

Mary Goldenson (Devarani)

For workshop description see January 15-17. $675

Human Potential: Theory and Practice

John Heider

This workshop will consist of a synthesis of group process, gestalt, body work, and meditation. The purpose is to develop and educate the human potential, which refers to the ability people have to become more aware or conscious of themselves and the world around them. While the workshop will be mostly experiential, there will be time for questions and answers and for discussion of the work. $675

Body, Heart and Soul

Paul & Niyaso Carter

This workshop explores the many aspects of sexual life, with the objective of helping to heal old wounds, unlearn restrictive programs, dissolving fears, and becoming free to appreciate your own sensual-sexual nature. The five days are structured as a series of initiations beginning with conception and going through childhood, puberty, adolescence, into the mature union of sexual energy and open-hearted love. The goal of the workshop will be to help bring back into your life:

- A heightened sense of well-being in your body
- A lighter and more open heart
- The ability to communicate without fear
- Deeper intimacy in your relationships.

When we are free to appreciate our sensual aliveness, when our sexual energy is integrated with the energy of our heart, and when we can let our bodies, hearts, and souls experience their own natural flow, true intimacy can happen in our lives. Touching this space is not only a delight, it can also transform every aspect of our lives. $675

A Modern Shamanic Initiation

Richard Yensen Pérez-Venero
& Donna Dryer Pérez-Venero

This workshop explores shamanic tradition as a means for self-healing and spiritual growth. Through music, art imagery, visualization, breath and body work, participants will travel through altered states of consciousness to a source of healing and meaning within themselves. Shamanic cultures call this realm the world of the spirit, where we can find true power and the ability to bring an open heart to our life's path.

Participants will study maps of consciousness drawn from research in psychedelics, from archetypal themes of death and rebirth, and from shamanism. Experiential sessions will combine modern technology, ancient ritual, and specially developed media portrayals of the transformative journey.

C.E. credit is available for nurses; see pages 50-51. $675

Weekend of March 12–14

Joy is the Journey: Hatha Yoga and More

Lilias Folan

Join Lilias Folan, host of the PBS series "Lilias, Yoga & You" for a weekend of yoga and relaxation. In her unique and compassionate teaching style, Lilias will guide participants in learning fresh ways to move, meditate, and breathe— with special focus on the art of relaxation. There will be time for stillness and time for high play.

Open your heart, mind, and spirit with a journey through your closest natural environment, your own body! Lilias will share with you her spiritual journey and practical ways to weave your yoga practice into daily life.

All levels of expertise are welcome. Please wear comfortable clothes and bare feet, and bring your own mat. $350

Learn from Your Dreams

Joyce Frazee

Most of us don't remember our dreams. And those of us who do often feel that our dreams are not useful experiences, just meaningless images encouraged by sleep.

But dreams can be useful and give us insight. They can be the mirrors that allow us to look in places where we have been afraid to look, show us strengths we didn't realize we had, and teach us new skills. Dreams can help us recover our true selves.

If you've ever wondered about your dreams, recorded your dreams, or forgotten all your dreams except your nightmares, this workshop is for you. Participants will be taught exercises in dream recall, mandala drawing meditation, dream body awareness, bioenergetics, and gestalt dreamwork. $350

Rituals of Transformation

Paul Rebillot

People are continually approaching thresholds, transition points from one state to another. To live is to change. Unfortunately we have a tendency to resist change, to cling to the familiar, to remain stuck at the threshold. This resistance eventually causes us much stress and pain.

Rituals can prepare people for change as it happens in the course of their lives and help heal the passages that were not completed in the past. A ritual does not make a change happen; rather, it awakens within the psyche the archetypal pattern of change, it teaches the participant how to change. By acting out the ritual, people learn, not only in their minds but in the feelings of their hearts and the movements of their bodies, the process of transformation.

During this workshop, participants will look at what they want to heal and transform in their lives, what they need to say good-bye to, and what they need in order to cross their present threshold. Small groups will work together to design and enact individual rituals in order to support and help this healing process.

Just as the body can move from one position into another, so can the full being: hearts can move, minds can move. Rituals let the body show the appropriate path and let the full being open all the doors waiting to be open. Joseph Campbell said that when someone discovers his or her authentic path, the way seems blessed with magic. To find this way is the work of "Rituals of Transformation." $350

Conceiving, Perceiving, and Doing Biospherics

John Polk Allen

This workshop is an introduction to biospheric thought and will explore the scale, power, complexity, evolution, expansiveness, holoarchic organization, and beauty of this class of magnificent beings.

Participants will practice special techniques in the outdoors to create the naturalist's state of consciousness, but they will be stalking the biosphere's form and behavior, not that of one of its species. Another session will be on modeling biospheres, conceptually primarily, not mathematically beyond the basic necessities.

Finally, participants will use theater to enact the dramatic future when a number of biospheres will be in action throughout a broad belt of the solar system, and when the genetic wealth of planet earth and its reservoir of evolutionary potential is recognized to be its greatest treasure. $350

Week of March 14–19

Golf in the Kingdom: An Exploration of the Inner Game

Stephen Cohen, Fred Shoemaker
& John Allen

Ye'll come away from the links with a new hold on life, that is certain if ye play the game with all your heart —Michael Murphy, (Chivas Irons), *Golf in the Kingdom*

The game of golf provides many opportunities to enhance the journey of self-discovery. It can be experienced not only as an athletic endeavor, but also as a metaphor for the way one lives. Just as in life, issues of self-confidence, fear, trust, discipline, and awareness emerge in the conflict between the ego's desire for success and the inner self's ability to achieve.

During these five days, teaching methods gleaned from a study of the inner game will be utilized, as well as principles from psychosynthesis and gestalt, to explore the inner self and how one interferes with its emergence. Two days will be spent on field trips to the Monterey Peninsula where participants will practice and play in some of the most beautiful golf country in the world. On other days there will be time to relax and enjoy the natural pleasures of Esalen and Big Sur.

Recommended reading: Murphy, *Golf in the Kingdom* (Delta); Gallwey, *The Inner Game of Golf* (Random House).

$675 (plus green fees paid directly to the leader)

Courage

Joyce Frazee

In the mouth of the dragon there are many jewels. —Buddhist proverb

For some of us it takes courage just to live our daily lives. Every day we awaken to face the demons in our lives — demons that come in many forms: perfectionism, guilt, avoidance, shame, despair, failure. Time passes and we become skillful in living de-

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spite the constant awareness that these demons are preventing us from experiencing the fullness of life. Their existence drains our energy and limits, our joy and freedom. But getting close to them, allowing ourselves to confront them, is very difficult to do.

This week will give us an opportunity to find the courage to face our demons. Participants will be encouraged to look at the things in their life that are difficult to face and will be given support to help recognize and confront them. This will be done through gestalt practice, dream work, and bioenergetics. Drawing, dance, and meditation will also be used to recover the jewels from the dragon. $675

Owning the Shadow

Paul Rebillot

We have met the enemy and they is us.
—*Pogo*, Walt Kelly

One of the most important and frequently avoided parts of our psychological development is the ability to own that part of ourselves we do not like, the part Jung called the "Shadow."

The more we are limited by not owning, not experiencing the negative features of our personality, the more these energies are suppressed and ultimately disappear from consciousness. We are then constantly stalked by those parts of ourselves we refuse to own, and become projectors of our own disowned energy. We create enemies in the hope that blame and anger will destroy them, and in turn destroy that part of ourselves we don't want to know about. As we attempt to destroy others, what is really destroyed is any contact with the truth of our own being.

Participants will work on discovering the internal dynamic that helps create the "other guy," or the "bad guy." What are we *really* trying to destroy? What are we fighting against? How are we like the enemies we create? How can we bring that forceful energy into awareness? The negativity that we project outward can only be understood and changed from within ourselves — from that aspect of consciousness that resists acknowledgment and remains isolated from the rest of our being.

The objective of the workshop is twofold: first, to help participants own the shadow—the negative, dark, violent energies of the self; and second, to learn to deal with those onto whom we have projected this negative self so that we can learn how to communicate with them as human beings instead of enemies. $675

March 14–26

Emotional Healing: From Co-Dependence to Aliveness

Karen Paine-Gernée & Terry Hunt

For workshop description see Special Programs, pages 47-48. $1665

Weekend of March 19–21

Essential Tai Ji: Body-Mind-Spirit in Action

Chungliang Al Huang

Tai Ji is a philosophy of life, a living Tao, and an effective tool for self-cultivation that promotes health, wealth, and spiritual well-being. Chungliang Al Huang will combine structure, discipline, and creative exploration for beginners and longtime practitioners in this weekend of joyful movement meditation.

Recommended reading and viewing: Huang, *Embrace Tiger, Return to Mountain*; *Tai Ji: Beginner's Tai Ji Book*; *Quantum Soup: Fortune Cookies in Crisis* (Celestial Arts); *Thinking Body, Dancing Mind* (Bantam); Tai Ji videos from Living Tao Foundation, (217) 337-6113. $350

Refilling the Chalice: Time Out for Healers

Joan & Myrin Borysenko

The leaders write: "We are offering this workshop as much for ourselves as we are for you. Several times each year we retreat in a solitary or protected group setting to enjoy nature, open to the still small voice within, and refill the chalice of caring and love from which others sip throughout the year. Esalen is a wonderful setting for such a retreat. We will schedule time for group meditation and yoga, prayer, silent mindful walking in the beauty of Big Sur, dreamwork, listening to sacred music, and discussing the nature of healing. This is a time to nourish ourselves and to honor the sacred trust we have been given by taking time to welcome and thank the Spirit that we serve."

C.E. credit is available for nurses; see pages 50-51. $350

The Psychology of Community

Ronald Sharrin

A human being is part of the whole we call "universe," a part limited in time and space. We experience thoughts and feelings as something separate from the rest of the world, a kind of optical delusion of consciousness. This delusion is a kind of prison, restricting us to our personal desires and affection for only the few persons nearest to us. In order to free ourselves from these restrictions, we must widen our circle of compassion to embrace all living creatures and the whole of nature in its beauty. Our challenge is to radically change our experience of ourselves in relationship to one another and our environment. This enables us to create communities which can nurture their members as well as their surroundings.

In this experiential workshop, participants will be offered the opportunity to explore the true nature of the challenge of living in a community, and to come to a deeper understanding of what it means to shift one's consciousness in collaboration with others in order to live in a community. This shift involves a journey through oneself in the moment in the presence of others to acquire perceptual skills that utilize a reality concealed by every-day social interactions.

The group will be treated as an entity. The leaders will facilitate the group in studying its own behavior. $350

Week of March 21–26

Centering

Robert Nadeau

Bob Nadeau will present the simplicity and naturalness of the centering process through his innovative approaches to grounding, movement, energy awareness, aikido, and male-female polarity. The physical, mental, energetic, and spiritual aspects of centering will be explored through material Nadeau has recently developed. This workshop is suitable for new and old-time students. Please wear comfortable clothing. $675

Gestalt Practice

Christine Stewart Price & Guest Leaders

For workshop description see January 1-3. $675

The Joseph Campbell Foundation: A Mythological Toolbox

Coordinated by Robert Walter & Jean Erdman

In *Memories, Dreams, Reflections*, Carl Jung tells us that he had hardly finished writing *Symbols of Transformation* when he suddenly realized "what it means to live with a myth, and what it means to live without one." When he asked himself by what myth he was living, he found that he did not know; and so, he wrote,"I took it upon myself to get to know 'my' myth, and I regarded this as the task of tasks." How do you come to know the myth that has shaped your life, the myth that governs it? And how can you nourish, enrich, deepen, or, when necessary, transform that myth?

In this workshop some of Joseph Campbell's closest associates will present an array of mythological "tools," various techniques and approaches that you can use to explore and answer such questions as these. Participants will include: dancer and choreographer Jean Erdman (Mrs. Joseph Campbell); Tai Ji dancer, artist-calligrapher, Chungliang Al Huang; Campbell's biographers, Robin Larsen and Stephen Larsen; Mimi Lobell, a scholar of myth and symbol; architecture professor and author, John Lobell; and Campbell's editor and literary executor, playwright/director Robert Walter.

Using slide lectures and a variety of experiential exercises, we will survey Campbell's essential ideas, trace the historical morphology of mythology, examine the heroic "Monomyth," investigate the demise of the goddess, traverse the chakra system, seek to awaken our mythic imaginations, and chart our personal rites of passage. In shared play, we will examine storytelling, movement, journaling, sacred space, metaphor, masks, life maps, totemic animals, mandalas, and other potential mythological tools.

All participants are asked to bring a journal and to read the Foundation's publication *Joseph Campbell: The Man and His Ideas*, which will be sent to all registered participants prior to the workshop.

Recommended reading: Campbell, *The Hero with a Thousand Faces* and *The Mythic Image* (both, Princeton); and *Myths to Live By* (Bantam).

Recommended viewing: *Joseph Campbell and the Power of Myth with Bill Moyers* (Mystic Fire Video) and *The Transformations of Myth Through Time* (Public Media Video).

Recommended audio: Any Joseph Campbell tape from New Dimensions or Dolphin/Big Sur Tapes (ordering information on page 55). $675

Weekend of March 26–28

Vision and Embodiment

Laura DeNuccio (Ma Prita)

For workshop description see January 29-31. $350

Body Work Intensive: Strategies for Healing Post Trauma Stress

Carolyn Braddock & Char Pias Brenner

Awareness of the effects of Post Trauma Stress and sexual abuse/assault is growing among massage practitioners, body workers, and other professionals. In the case of sexual abuse/assault, the body was the scene of the crime. For that reason, survivors often utilize massage and other forms of body work as part of their healing process. When a worker places his or her hands on a survivor, memories may begin to flood in, or body sensations can become blocked.

The focus of this workshop will be to explore specific strategies for working with Post Trauma Stress, and how it particularly effects sexual abuse/assault survivors. It will be oriented toward massage practitioners, body workers, medical professionals, and anyone interested in learning more about specific body-oriented intervention techniques.

In working with sexual abuse survivors, sensitivity to the many dimensions of communication is critical; communication must be clear, with an awareness of the power and effect of words. Also important are boundary issues, intuitive knowing and seeing, being present, and a special sensitivity to the risks the client feels in being touched. Emphasis will be placed on establishing safety, choice, control, and trust in the practitioner/client relationship. We will also focus on the survivor's breath patterns, responses of dissociation, flashbacks, body sensations, energy blocks, and difficulty accepting the positive. Much of the weekend will be experiential.

There will be time for some individual work and for scheduling massage and other body work.

Note: This workshop is for professionals and others who work with sexual abuse victims/survivors.

C.E. credit is available for nurses; see pages 50-51. $350

Creative Writing Brainstorming

Herbert Gold

Even professional writers can learn to speak from the heart — in fact, anyone can whose feelings are strong, buried, and complex. We will grasp the issues of love and death, communicate with each other, explore the talents even gifted artists don't fully understand. We'll make some jump starts. Bring paper, writing equipment, and a willingness to ride the rhythms of "speed eloquence." $350

Spring Shake-Up

Deborah Anne Medow

Spring is here and now is the time to get up and move and shake off some of that winter sluggishness! Renew the aliveness of your own body, and see how the way you move often reflects how you feel. Become more aware of your old habits and patterns, and give yourself the opportunity to explore and express new possibilities for change.

This weekend will combine sessions which include elements of dance, yoga, massage, aerobic movement, and theater games for shaping up the outside, with quiet, meditative time for turning inside. The purpose of the workshop: tune in to yourself and tune up your Body, Mind, and Spirit! $350

Week of March 28–April 2

Massage Intensive

Deborah Anne Medow & Rita Thangaraj

The basic approach of Esalen massage consists of long, flowing strokes which contribute to deep relaxation and a feeling of wholeness. To achieve these goals participants will be instructed in fundamental methods of Esalen massage which include: quality of touch, breath awareness, stress reduction, and grounding techniques. The concept of working *with* someone instead of *on* someone is another essential aspect that will be addressed. In addition to the giving mode, there will be support work for the practitioner. Yoga will be used to help develop personal flexibility, strength, breath, and physical openness. Meditation will be used to promote focusing abilities. Containment and projection of energy will be explored through boundary systems. This workshop is available to beginners as well as to those who wish to brush up their massage and anti-burnout skills.

C.E. credit is available for nurses; see pages 50-51. $675

Sexual Abuse Survivors: Transforming Interventions in Body, Mind, and Spiritual Healing

Carolyn Braddock

Countless numbers of children consider the exploitation of their bodies part of their formative experience. Trusted adults assault, neglect, and sexually abuse them, leaving physical and emotional scars. During sexual abuse/assault, the body is the scene of the crime. Focusing on body, mind, and spiritual intervention, this seminar adds new body-focused dimensions to traditional strategies in dealing with those who have experienced sexual abuse.

Special skills are needed by those who work with these victims/ survivors, and the survivors themselves need to develop special skills to overcome the physical and emotional consequences of being abused. Seminar participants will learn a unique form of body-centered intervention. The group will also explore the victim/survivor's physical and spiritual belief systems. The importance of understanding the various dimensions of a person's reactions — *especially body reactions* — to sexual abuse is the key to developing predictive tools and guidance for the intervention process.

Much of the week will be experiential. Participants will be actively involved in intervention demonstrations, discussions of ethical issues, and case presentations from a body-oriented perspective. The focus will be on individual and group process with some time devoted to legal issues. Breath work, sound, movement, gestalt, body work, Tai Ji, role-playing, and creative cognitive work will also be used, creating a balance between work and play.

There will be time for some individual work and for scheduling massage and other body work.

C.E. credit is available for nurses; see pages 50-51. $675

What Is This Thing Called Love? Myths of Romantic Love

Madeline Nold

Why are we drawn to stories of love and loss, unrequited love, and blissfully romantic endings? What stories, fairy tales, songs, and mythologies have influenced our expectations? This workshop is about all kinds of love, stressing what does and does not work in love relationships. There will be a lecture with slides that explore myths of romantic love exemplified in Eastern and Western mythology. We will focus on topics that include:

JANNA OLCOTT-FOURNIER

- Our expectations of love
- What draws us to our partners
- How we seek to fill needs left unmet from childhood
- The pitfalls of repeating destructive family patterns of loving
- Healing false expectations

Through gestalt, movement, and other expressive work, participants will draw on their personal lives, experiencing their stories juxtaposed against the panorama of literature and myth. What would it mean to exist as healthy individuals, coming together to share love without the projections of unfulfilled childhood needs? $675

Ceremonies of Spring: Vision, Rebirth, Time of the Eagle

Carol Proudfoot-Edgar & Bob Edgar

With the return of spring, winter's sleep is broken and the life germinating in the womb of the earth bursts forth. This is the season of awakening, of birth, resurrection, flowering. Released from winter's cold, our physical, mental, emotional, and spiritual energies emerge. Spring is sometimes called the "Time of the Eagle," of seeking and acquiring vision. The Eagle represents the powers of unfettered spirit, of seeing far and wide, and of illumination. Eagle is the creature who, though soaring higher than all others, must return to the Earth for nourishment and thus teaches us about feeding our visions and nourishing our aspirations.

This workshop will focus on the theme of empowerment. The activities and ceremonies will allow us to absorb the power and strength of the natural world into our minds, bodies, hearts, and souls. There will also be drumming, chanting, and shamanic journeying. Participants will create ceremonial objects which can be used after the workshop for assisting in personal transformation. Bring journals, drums, and rattles (if you have them). $675

March 28–April 9

Twelve Days with Jack Rosenberg & Beverly Kitaen Morse

For workshop description, please see Special Programs, page 48. $1665

Weekend of April 2–4

The Modern Warrior and the Samurai Game

George Leonard
& Annie Styron Leonard

A man or woman with outward courage
dares to die;
A man or woman with inward courage
dares to live. —Lao Tzu

The Modern Warrior is not one who goes to war but rather one who exhibits integrity in every aspect of living, one who seeks to attain control then act with abandon. For the Modern Warrior, life is vivid, immediate, and joyful. He or she lives each day to the full, and is fulfilled in serving others. This workshop is based on the premise that to achieve peace in the world and harmony in daily life, it might well be necessary for men and women to reown the warrior ideal.

Through the centering and movement exercises of LET (Leonard Energy Training) as well as through participation in a Samurai Game, you will be invited to get in touch with your own unacknowledged powers, and thus to discover the hidden warrior within. You will practice alternative ways of dealing with conflict and stress. Guidance will be offered on how to apply the warrior ideal to daily life. This workshop will not be physically strenuous. All that is needed is a generous heart and a willingness to participate.

Recommended reading: Leonard, *The Silent Pulse* and *Mastery* (both, Dutton). $350

Introduction to Gestalt Practice

Eric Erickson

For workshop description see January 1-3. $350

Medicinal Herbology: An Esalen Garden Workshop

Jeanine Pollak

This weekend workshop will present in-depth coverage of 40 useful plants growing fresh in the Esalen Garden. How to identify, prepare, and formulate will be covered with respect to the medicinal, nutritional, and cosmetic aspects of the plants. Using the garden as our classroom, we will make fresh infusions, sun teas, liniments, and tinctures. Safe and effective formulas for common colds, flus, sore throats, headaches, and digestive/respiratory systems will also be discussed. Modern scientific research and herbal pharmacology, as well as tradition and folklore, are areas we will draw from as we explore the uses and energetics of each plant. Participants will gain detailed knowledge of many common plants and the safe and effective use of herbs in daily life.

C.E. credit is available for nurses; see pages 50-51. $350

A Message from the Tasaday

John Nance

This is a workshop of self-investigation and revelation using the true story of the Tasaday — the small group of gentle, cave-dwelling, stone-tool-using people in a Philippine mountain rain-forest. Until 1971 the Tasaday thought the tropical forest was the entire world, and their 20-year-long journey from that ancient land of Mindanao to the modern city of Manila and home again offers a dynamic and insightful metaphor for our own lives. Their story helps us see what we take for granted — not merely material goods, wheels, electronics, indoor plumbing, and mirrors — but also concepts such as male supremacy and original sin.

The Tasaday also show us the pain and dislocation that comes with rapid growth and change, which includes recent outcries against their authenticity. Claims that they are imposters and their community a hoax provide a powerful example of the blind-spots in our lives individually and as a culture. Many have written about the Tasaday — Joseph Campbell, Ashley Montagu, Lewis Mumford — and have found their story a fascinating way in which to better understand what it is to be human.

John Nance has devoted much of the last two decades to documenting the Tasaday's meeting with the modern world. Through writing, movement, and visualization, participants will examine their own journeys by connecting with the Tasaday through film, video, photographs, and stories about the Tasaday and the people's own descriptions of the land beyond the forest — "The place where the eye sees too far"; of the "soul as the part of you that sees the dream"; and the coming of outsiders as "lightning that struck without warning." $350

Week of April 4–9

T'ai Chi Ch'uan: An East/West Approach

Kenn Chase

This seminar will present a demonstration form of t'ai chi ch'uan, a shortened version derived from the classical Yang style, which contains 54 balanced, fluid, and graceful postures. Also included will be mind/body alignment methods, chi kung Taoist breathing methods, and hours of practice and refinement of the traditional t'ai chi movements. Practiced five to ten minutes daily, this gentle martial art can calm the mind and aid the student in achieving a centered perspective for daily living in a busy world.

Recommended reading: Cheng Man Ch'ing, *Cheng Tzu's Thirteen Treatises on T'ai Chi Ch'uan* (North Atlantic). $675

A Workshop for Couples: Independence & Intimacy

Mary Goldenson (Devarani)

Very little in our culture prepares couples for the challenge, "There is room for both of us." Too often the relationship becomes a battleground for unresolved issues, hurts, and beliefs.

In this workshop, couples will have an opportunity to explore and reclaim the unspoken expectations they project onto each other, begin healing past hurts that create distance, and learn new ways of communicating. They will have a supportive environment where they can experience themselves as courageous and able to take risks. Experiential processes will be drawn from gestalt, Reichian work, dance, imagery, and meditation. $675

Socratic Midwifery: Uncovering Beliefs that Block Human Excellence

Pierre Grimes

Pierre Grimes will discuss the Socratic art of philosophical midwifery and show how it addresses a new class of human problems: the pathologos. A pathologos is a false belief about oneself and one's reality, and although its presence is unsuspected, it is unquestioningly accepted as true. It has a pervasive influence on our lives; it keeps us bound by our past and is irreconcilable with the attainment of our highest goals. The pathologos distorts our waking world, but in our dreams it is presented purely,

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without compromise or distortion. Philosophic midwifery provides a method for discovering the origin, maintenance, and dissolution of the pathologos which functions behind and through our problems, and offers a new way of understanding the function of the mind.

This workshop will offer participants insights into the nature of their own pathologos — both in the waking and dream world — and an understanding of how it is passed on by each generation. It will explore family dynamics and how to cultivate excellence in the family.

Philosophical midwifery is unlike the interpretative systems of psychology. Even though a mode of Socratic dialectic has been adapted by psychologists for clinical practice (called Dialectical Rational Psychotherapy), its more profound use is for those who seek to achieve the most significant goal of human excellence: to know thyself.

Selections from Pierre Grime's book, *Philosophical Midwifery as a Mode of Rational Psychotherapy and Its Validation*, will be available to participants, as well as his computer program, *To Artemis: The Challenge of Knowing Thyself*. $675

Healthy Eating

Jane Miletich, Grace Stern Swanson & Robert Swanson

One of life's important decisions is choosing what we put in our bodies. But what is the optimum dietary program? There is special interest research to support almost any position. What we don't know is monumental, but evidence suggests that holding on to cultural dietary habits and myths may be hazardous to our health.

In this workshop we will practice dietary methods designed to cleanse the system and allow each individual to make clear, responsible choices about what to eat. Our food is harvested from the Esalen farm and other local organic farms, and delivered daily to our specially designed kitchen, where we will practice a somatic approach to health. Join in on the harvesting and get hands-on experience preparing cooked and raw food dishes in a variety of ways. Fasting and various dietary preferences such as macrobiotic, living foods, and Ayurveda will be discussed and explored.

The beauty of the Big House will set the stage for a culinary celebration.

Recommended reading: Schaeffer, *Instinctive Nutrition* (Celestial Arts); Shelton, *Fasting Can Save Your Life* and *Food Combining Made Easy* (both, Natural Hygiene Press); Robbins, *Diet for a New America* (Stillpoint).

C.E. credit is available for nurses; see pages 50-51.

$675 (plus an additional $65 fee for organic produce paid directly to the leader.)

Weekend of April 9–11

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 29-31. $350

Spiritual Democracy: The Organizing Principles for the Twenty-First Century

Daniel Sheehan & Sara Nelson

This seminar will review the interface between the early evolution of political institutions in Western culture and the rise of the Jewish and Christian ethical movements, the role of "spiritual values" in the rise of the political power of the Catholic church during the Middle Ages in Europe, and the recent evolution of the "Liberation Theology" movement in Latin America.

Participants will address the rise of the post-Vatican II ecumenical and inter-faith "social justice" movement, the institution of "social ministry" departments within the mainstream Christian and Jewish religious denominations, and the potential promise of these movements.

The group will also review the role of "spiritual values" in various social justice movements in the history of the United States from the anti-slavery movement, the labor movement, and the struggle for women's suffrage. $350

Coming Out and Coming Into Relationships

David Hawkins

Our capacity to enter and sustain intimate relationships depends greatly on the role models and experiences we encountered in our families. For gay men in particular, adult loving relationships are shaped by the ways we "came out" and differentiated from our families, and by the ways we were able to remain involved with family and social values needed for our adult journey. They are also influenced by how successfully we found and joined a supportive community and exchanged inherited values for new values more appropriate to a changing lifestyle.

This workshop is for gay men who want to improve the quality of their relationships by:

- Reconsidering their journey to adult sexuality
- Reevaluating methods for seeking acceptance and avoiding rejection
- Reexamining the cost/benefits of strategies for managing stigma
- Rethinking limits on involvement and commitment. $350

April 9–16

Painting Experience with Michell Cassou & Stewart Cubley

It is rare for most people to use painting for its qualities of inner adventure and self-discovery, to paint purely for the process of exploration, not for the result.

This workshop provides a setting to explore the self through painting — to discover in form and color a powerful tool for uncovering and dissolving blocks to emotional and spiritual expression. Participants will explore a natural way of painting based directly upon feeling. The work takes place in an authentic studio setting with large white surfaces to confront the creative void, along with a rich spectrum of colors and brushes. The workshop may be of interest to persons involved in a wide variety of disciplines, including art, education, counseling, and meditative practices. No prior experience in painting is necessary. Please bring a smock.

For further information about this workshop, contact: The Painting Experience Studio, 2101 20th Avenue, San Francisco, CA 94116; (415) 564-8515.

$1025 (plus $30 materials fee paid directly to the leaders)

Cortical Reeducation® and The Feldenkrais Method®

Harriet Goslins & Patti Lawrence

The habitual way a person sits, stands, or moves reflects patterns that are "wired in" to the nervous system. This information can be erased or changed. By reeducating the brain-muscle connection, restrictions in movement are freed, freeing also the lifetime habits organized around that movement.

This work is a relearning of the ease and fluidity that was taken for granted as a child and lost somewhere along the way. Physical injury, emotional trauma, or ongoing stress all evoke a protective response from the body. These patterns, necessary at the time, remain when no longer needed, outside of awareness, and continue to cause discomfort and unnecessary limitation. Freeing them results in relief of chronic pain or tightness, a more restful sleep, and a higher energy level. By changing muscular holding patterns, the entire protective posture is altered, deeply affecting the body's habitual defense system. Thus, new movement possibilities mean new self-image possibilities.

Fears and anxieties have corresponding muscular habits. Verbal information, no matter how brilliant, or spiritual practice that fails to extinguish these muscular habits, will fail to totally eliminate the toxic behavior.

This workshop is for those who are physically active and fit and want to increase their skills while learning to reduce risk or injury; for the sedentary or those dealing with the after-effects of injuries; for the athlete, the dancer, and those who "live in their heads"; and for individuals who feel chronically tired and stressed and want to learn how to take better care of their neck, shoulders, and back, to improve their posture and breathing, and to live and move with more flexibility and comfort.

This course is provider approved by the California Board of Dental Examiners, No. 2586.

C.E. credit is available for nurses; see pages 50-51. $1025

Week of April 11–16

Hypnotic Innovations: Investigations in Living, Using Ericksonian Hypnosis

Paul Lounsbury & Nancy Winston

In the moment before a new idea unfolds, our attention becomes so fully focused that time seems to disappear. Perhaps without quite realizing it, we forget where we are and what's around us. These spontaneous states are the stuff out of which hypnotic experience unfolds and through which unconscious possibilities take form.

In this workshop, participants will investigate the hypnotic approaches developed by Milton Erickson and the systemic principles generated from Gregory Bateson's research in communication. They will explore how unconscious processes can be mobilized to creatively disrupt limiting life patterns, to organize innovative behaviors outside the range of normal conscious controls, and to more fully optimize their current living and work situations. Structured trance experiments and discussion will support the week's work.

This workshop may be of special interest to those in the helping professions as well as managers who want to expand their frames of reference and extend their understanding of Ericksonian hypnosis and communication skills. $675

April 11–18

Gestalt Practicum: A Seven-Day Intensive

Christine Stewart Price & Guest Leaders

This workshop is designed for people who would like to further explore the gestalt practice form in theory as well as through personal experience. It is especially appropriate for those in the helping professions, such as counselors, body workers, and teachers who are interested in integrating this approach into their current practice. The format will include open seat sessions with the leaders, structured exercises where participants work with each other, didactic presentation, and discussion.

The prerequisite for admission into the workshop is previous participation in a workshop or series of sessions in gestalt practice. Persons without this previous experience can fulfill this requirement by attending one of the gestalt practice workshops offered throughout this catalog. Others may send a letter of application to Christine Price, 220 Corte Madera Avenue, Mill Valley, CA 94941, and will be considered if there is space available.

Recommended reading: Perls, *Gestalt Therapy Verbatim* (Real People Press); Heider, *The Tao of Leadership* (Humanics); Ram Dass & Gorman, *How Can I Help?* (Knopf).

C.E. credit is available for nurses; see pages 50-51. $1025

Weekend of April 16–18

Sensory Awareness with Charlotte Selver

Some forty years ago Charlotte Selver's teacher, Elsa Gindler, began exploring the natural potential of the human being. The work that evolved was an approach through a disciplined practice, involving the person as total organism. Gindler's innovative methods very often unearthed, liberated, and cultivated abilities and sensitivities which her students had never been conscious of possessing.

To "awaken" means that one's energies — neuromuscular and perceptive — become altered, leading to greater movability, both psychologically and physically, and to a fuller use of the senses and intuitive powers. In order for this to occur, a deeper peace is needed so that sensations can become clearer, and rigidities, pressures, and preconceptions can gradually dissolve. In becoming "tuned in" by another person, or by a task or given situation, powers arise and come into play which correspond exactly to the demands of the occasion. This calls for permissiveness, subtle reactiveness, and openness to the moment.

With the cultivation of these functions, our lives can unfold in a far richer and more responsive way than what we are used to. We can restore the delight of ever-new experiencing which was our birthright in childhood, but lost in the course of our education into adulthood.

Recommended reading: Brooks, *Sensory Awareness* (Viking; Felix Morrow). $350

Enjoying Poetry

Brother David Steindl-Rast

Nature and people at Esalen help poetry come alive. So many have found this to be true that Brother David is offering a new selection of poems in the same workshop format and setting.

Poems are high-energy food for life's journey. Some of us thrive on this fare; for them, this weekend will provide the delights of a festive meal. Others have been estranged from poetry ever since high school days; they are likely to discover rooms of their own house they have never entered before.

Why does school spoil for many young people the taste for poetry? Why does Sunday school turn so many away from religion? These two phenomena are closely related. Yet, it is never too late to discover the divine poet child within us, a child more alive than we ever dreamed or imagined.
$350

Psychodrama: Exploring the Possible

Maurica Anderson

In an exchange with Freud, J.L. Moreno, the creator of psychodrama, said: "I begin where you leave off. You analyze dreams until they are dead. I give people back their dreams."

Psychodrama is an active and often humorous process which improvises life scenes as a way of identifying and expressing feelings, gaining insight and empathy, improving relationships, and developing creativity and spontaneity. In this workshop participants will have the chance to explore and experience a variety of personal decisions with the option of "choosing not to choose."

The workshop is experiential; the degree of active involvement will be up to the individual. $350

Everything You Always Wanted to Know About Drugs

Andrew Weil

Drugs are powerfully fascinating whether you use them or not. Bring all your questions about drugs to this intensive weekend with Andrew Weil, one of the world's experts and author of *The Natural Mind* and *Chocolate to Morphine*. Participants will discuss the benefits and risks of all drugs, legal and illegal, recreational and medical, natural and synthetic, familiar and exotic. Do you want to know the real story about chocolate? the downside of Ecstasy? the advantages of GHB? an herbal alternative to Seldane? Are you addicted to nasal sprays, bronchodilators, or Halcion? Is there a drug that lets you eat what you want and promotes weight loss? How about drugs that enhance sex and dreaming? We will consider alternatives to using drugs, ways of increasing the efficiency of your own endogenous neurochemicals, and prospects for changing drug policy in our country. Education based on truthful information is the only solution to the drug problem. Participants will come away from this workshop better informed about all aspects of interactions between drugs and the human mind/body, and better able to help friends and family members make informed decisions about drug use.

C.E. credit is available for nurses; see pages 50-51. $350

Week of April 18–23

True Stories: Autobiographic Storytelling

Spalding Gray

Everyone has at least one good story in them. The aim of this workshop is to create a safe, supportive space to give birth to that story. Each member of the workshop will be asked to function as storyteller, audience, and critic. When you're not telling, you'll be asked to listen and respond.

Participants should bring a tape recorder to record their own work.

This workshop is limited to thirteen people who will be chosen on the basis of personal letters sent to Spalding Gray, c/o Esalen. The letters should explain why you feel it is important for you to take this workshop. Please send no fees until you are notified by mail of your acceptance. All letters should be sent to Spalding Gray, c/o Esalen, Big Sur, CA 93920, and must be received by March 15, 1993. $675

Self-Empowerment and Purification: The Farther Reaches of Gestalt

Julian Silverman

> *We have graduated from the infants', 'I can't help myself,' to the adults', 'I can't help myself because…' But psychology and psychiatry were never meant to be after-the-fact justifications for continuing neurotic behavior, behavior which does not permit the individual to live up to the maximum of his capacities.*
>
> —*The Gestalt Approach*

This gestalt workshop combines experiential and didactic sessions. The focus will be on the "next step" — integrating a cleansing process with a psychology of self-empowerment. The leader will provide an overview concept of the mind for a psychology of self-empowerment, one grounded in modern science and ancient wisdom. Introductory workshop Principle #1: Take responsibility for every emotion, every movement you make, and every thought you have.

Please Note: The leader will take an energetic, bold approach in this seminar.

Recommended reading: *A Course in Miracles*.

C.E. credit is available for nurses; see pages 50-51. $675

Cliff Dwelling: The Adventure of Spontaneity

Nina Wise

As part of a research experiment, rats were put in a maze with one path leading to a small room with food, another leading to a room charged with an electrical current, and a third path leading to a room with playthings. The rats learned to avoid the electric shock, but the food room and the play room were equally popular. Play, it seems, can be as essential and instinctive to living beings as food and nutrition.

With the advent of technology and specialization, we modernized folk have forgotten how to play together. In tribal societies people sing, make music, drum, dance, and tell stories as part of their daily lives. Play is an integral part of their culture, yet in our's we let singers sing, dancers dance, actors act, while we simply sit and watch. Maybe we have forgotten how good it feels to participate.

This workshop is about remembering: remembering how to dance, how to sing, how to tell stories about our lives, how to make it up as we go along, how to be together in a way that is lively, spontaneous, and creative. The workshop will include meditation, chanting, relaxation, movement, singing, writing, drawing, and theater games. We will also do spontaneous performance with and for each other in a safe and supportive environment.

Note: Everyone is afraid of performing, even professionals. Don't let your fear stop you. It's fun, challenging, and rewarding.
$675

Nature and Contemplation

Steven Harper
& Brother David Steindl-Rast

From time immemorial, nature has inspired human hearts to contemplation. Can we make this experience our own today? This week is designed to help participants experience both nature and contemplation deeply. Direct experience and contemplative reflection are the key words.

Earth under our feet on gentle hikes, water of the Pacific pounding against the shore, air of Big Sur's refreshing breezes, fire that heats Esalen's hot springs — all the elements of nature combine to touch our bodies and to raise our minds and spirits.

"Nature is never spent: there lives the dearest freshness deep down things," writes the mystic poet Gerard Manley Hopkins. To drink from that freshness, from the fountain of youth, that's what this workshop is all about. $675

Weekend of April 23–25

Yoga Works: Tools for Well-Being

Chuck Miller & Maty Ezraty

Yoga is an ancient system that uses the body, breath, and mind to energize and transform all aspects of living. It is not only an excellent source of physical exercise, but a unique and powerful tool for self-realization. The practice of yoga can help release blocks that cause mental and physical pain and prevent us from knowing our divine nature. It is also a great way of dealing with the stress of daily living.

The invigorating and vitalizing effects of yoga become readily apparent as the body opens and stretches. Breath is the link between mind and body, and various breathing methods will be taught to help reduce tension and cleanse the system. The serenity and clarity that is the goal of yoga will be sought through meditation exercises, which can calm and focus the mind. Yoga philosophy and theory will be discussed, as well as nutrition and its role in overall physical health.

All levels are welcome and no prior experience is required, only an adventurous spirit. For further information contact the leaders at (310) 393-5150. $350

Keeping a Good Relationship Alive

Gerald Smith

How can we be close and vulnerable as partners, yet separate and free to grow as individuals? The dilemma of merging and yet still maintaining a strong sense of individuality is never completely resolved, because each partner is continually changing. But it can be dealt with in ways that add to the aliveness in the relationship. This workshop will focus on the necessity of dealing with this issue in order to keep a good relationship alive.

Much of the participants' time during this weekend will be spent with their partners separate from other couples. Verbal, nonverbal, and written exercises to enhance openness, support, and affection will be used, as well as skills to resolve differences in ways that do not produce "scar tissue." And, since playing is an essential part of keeping a relationship alive, there will be experiences to spark the imagination and the willingness to play together. Limited to 12 couples.

$350 per participant

The Core Self: The Heart of the Matter

Bruce Gregory

Resources for healing, such as spontaneity, curiosity, trust, creativity, and joy, are found in the Core Self. This workshop will assist participants and especially health professionals in acquiring new skills in microanalysis of mind/body processes. Participants will also work on cultivating a friendlier relationship with their unconscious in order to heal old patterns and create healthier pathways for new learning connected to loving, working, and relating.

The goals of this weekend will be: to enhance self-esteem, to let go of self-images of the past, to become conscious in the present moment, to communicate better, to become more empowered as a leader, and to develop a cohesive personal vision. The tools we will work with include: gestalt practice, metaphor, meditation, breathing skills, guided imagery, dream work, music, group process, and immersion into nature.

Recommended readings: Heider, *The Tao of Leadership*; Polster, *Every Person's Life is Worth a Novel*; and Suzuki, *Zen Mind, Beginner's Mind*. $350

Cosmos and Psyche

Richard Tarnas

During the ten years they worked together at Esalen, Richard Tarnas, Esalen's former director of programs, and Stanislav Grof, a scholar-in-residence and pioneering psychologist, repeatedly encountered an extraordinary correlation between specific planetary positions and a wide range of psychological states. Besides providing invaluable insight into both the timing and the specific archetypal character of psychotherapeutic transformations, these planetary sychronicities suggested that the relationship between the cosmos and human experience was very different from that assumed in the disenchanted, mechanistic world view of conventional modern science.

Richard Tarnas will present both the practical applications of this research and its larger philosophical implications, with special attention to how he approaches the analysis of birth charts and transits. Specific topics will include precise descriptions of the psychological correlations observed; instructions for calculating and evaluating one's own transits; a look at major present and coming planetary alignments; the specific planetary correspondences with Grof's stages of birth and psychospiritual transformation; the relevance of this work to the larger depth psychology tradition (Freud, Jung, Hillman), and an overview of the evolution of the Western mind as illuminated by this recovery of the intimate relationship between the human being and the cosmos — "the return of the soul to the world."

Though useful, a background in astrology is not necessary. *Participants should bring a copy of their birth chart.*

Recommended reading: The Epilogue to Richard Tarnas's *The Passion of the Western Mind* (Harmony, Random House); and any book by Stanislav Grof. $350

Week of April 25–30

Starting to Heal Yourself, with Meir Schneider

Subtle expectations about aging and health have programmed us to believe that our bodies are destined for certain levels of decline; that fatigue will increase as the day progresses; and that health naturally declines with aging. This workshop will encourage a change in those expectations. Participants will imagine a higher level of optimum health and mobilize those resources that promote healing through proper awareness and movement.

Meir Schneider's methods of self-healing will be explored using subtle movement, breathing, relaxation, self-massage, and vision exercises in order for each person to get in touch with his/her body. The effects of both correct and incorrect movement will be discussed. Imagery will be used to help free us from physical limitations and the restricted concepts of health which accompany them.

Meir's self-healing methods have been very helpful with a variety of stress and lifestyle-related diseases. Among them:

- Arthritis, both osteo- and rheumatoid
- Spine problems, including scoliosis, sciatica, and degenerated disks
- Vision problems, from myopia to macula degeneration
- Neuromuscular ailments such as multiple sclerosis, muscular dystrophy, etc.
- High blood pressure, diabetes, and other circulatory diseases
- Digestive disorders such as spastic colon, colitis, khrone's disease and constipation
- Respiratory problems, such as asthma.

C.E. credit is available for nurses; see pages 50-51. $675

The Living Core of Christianity

Brother David Steindl-Rast & Tom Hurley

The treasures of all the world's spiritual traditions are available to us today. Enriched by our encounter with these traditions, we are beginning to understand Christianity in more universal terms. Yet the essence of Christianity is sometimes difficult to discern, considering that the extremes range from fundamentalism and authoritarianism, to picking and choosing whatever suits individual whims.

The dialogue between Brother David and Tom Hurley will draw on the questions and experiences of participants and attempt to reclaim the living core of Christianity. The group will explore the contemplative perspective on key issues in modern life and on such concepts as God, faith, grace, sin, redemption, love, and healing. Can these cornerstones of the Christian tradition still be living realities which guide the unfolding of our lives? Participants will also examine Christianity's relationship to other spiritual traditions and movements in the modern world. This will help elucidate the particular qualities of the Christian tradition and the areas in which it can become more whole — for example, through a new appreciation of the body, nature, and the feminine. The goal of the workshop will be practical: to find those aspects of Christian faith and practice which strengthen the spiritual foundations of our daily lives.

Participants will have the opportunity to practice contemplation and share in celebration and prayer. $675

Intermediate Massage Workshop

Peggy Morrison Horan & Carl Chase

This workshop is designed for those who have had some basic Esalen massage experience and are ready for the next step. We will work on several levels: centering ourselves through meditation and movement, and developing our sensitivity and awareness to better communicate with and support those we work with. We will also work with specific techniques for deep release, paying close attention to correct body use. Our pace will be relaxed, allowing time to enjoy the hot baths and explore the natural beauty of the surroundings.

C.E. credit is available for nurses; see pages 50-51. $350

Visual Thinking with the Polaroid Camera

Cay Lang

This workshop will use the Polaroid camera as a tool for gaining access to your imagination. Polaroid photography requires little knowledge of traditional photographic technique, and, because instant images are produced, encourages an open, playful attitude toward image-making rather than concern for making a perfect print. We will be able to begin working right away with the larger issues — personal values, truth and lies, the emotional power of images, and translating what you feel to what you see.

We will make images and more images. To paraphrase Milorad Pavid: We will photograph as we eat; using the right eye as a fork, the left as a knife, and tossing the bones over our shoulders as we go. The workshop will help you develop your creative abilities and a journal full of images and ideas to help you in future creative pursuits. Bring a Polaroid camera and 15 to 30 rolls of film, along with a bound journal with white paper, something to write with, and something of your essence to photograph— preferably larger than a cupcake and less valuable than your Dalmation.

$675

Recovery for Adult Children and Co-Dependents

Julie Bowden & Richard Balaban

This weeklong journey will be a healing of the "child within" in an atmosphere of safety and respect. Experiencing and integrating the past allows us to live in the present, no longer tyrannized by previous pain and outmoded behaviors. We can be freed to exist more fully in relationship with ourselves and others. Issues specific to both men and women will be explored. Treatment providers and people in all stages of recovery are welcome.

C.E. credit is available for nurses; see pages 50-51. $675

Weekend of April 30–May 2

Crazy Wisdom: A Weekend of Philosophy and Laughter

West "Scoop" Nisker, Paul Krassner & Ed Greenberg

Seriousness is the only refuge of the shallow.
—Oscar Wilde

This workshop is an opportunity to have a real good time while exploring your own sense of humor and ability to play. Through the use of improvisational theater games, writing exercises, leader presentations, and group discussion, participants will allow themselves to become clowns, jesters, tricksters, and fools as we examine the lighter side of our life and times. Workshop presentations will include coyote stories, Taoist and Zen humor, the writings of Mark Twain, plus audio and video tape excerpts from great humorists such as Charlie Chaplin, Lenny Bruce, Nichols and May, Robin Williams, and Richard Pryor. Participants will also work in groups to develop a humorous theatrical presentation for our traditional Saturday night gathering.

You don't have to be funny to join this workshop, simply open to the playful possibilities of the moment. At least one belly laugh is guaranteed. $350

Watercolor: A Window into Nature and the Self

Sim Van der Ryn

Watercolor sketching outdoors is a simple, fluid, and fun way to record your reactions and impressions of landscape and nature. It teaches many things about yourself and place without formal training in drawing or painting. The leader's method focuses on letting go of the feeling that you "don't know how to draw" so that you can directly experience changing light, form, and color — the essence of place.

The class is designed for beginners as well as those with watercolor experience. We use a simple field kit so that equipment and technique do not get in the way of your individual possibilities and responses. The rich and varied Esalen landscape offers all kinds of inspiring watercolor possibilities which the leader can help you experience and paint.

$350 (plus $85 materials fee paid directly to the leader. It includes a "field kit" of brushes, pigments, palette, and papers which will last for many painting sessions after the workshop. If you already watercolor, contact the leader at (415) 332-5806 for the recommended supplies.)

Introduction to Gestalt Practice

Joyce Lyke

For workshop description see January 1-3. $350

Experiencing Psychic/Intuitive Abilities

Anne & Jim Armstrong

Their experience with thousands of workshop participants over the past 27 years has led Anne and Jim Armstrong to believe that everyone is intuitive — that intuition is part of humankind's standard equipment. The goal of this workshop is to have everyone experience their own innate intuitive ability, using it at will, on demand. This will be accomplished through exercises and meditation, with a minimum of discussion, allowing each individual to recognize his or her own particular style of perception, and to trust the intuitive input they receive. Anne will use her intuitive abilities developed over the past 30 years to guide the participants in arriving at useful, accurate data.

The spiritual and ethical aspects of the intuitive/psychic process will also be addressed, as well as the leaders' belief that intuition development is the gateway to Divine Wisdom and should be the outgrowth of a healthy spiritual practice. They will demystify the intuitive/psychic process and encourage participants to use it in all areas of their lives — personal, professional, and spiritual. Real life situations presented by participants will be selected for psychic-intuitive practice. $350

Time-Shifting: Creating Time for Your Life

Stephan Rechtschaffen

As we constantly strive to be "on time" in our fast-paced, over-scheduled lives, we lose touch with living in the flow of time. We are a society plagued with time-sickness. Caught up in the stress of running to work, home, recreation, or other responsibilities and interests, we don't have time for the important things. Anxious about the future, regretful of the past, we miss the fullness of the moment.

This workshop will help participants understand their own attitudes toward time and how those attitudes affect their life-style, health, and longevity. Methods that move perception away from societal time pressures into the often unexplored territory of freedom-within-time will be introduced, along with meditation, visualization, time-evaluation and planning (not scheduling).

From this vantage point participants can explore how dysrhythmic, hurried schedules affect their relationships, work, and creativity; use their expanded sense of time to define what they really want in their lives and what their real priorities are; and enjoy the simple power and pleasure of being present in each moment.

C.E. credit is available for nurses; see pages 50-51. $350

April 30–May 8

Big Sur Wilderness Journey: From Esalen to Tassajara Zen Mountain Center

Steven Harper & Guest Leader

For workshop description see Wilderness Programs, page 49. $675

Week of May 2–7

Yoga: A Week of Learning and Rejuvenation

Ganga White & Tracey Rich

Presenting East/West teachings in a way that is contemporary, humorous, and applicable to modern living, the leaders will offer a week of physical, mental, and spiritual rejuvenation. Days will begin with instruction in an ancient Hatha yoga movement series that is new to this country and which combines grace and flow with posture, pranayama (breath), and meditation. Participants will be shown a 45-minute balanced, aerobic yoga practice they can continue at home. Afternoons and evenings will be for group discussion and exploration into the teachings and principles of the art of enlightened living.

Topics will include diet and nutrition, how yoga works, aligning and restructuring the body, and awakening subtle energies. Through Jhana (the yoga of wisdom and perception), participants will begin observing the thought processes and patterns that dictate their lives. They will look at the areas of love, responsibility, relationship, freedom, and death.

Participants at all levels are welcome; no previous experience is necessary. For additional information, contact the leaders at (805) 964-1944. $675

Five-Day Lomi Intensive

Kathryn Lydecker, Johanna Putnoi & Robert Sanoff

In the formative years of life, human beings learn to embody the beliefs and posture of their individual family system and the culture into which they are born. Many individuals unconsciously continue to shape their lives in reaction to these influences, often at the expense of their own creativity and vitality.

The aim of this workshop will be for participants to observe how they feel, think, and move themselves through life. By attending to bodily-felt experience, moment to moment, and by distinguishing between sensation and thinking, the path to reclaiming one's authentic self opens. Through this process of developing awareness, it is possible to make responsible choices in daily life and to live with integrity and gentleness.

This workshop provides an arena for developing mindful awareness and for unmasking habits that keep us from ourselves and hinder relationships. Lomi work includes meditation, movement, gestalt, aikido, and Reichian work. $675

Spiritual Psychology: An Adventure in Consciousness

Jessica Moore Britt

This workshop is for individuals who find their personal and professional practices reaching into spiritual dimensions and are seeking support and understanding. It will be a time for in-depth personal inquiry into

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the relationship between spiritual and psychological work. Our work will be grounded in awareness practices, self-remembering exercises, object relations theory, meditation, and the Diamond Approach of A.H. Almaas. There will be didactic material, and emphasis will be on personal exploration into the mystery of the self guided by a love of truth.

Recommended reading: Poems by Rumi; books by A.H. Almaas, Idries Shah, and Chogyam Trungpa. $675

Rituals for Healing

Jeanne Achterberg & Frank Lawlis

Rituals give meaning, richness, and structure to life's passages. They are for communication and celebration, for solemnity and deep inner silence. They are a visible manifestation of common human experience. Most of all, rituals are ceremonies of healing.

During this workshop, participants will explore components of healing ritual and discuss why rituals work. Sounds and symbols of rituals from several cultures will be experienced. The group will create and participate in healing rites which incorporate ancient wisdom with the belief systems from modern medicine, science, and psychology. The focus of the ritual work will be the healing power of the imagination.

This program may be of interest to health professionals and others who are on a healing path — seeking harmony, balance, and wholeness.

C.E. credit is available for nurses; see pages 50-51. $675

Weekend of May 7–9

Accepting Life's Transitions: Letting Go – Moving On

Mary Goldenson (Devarani)

For workshop description see January 15-17. $350

The Soul of the World: A Multi-Media Workshop

Phil Cousineau, David Darling & Eric Lawton

Call the world, if you please, the vale of Soul-Making. —John Keats

Saints, sages, and soul singers down through the ages have told us that a soulful world calls for a cultivation of sacred attention, the opening of the eyes of the heart, a quest for beauty not only in art and philosophy, but in the ordinary things usually ignored in the world. To "make holy the hours" of our lives is more than a plunge into our personal souls, but an encounter with the soul, the essence of virtually everything around us, including our community and the natural world.

This live performance workshop will offer a cross-cultural overview of the soul from Egyptian Gnostics, Australian Aborigines, medieval mystics, to the sweet soul music of Ray Charles and Aretha Franklin, to the groundbreaking archetypal psychology of James Hillman and Thomas Moore. Each session will be highlighted by the telling of tales of the soul by Phil Cousineau, co-writer of the film *The Hero's Journey: The Life and Work of Joseph Campbell*; a slide show by award-winning photographer Eric Lawton, using images from over 60 countries from Ireland to India; and the synchronized music of David Darling, master cellist.

Themes for the weekend include: Origin Myths of the Soul, Soul and the Body, Soul in Art and Music, Eros and Psyche, Soul Loss, and The Soul of the World.

Recommended reading: Cousineau & Lawton, *The Soul of the World: A Modern Book of Hours*; Moore, *Care of the Soul*; and Hillman, *Blue Fire*. $350

Self-Affirmation: A Workshop for People Who Put Themselves Down

William Pennell Rock

Having a hard time believing in yourself? Are you filled with dissatisfaction, guilt, and discontent? Is it difficult for you to accept compliments or trust other people?

The inability to perceive ourselves and others with confidence and optimism can become an exhausting lifestyle. Persistent negativity is often the projection of a chronic incapacity to affirm ourselves, to accede to the fundamental "yes" of our own life and that of the world around us.

This workshop will create a background of support so that participants can access the awareness through which self-affirmation is possible — that part of each person struggling for acceptance and self-trust. Individuals will use examples from their own lives to trace the false internal patterns and imbalances which have created much of their negativity and guilt. There will be exercises and various meditations to capture that moment of grace through which the negative world we create can be transformed.

$350

Buddhism and Deep Ecology

Christopher Reed

How is it possible to live with an awareness of what is happening in our society and in our world? For many there is deep grief, for all of us a nagging malaise. We are destroying our environment, our own home, and neither denial nor activism can fully address the pain and discontent we feel.

Increasingly we discover that the practice of meditation, as taught by the Buddha, is an invitation to engage with life. It is not a way to cut yourself off. The practice of wholehearted awareness naturally leads to an experience of deep inter-connectedness. As we acknowledge the source of our pain — the illusion of separation from the world — we naturally begin taking full and joyful responsibility in our lives.

This workshop is open to anyone who has an interest in the practice of engaged Buddhism and meditation whether or not they have prior meditation experience. It is open to anyone who has ever questioned how they might respond to the situation of these difficult times while cultivating an authentic spirituality.

We will develop the practice of mindfulness with formal sitting and walking meditation. We will use interactive exercises to enhance our capacity for deep listening, and we will also explore contemplative practices that can be used effectively in daily life situations. $350

Week of May 9–14

Accepting Life's Transitions: Letting Go – Moving On

Mary Goldenson (Devarani)

For workshop description see January 15-17. $675

A Week with Ilse Middendorf

Through a series of uncomplicated experiential movement exercises, participants will use basic sensing and focusing techniques to consciously experience the meaning of their personal breath movement.

Ilse Middendorf writes: "To let the breath come, to let it go, and to wait until it comes back on its own accord means to perceive and experience the unconscious function of the breath within its laws. An immediate, natural movement emerges from it, a connection to the human entireness and the possibility to get to know and experience oneself. Movements emerge from the breath by stretching, work with pressure points, and the creation of vowel space. These movements encompass original rhythmic happenings and creativity. In between the breath that is led by the will and the unconscious breathing function, the Perceptible Breath develops, which allows an integration of body, mind, and spirit by focusing, perceiving, and breathing. It leads us to an enlargement of consciousness and self-experience."

Participants will work on defective functions and obstructions of the breath and try to reach a new balance between body, mind, and spirit by a growing consciousness of the body. $675

The Practical Art of Creative Risk-Taking

David Schiffman

To make effective, creative choices, you need courage, imagination, and the willingness to know your heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set — the choice to move against the powerful grain of old fears, habits, and constant pressure of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of our natures, befriending rather than suppressing or denying the sexuality and power out of which initiative and enthusiasm spring.

During this week we will focus on how to develop a more adventurous, resourceful, and buoyant way of living. In an atmosphere based on warmth and humor, we will explore our capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as non-traditional innovative approaches in body work, kinesthetic retraining, music, and guided imagery. $675

Accessing Creative Process

Dianne Lawrence

Spontaneity, imagination, trust, and risk-taking are all essential ingredients in the creative life of the individual. They are not parcelled out at birth in limited supply, but are parts of our natural make-up and can be exercised and strengthened. Many people have strong creative instincts which they either ignore or mistrust, often claiming that they "just aren't that creative." In fact, the real issue is whether or not they are willing to take the risk and engage in a relationship that challenges their creative power.

Through theater games and painting, this workshop offers laypeople and artists alike an opportunity to see where and how they joyfully participate and where and how they resist. It is useful for people who are stuck, who want to find a way of going deeper, or who just want to play in areas they've been curious about. $675

Spirit in Nature: A Shamanic Workshop

Jo Imlay & John Broomfield

For most of our ancestors, the world was a unified, spirit-filled cosmos in which humans were bound in kinship with animals, trees, rivers, rocks, and sky. Our contemporary culture is attempting to rekindle the belief that by acknowledging the living consciousness of the earth, we have much to learn from our companions in nature.

This workshop will help participants reconnect with the earth and hear nature's voices once again. To open all the senses, time will be divided between talk and meditative silence, group activities and solo explorations, drumming, and shamanic ritual.

Through discussion and videos, participants will be introduced to the spiritual bond with nature embedded in native cultures: Celtic, Himalayan, Arctic, Native American, Polynesian, Australian. These beautiful traditions teach us that everything given by the earth must be held sacred. Against this background, participants will explore their own spiritual experiences in nature and pool ideas on ways to live more lightly on the earth.

Much of the week will be spent out-of-doors in the quiet beauty of Esalen's gardens, groves, and seashore, practicing how to truly see and hear — learning to walk with reverence and joy among our brother and sister creatures. $675

Weekend of May 14–16

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 29-31. $350

Life Tides & Timelines in a Psychedelic World: A Weekend with Terence McKenna

Where is life carrying us in the brief interval between the Unknowable and the Unspeakable in which we have awareness? Is there sense to be made of being, or is it all sound and fury signifying nothing?

Come join Terence McKenna and his friends for a think-along journey into what matters most. Questioning everything, believing nothing, awakened to the presence of the cosmic giggle, an A-team gaggle of battle-scarred survivors of the sixties and Post-post-modern new explorers of the psychedelic world will join minds to discuss the real frontiers of sexuality, psilocybin, and surrealism. We will reaffirm that the world is truly weird and bound to become stranger. That is the way we like it. Y'all come. $350

Massage Intensive for Couples

Brita Ostrom & Attila Vaas

This workshop is for partners who want to learn to massage each other. Emphasis will be on "hearing" with the hands, de-stressing the home, asking for what we need, and giving to those we love. Sessions will include demonstrations and hands-on guidance. Individual concerns will be addressed so participants can continue their practice at home. $350 per participant

Natural Genius: An Authenticity of Being

Elisa Lodge

> *Unleashing the creative spirit will happen only when we recognize that natural genius lies within everything and everybody.*
> —Buckminster Fuller

Natural genius is a powerful creative force that arises when a deep sense of self-worth and trust is felt, and reflects a wholehearted acceptance of the many facets of our being. We are all geniuses in wonderful and mysterious ways that lie within us waiting to be discovered.

Rather than being judged, evaluated, or fixed, participants are invited to embody and play with self-defeating personal patterns and beliefs that inhibit creativity and genuine self-expression.

By freeing breath, sound, feelings, energy and movement in an ecstatic expression of aliveness from within, participants can contrast the difference between self-imprisonment and inner freedom, pretense and presence, acting and being.

This process is an opportunity to dance our own unique dance and voice the wisdom buried in our bones. There will be discussions, visualization, body movement, and exercises for contacting your belief system and developing intuition. $350

Ethics in the Workplace: Living Your Values Without Losing Your Job

Sue McKibbin

Every day in the workplace situations arise that intermingle the competing pressures of individual integrity, organizational interest, and the greater good. The modern workplace has become an ethical minefield — full of demands and questions for which there are few clear, black-and-white answers. Workers are continually expected to act in ways that put some people at a great advantage over others.

Finding one's way through these shades of grey is a formidable personal and professional challenge. This workshop will offer participants the insights and strategies they need to thrive in organizational settings without compromising their principles or sacrificing their careers.

Using guided imagery, group discussion, individual analysis, and teamwork, participants will reaffirm their deepest personal values, identify the ethical dilemmas they face at work, and discover ways to bridge the two. This exploration will help each individual reconnect with their own base of integrity and the power they have to live and act from that place — both on and off the job.

C.E. credit is available for nurses; see pages 50-51. $350

Week of May 16–21

A Week with Seymour Carter

For workshop description see February 26-28. $675

Pilobolus Technique: Choreographic Creation

Jonathan Wolken

Since its first appearance, Pilobolus Dance Theatre has been a pioneer in American contemporary dance, creating its own unique method of choreography. This workshop is based on Pilobolus's evolving understanding of technique as a creative collaborative process. Dance is approached not as an inflexible physical regime, but as an expressive medium for people of all ages, backgrounds, and levels of experience.

Taught by Pilobolus founder Jonathan Wolken, this workshop will focus on the choreographic process that makes movement the powerful means of expression it truly is. The group will investigate the lively mixture between form and flow, abstraction and theatricality, strength, force, and balance that define the realm of dance.

Participants will explore a wide variety of movement through improvisation and will choreograph a number of short dances. It will be an opportunity to indulge in the incredible panorama of human motion.

Extensive dance training is not necessary, although a reasonable degree of fitness is advised. Participants should be willing to be physically energetic and enthusiastic. $675

Protoanalysis^{SM} and the Enneagon: Transcending the Fixation

Michael Kramer, Paule Marx & Steven Stroud

This workshop introduces the Arica theory and method of protoanalysis in which the ego fixation is revealed by muscular tensions of the face. Oscar Ichazo, founder of the Arica Institute and originator of the theory of protoanalysis, will determine each participant's fixation from photographic slides submitted prior to the workshop.

The ego fixation is the area of the psyche in which a person is most sensitive. We defend this over-sensitivity with a cluster of reactions which becomes a fixated pattern in childhood. These nine fixations distort our perception of reality and veil our natural, spontaneous, and essential natures. Once we discover our fixation and break this habitual identification with one point of view, the eight remaining elemental parts of our psyche become enormously enriched. We begin to recognize the defense mechanisms of our fixation as processes which are comical in their predictability. This work is done with humor so that we recognize the ego fixations as simply characters in our "theater of the subjective." The moment we transcend our ego character we experience a far more lucid state of self-awareness.

Participants will study a number of enneagons that work in harmony with the enneagon of the nine fixations. This workshop includes enneagon theory, meditation, diakath breathing, and movement and theater exercises designed to nourish our essential natures.

Please Note: Four 35mm transparencies of each participant's face must be received by April 12, 1993. A letter of explanation about lighting and photography of the slides is available from Esalen, (408) 667-3000.

Recommended reading: *Interviews with Oscar Ichazo* and *Between Metaphysics and Protoanalysis* (both, Arica Institute Press); and *Master Level Exercise: Psychocalisthenics* (Sequoia Press). $675

Protoanalysis is a service mark of Arica Institute, Inc.

Dreaming: The Magic Mirror that Never Lies

Jeremy Taylor

Participants will share and work with their dreams, drawing upon timeless mythological/archetypal images that shape our contemporary individual and collective lives. Although the focus will be dream interpretation in a collective context, the methods are designed to give participants the ability to engage in their own dream work upon returning home.

Those people who are just beginning to explore the world of their dreams, as well as professionals who work with dreams, are welcome. As Jeremy Taylor comments, "Only the dreamer can say with any certainty what meanings his or her dreams may hold, and dream work is one of the few activities that puts beginners and experts on an equal emotional footing from the outset."

Recommended reading: Taylor, *Dream Work* (Paulist Press); and *Where People Fly and Water Flows Uphill* (Warner Books). $675

The Healing Crisis: Fasting as a Pathway

Michael Barnett, Grace Stern Swanson & Robert Swanson

The leaders write: "Traumatic experiences are not only stored in our psyche, but may also be deposited in each cell, creating a 'cellular memory.' As we release psychic energy that has bound these experiences in our personalities, energy is often released from our tissues. This release of energy is often called disease by the Western medical model. This tissue release can be used to our advantage when viewed as a healing crisis. We have been culturally conditioned to avoid this possibility. The healing crisis is precipitated by the body's homeostatic imprint to achieve a balance of mental and physical health. The goal of the workshop will be to have participants experience healing on a cellular level using diet and fasting as the tool."

The workshop will consist of an opening live food meal, a day-plus of juice fasting, two full days of water fasting, another day-plus of juice fasting, and a final live food meal.

There will be three, two-hour group sessions scheduled each day. Detailed didactic material will be shared to provide cognitive understanding. In the remainder of the group time, an eclectic approach to processing individual healing will be pursued. Because we will not have to break for "official" meals, groups can continue for as long as necessary. In addition, there will be a member of the leadership staff available around-the-clock.

Come with an agenda or allow your agenda to develop.

C.E. credit is available for nurses; see pages 50-51. $675

Weekend of May 21–23

Weekend Massage Intensive

Char Pias Brenner
& Kathleen O'Shaughnessy

This workshop is designed for those individuals who are just beginning to explore the art of touch. The Esalen long-stroke massage will be the basis for all that is taught. Into this will be woven energetic work with visualization, movement meditation, cranial holding, and an introduction to Chinese point work. Discussion of various theoretical approaches to hands-on work will be included.

C.E. credit is available for nurses; see pages 50-51. $350

Big Sur Wilderness Experience

Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. With this natural reserve as the primary teacher, the group will walk into the Los Padres National Forest. Drawing on various traditions, participants can develop the quality of their awareness and open to the natural world.

Weeklong workshops will venture out on five hikes (4-10 miles in length). Weekend workshops will take two hikes (3-6 miles in length). Using Esalen as a base camp, the group will explore the different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each day-hike will begin after breakfast and will conclude in time to enjoy the hot springs and dinner each evening at Esalen. Basic outdoor skills such as map reading and minimum impact concepts will be practiced. Participants will be taught enough skills to begin exploring the wilderness on their own after these outings. More information will be sent upon registration. $350

The Awakened Mind: Brainwave Training

Anna Wise

Inside each person there lies a wealth of knowledge, capacities, and power rarely transmitted to the conscious mind. Brainwave training combined with meditation and biofeedback monitoring helps develop these deeper resources, allowing access to greater creativity, reduced stress, and a deeper awareness and understanding of your inner self.

By assessing the brainwave patterns of hundreds of people who function unusually well, C. Maxwell Cade of the Institute for Psychobiological Research in London began to see similarities in the patterns of optimal states of mind. Drawing upon Cade's work, Anna Wise has developed a training program to help access these optimum states.

Different methods of meditation, visualization, and psycho-physiological relaxation affect our brainwaves in particular ways, as do specific acts such as tongue, eye, and body positions. In this workshop you will learn techniques for brainwave development and management, and begin to determine which methods of practice are best for your particular brainwave pattern.

You will also address how you can use these optimum states once they are achieved for your own creativity, mental flexibility, self-healing, problem-solving, and spiritual development. The Mind Mirror EEG will be used to demonstrate brainwave patterns, and each participant will be able to use an Electrical Skin Resistance Meter to measure the depth of arousal or relaxation of the nervous system.

C.E. credit is available for nurses; see pages 50-51. $350

West African Culture Through Music and Dance

Yao Tamakloe & Sarah Abukutsa

Yao Tamakloe is a West African teacher of dance, music, and anthropology. He has danced and taught with Babatunde Olatunji and Katherine Dunham for over ten years. Along with his wife Sarah Abukutsa, from Kenya, and his instructor from Ghana, Nac C.K. Ganyoi, Tamakloe will present the West African world view through dance, song, drumming, and the religion and history that these cultural art forms embody, and relate them to the universality of humankind. $350

Freud, Ben Franklin, and Us: Good Ideas Never Grow Old

Will Schutz

The leader writes: "After living and teaching at Esalen for almost 9 years, I left in 1975 searching for applications. How could I use the amazing things I had experienced at Esalen, combine them with my previous scientific education, and help illuminate the world's problems? I discovered several things: that the great new breakthroughs were in fact very old — or at least had old origins; that the world had not appreciated Freud enough to really use some of his ideas for solving society's problems; and that the principles of the American Revolution were wonderfully consistent with the principles of the human potential movement.

"This weekend we will explore these ideas — from both the young and old perspective. Various exercises will be used to work on experiencing the principles on which many of these ideas have been founded — honesty, openness, and self-determination." $350

Week of May 23–28

Golf in the Kingdom: An Exploration of the Inner Game

Stephen Cohen, Fred Shoemaker & John Allen

For workshop description see March 14-19. $675

Sports Massage

David Streeter

This workshop will focus on aspects of sports massage that prove useful in other massage modalities. The curriculum includes: anatomy, to understand the rhythmic coordination of muscles working together; cross-fiber or cross-friction massage, simple strokes that promote healthy muscle tissue; and trigger point massage, to locate and relieve sensitive and congested points in muscle bundles and tendons. Trigger point work has proven beneficial in reducing myofascial pain caused by chronic tension.

In these five days, participants will progress through a study of the entire musculo-skeletal system via brief lectures, hands-on practice, and one-to-one instruction. This workshop takes a simplified approach to what is usually a complex subject and gives students a better idea of just what lies beneath their hands, and how to more effectively communicate with the human body. It is open to all levels.

C.E. credit is available for nurses; see pages 50-51. $675

Mid-Life Crisis as Spiritual Emergence

Karen Turner

Participants will view mid-life transition in the framework of spiritual emergence and renewal, a time when the old systems the individual has used as foundations seem stripped away, leaving chaos and challenging long-held beliefs. It is a time of soul-searching; of confronting both inflated and deflated self-concepts; of surrendering to deeper, more expanded states of awareness; of learning to trust inner guidance as absolute authority in one's life.

This workshop will be a rite of passage for both men and women going through this transition. Together they will have the opportunity to discover each participant's unique self, and how each is in relationship to self, each other, the world, and spirit. Tools for self-exploration and awareness gathered over 25 years from psychology, mysticism, and shamanism will be presented, with time for discussion and sharing. Each workshop is uniquely designed to meet the needs of those attending. $675

Opening the Feelings

Dale Cummings

Participants will employ Radix® and neo-Reichian methods of emotional release, the most important of which is the Radix® intensive, a period of individual work within a small group setting which can provide emotional support among participants. Grief, pain, fear, and rage that have been held in since childhood can emerge. As the participant accepts and works through these negative feelings, he or she may discover a new capacity for pleasure, trust, and love. In time, the sexual experience may change as feelings of tenderness and sexuality intensify and merge. $675

May 23–June 18

Certification in Clinical Hypnosis

Marc Lehrer, Maggie Phillips, Norman Katz & Adam Burke

For workshop description see Special Programs, page 48. $3150

Weekend of May 28–30

Introduction to Vipassana Meditation

James Baraz

For workshop description see January 22-24. $350

A Weekend with Devers & Nathaniel Branden

In this experiential workshop, Nathaniel and Devers Branden will guide participants through an exploration of the meaning and dynamics of self-esteem, its role and importance in our life, and the most essential practices on which healthy self-esteem depends. Nathaniel Branden began pioneering this field almost four decades ago, and this workshop will include the most recent cutting-edge work done by the leaders.

The phenomena of subselves or subpersonalities will be examined, with particular emphasis on how integrating our various subpersonalities contributes to building high self-esteem. $350

Optimum Health: Theory & Practice

Nick Hall & Jim Loehr

The effects of stress on the body are still largely unknown, but research over the past decade has indicated that it may be linked to various diseases. This workshop will explore the theoretical and practical issues relating to stress and outline a training program for optimum health and stress reduction.

Nick Hall, a pioneer in research exploring the relationship between the brain and the immune system, will review the practical issues concerning stress and psychoneuroimmunology. He has published over 100 articles on psychoneuroimmunology and has been featured on "60 Minutes" for his work using imagery with cancer patients. Participants will explore behavioral-based techniques such as relaxation, guided imagery, conditioning, and nutrition as anti-stress interventions.

Jim Loehr will demonstrate his Toughness Training System which evolved from his work with world-class tennis players, including Gabriela Sabatini and Martina Navratilova. Strategies for toughening physically, mentally, and emotionally will be explored. His method for calculating units of stress, units of recovery, and markers of overtraining will be experienced by each participant. The importance, function, and timing of recovery in terms of sleep, diet, active and passive rest will be reviewed in the context of Life Toughening.

Participants need not be extremely athletic or highly conditioned, only interested in increasing their level of fitness.

C.E. credit is available for nurses; see pages 50-51. $350

Week of May 30–June 4

Accepting Life's Transitions: Letting Go–Moving On

Mary Goldenson (Devarani)

For workshop description see January 15-17. $675

Centering and Gestalt Awareness

Robert Nadeau & Julian Silverman

Bob: "I'll present the simplicity and naturalness of the centering process through innovative approaches to movement, grounding, energy awareness, and aikido."

Julian: "Fritz Pearls loved the concepts of centering and balance as primary references for the gestalt awareness process. Our aim in the workshop will be to integrate the two approaches."

There will be body movement, so please wear loose fitting clothes.

C.E. credit is available for nurses; see pages 50-51. $675

Couples Workshop

Jack Rosenberg & Beverly Kitaen Morse

Most couples are reluctant to seek help in their relationships; instead they wait, hoping that the relationship will improve. If couples approached medical help the same way they approach marriage counseling, many of them would only visit the doctor when they ought to be lining up at the mortician's.

Designed on a preventive model, this workshop will deal with the underlying structures and defenses in relationships before they surface as terminal problems. It will also examine the attitudes and beliefs about sexuality and how to make sex better.

Recommended reading: Rosenberg, *Total Orgasm* and *Body, Self, and Soul: Sustaining Integration* $675

Change & Self-Esteem

Phyllis Shankman

Change is an ever-present aspect of living which must be accepted and used creatively if one is to sustain a healthy, interesting, and exciting life. Many individuals talk about wanting change while actively or passively resisting it. Self-esteem, which includes self-acceptance, self-appreciation, and self-confidence, is the aspect of self that enables one to confront resistance and fear, and increases the willingness to change and take risks.

This workshop includes an in-depth process for finding and allowing self-acceptance and for creatively confronting opportunities for change and growth. Group activities include gestalt process work, discussion, massage, meditation, music, dance, art imagery exercises, and whatever else happens spontaneously.

C.E. credit is available for nurses; see pages 50-51. $675

Weekend of June 4–6

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 29-31. $350

A Weekend with Seymour Carter

For workshop description see February 26-28. $350

The Clean Cut: The Art of Bokken

Erik Van Riswold

For the striking sword, there is no mind.
—Anonymous

For the true warrior, the sword is not intended to cut another but rather to cut away one's own demons: fear, anger, hesitation, doubt. The sword is a powerful tool for bringing together mind, body, and spirit through concentrated practice and clear intention.

Participants will use the Japanese wooden sword or Bokken (Bow-ken). Balancing and centering through movement will be practiced, and we will learn to deliver clean, decisive, and loving strikes. Solo movements as well as partner practice will show how formal technique can lead to increased spontaneity and inspiration. Through non-competitive and non-combative sword work/play, the participant will experience building, focusing, and extending energy. Sword "play" brings one into the present moment, leading to experiences which are enlivening, empowering, and fun. The sword "serves to sever the edge between before and after." (Takuan Soho, Zen monk, 17th Century.)

This workshop is designed for people with little or no martial arts experience as well as those who would like to broaden their practice. The workshop will be active but not overly strenuous, with periods of gentle stretching and meditation throughout. Although this is a martial arts weapons class, it is based on the principles of aikido: peace, harmony, and concern for the welfare of others. All practice is done in the spirit of love, cooperation, and enjoyment.

Bokkens will be provided on loan or for sale at $20. $350

Short Stories: A Magical Carpet Ride

Michael Krasny

Short stories are a magical journey into worlds that fill us with wonder and provide insight into our own lives, our own stories. Literary artists often hold the mirror to nature and we, in turn, hold their work up as a mirror to ourselves.

This workshop will blend a high level of energetic intellect with the full range of your personal and emotional responses to selected great short stories. We will study a great range of work and search the texts and subtexts for meaning and wisdom applicable to life and the mysteries of the human heart. Works by such writers as Chekhov, Carver, Munro, Joyce, Baldwin, and D.H. Lawrence will be included.

This experience will encourage you to see the artist's vision of both world and self, and help you to integrate, absorb, and grow. The short story can offer a magical carpet ride toward personal enlightenment, and this weekend will provide a dynamic, charged, and interactive environment where everyone can take a ride. A national literary scholar and award-winning broadcaster will be at the helm. $350

Week of June 6–11

Gestalt Practice

Christine Stewart Price & Guest Leaders

For workshop description see January 1-3. $675

Mountains and Waves

Susan Harper & Steven Harper

Nature is a primary teacher of movement, creativity, and awareness. Being outdoors in the richness and beauty of the natural world awakens our outer senses. Continuum movement takes us inward, heightening the awareness of our inner senses. These five days will combine both practices, integrating the subtle inner explorations that Continuum movement inspires with the activity of day-hiking in the magnificent Big Sur backcountry.

The day-hikes will introduce participants to basic and increasingly-refined awareness practices to enhance their sensitivity to all that wilderness and being out-of-doors offers. In doing so, not only will there be contact with the natural world, but it will be an opportunity to reawaken those elements of wilderness within.

In the indoor sessions, participants will explore movements which express and embody what they have taken in during their walks, enlivening their ability to feel what they see in nature, as well as their own inner nature. Engaging with this sensual environment, the group will play with movement, breath, sound, dreams, and ritual.

This is a time for contact with nature and wilderness, inside and out. Participants need not have previous experience in hiking or dance. $675

The Practical Art of Creative Risk-Taking

To make effective, creative choices requires courage, imagination, and the willingness to know one's heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set — the choice to move against the powerful grain of old fears, habits, and the constant pressure of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of one's nature, befriending rather than suppressing the sexuality and the power out of which initiative and enthusiasm spring.

During this week, we will focus on how to develop those qualities that contribute to a more adventurous, resourceful, and buoyant way of living. In an atmosphere based on warmth and humor, they will explore their capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as non-traditional innovative approaches in body work, kinesthetic retraining, music, and guided imagery. $675

June 6–13

Cutting the Egoic Knot: The Challenge of Surrender

Eli Jaxon-Bear

The Enneagram of Character Fixation gives us the structure of the knots that strangle the heart. The Enneagram is a wisdom mirror for recognizing the ego, its desires and attachments. With this recognition, the ego's dissolution naturally begins. Together we will discover how the character fixation is an imitation of soul. We will work with the passions and attachments as obscurations of the soul's awakening.

The wisdom of the Enneagram will be set in the ground of Vedanta and Buddhist cosmology and psychology. We will use group exercises, open seat, trance, truth-telling, role-playing, and movement to unmask the fixation and move towards soul awakening.

C.E. credit is available for nurses; see pages 50-51. $1025

Weekend of June 11–13

The Vision and Practice of Human Transformation

George Leonard

It may be argued that, *in potentia*, every human being is a genius, and that the ultimate creative capacity of the human brain/body is, for all practical purposes, infinite. Each of us is a prodigious learning animal, and our ultimate destiny may well be to evolve capacities that would now be termed extraordinary. Perhaps it is only due to the limitations imposed by faulty notions of childrearing and schooling, along with the failure of national vision and practice, that we rarely develop even a small fraction of our potential.

In this hands-on workshop, human potential pioneer George Leonard, informed by his work with Michael Murphy in the development of Integral Transformative Practice, outlines a new human vision and provides a practical map with which you can begin your journey toward the realization of your inborn genius and creativity. The workshop will involve discussion, demonstration, and the gentle movement and imaging exercises of Leonard Energy Training (LET), a practice inspired by the art of aikido.

Recommended reading: Leonard, *Mastery* (Dutton), *The Silent Pulse* (Arkana); and Murphy, *The Future of the Body* (Tarcher). $675

Intimate Relationships: Keeping the Spark Alive

Ayala Pines

When two people are in love, it seems like the magical spark between them is going to last forever. Unfortunately, more often than not, with the effects of everyday pressures and stresses, the love is eroded and eventually burns out. Burnout is not caused by individual pathology or inadequacy, or major dramatic events. It is caused by a buildup of petty annoyances, minor dissatisfactions, and a gradual increase in boredom. How can this insidious process of love's erosion be prevented? How can a couple in love keep the romantic spark alive?

Participants will be encouraged to find their own romantic images they shared at the beginning of their relationships. This workshop is recommended especially for couples committed to keeping the spark alive in their relationships and for marriage and family counselors. It may also be helpful for individuals who are trying to figure out what went wrong in a relationship that burned out.

Recommended reading: Pines, *Keeping the Spark Alive* (St. Martin's Press). $350

Advanced Gestalt Practice

Christine Stewart Price
& Guest Leader

This workshop is for those people who have previously taken a "Gestalt Practice" workshop, and want to return to a no frills group of straight open seat work. (Please refer to the "Gestalt Practice" description of January 1-3 for more information about introductory workshops.) The group will be limited to ten participants, and each person can count on time for an individual open seat session with one of the leaders. There will be some discussion and group exercises if time allows. This workshop is designed for those participants who have already experienced the value of group work and want to benefit from open seat sessions — both their own and those of other members of the group.

Recommended reading: Perls, *Gestalt and Eye Witness to Therapy*; Heider, *The Tao of Leadership*; and Ram Dass & Gorman, *How Can I Help?*

C.E. credit is available for nurses; see pages 50-51. $350

Week of June 13–18

Ishta: The Yoga of Empowerment

Rod Stryker

Every human being is a uniquely gifted individual. Each of us is endowed with physical, intellectual, emotional, energetic, and spiritual capacities that can help us achieve peace and a life of limitless possibilities. Yoga can teach us how to awaken these powers, how to fuel the spark of our own uniqueness, and ultimately reach our fullest potential.

Participants will practice the tools of Ishta Yoga, which combine the Yogas for body, mind, and energy cultivation. To unlock our individual potentials we'll use all of the following: Yogic postures to strengthen and relax the body; breathing, chanting, and meditation to still the mind; and visualization to awaken the psyche's deepest resources. The course will include open discussion and theory to personalize our practices.

All levels welcome. For further information please contact: Yoga Works, 1426 Montana Avenue, Santa Monica, CA 90230; (310) 393-5150. $675

Modalities of Pressure Point Release

Arthur Munyer & Laurie Lioness Parizek

This workshop addresses those health care workers, doctors, nurses, chiropractors, and body workers interested in using pressure point systems as a way to release and integrate the body's dynamic energies.

Acupressure, trigger point therapy, polarities, and meridian relationships will be explored and discussed in an experiential setting. Demonstrations will explore these topics individually, and we will work with the overlapping and integrative potential of these potent and effective ways of balancing the body. A fluid body work style will sometimes be used to integrate this work.

Emphasis will be placed on strengthening our own inner balance and health during this time together. The study and practice of good nutrition, meditation, and a composite of Eastern and Western health and longevity practices will be introduced.

Participants are invited to bring both humor and emotion to this workshop.

Recommended reading: Gach, *Acupressure's Potent Points* (Bantam); Chang, *The Complete Book of Acupuncture* (Celestial Arts); Travell & Simons, *Myofascial Pain & Dysfunction* (Williams & Wilkins); and Haas, *Staying Healthy with the Seasons* (Celestial Arts).

C.E. credit is available for nurses; see pages 50-51. $675

Life Stories: Healing the Sorrows

Peter Finkelstein

Painful experience is one of life's givens. However, whether we are discussing the inevitable existential concerns of aloneness, freedom, or death, or the personal tragedies of divorce or untimely loss, it is the manner in which we give form to our painful stories that defines our personal development. The attention we give to the ongoing creation of our own story can help us broaden our sources of satisfaction, concentrate our energies productively, and recognize life's wisdom in its many forms.

Participants will use group exercises and individual work to help them acknowledge and integrate painful life experiences such as divorce and bereavement. Dream interpretation, hypnosis, didactic material, and attention to group process may all be used to deepen the experience. Blocks to the successful completion of healing will be explored.

Recommended reading: Viorst, *Necessary Losses* (Simon & Schuster). $675

Weekend of June 18–20

Leadership and Consciousness

Amy & Arnold Mindell

The leaders have written: "Individual and group problems in Moscow, Belfast, Berlin, Capetown, and San Francisco forced us to develop new methods for working with global, unmitigated personal and political abuse. We want to share new ideas on individual and group work related to male and female power, eldership, abuse in a global context, sustainable culture beyond adversarialism. Our hope is to awaken everyone to the signs of self and political abuse, to the unconscious use of dominance, humiliation, and rape.

"We will train in inner work, relationship and large group scenes, and discuss work done with terrorists. This seminar will be useful for those interested in connecting personal psychology and politics, abuse awareness and the environment, inner work and racism."

Please Note: Since the leaders are very popular and are not often at Esalen, this workshop is expected to have a very large enrollment.

Useful reading: *The Leader as Martial Artist* (Harper Colins); *The Year I* (Viking Penguin); and *Riding the Horse Backwards* (Viking Penguin), all by Amy & Arnold Mindell.

C.E. credit is available for nurses; see pages 50-51. $350

Singing Gestalt: Solo or Duet

Nancy Kaye Lunney

For workshop description see February 19-21. $350

Practical Intuition: Introduction

Laura Day

We are all psychics. Every time we draw a conclusion, we work with intuition as well as linear and emotional processes. Identifying how our intuitive faculty works enables us to use it selectively for effective decision-making. A predominantly linear process may be preferable when clear, empirical information is available. When little data is at hand or if the question relates to how current choices might affect future results, an intuitive process may be more efficient.

"Practical Intuition," an experiential workshop, introduces intuitive methods for gaining empirical information. Participants will give and receive several present- and future intuitive readings a day, focusing on predicting and retrieving verifiable data. Different intuitive styles, such as clairvoyance, clairaudience, and telepathy, will be taught, along with exercises for continued training at home.

Participants are requested to bring a few photographs of themselves and people they know well, their personal and business questions, and a willingness to work as if they already know how to do something that they in fact already know how to do. $350

Week of June 20–25

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 21-23. $675

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Making it Float

Robert Hall

For workshop description see February 21-26. $675

Tantra: The Art of Conscious Loving

Charles Muir & Caroline Muir

For workshop description see January 10-15. $675 per participant

Embodiment & Vision

Laura DeNuccio (Ma Prita)

The perception of wholeness is the consciousness of healing. —Ernest Holmes

Laura DeNuccio writes: "This is an invitation to those individuals who are aware of an emerging consciousness that is making itself felt and heard personally and globally, and who are searching to fulfill both higher and deeper callings in their lives.

"Through attunement with the Earth and each other, individuals can deepen their capacity to listen to the innate wisdom and intelligence of their bodies. Learning to listen from within can lead back to the ancient wisdom of the Earth — returning us to our sacredness and wholeness. Participants will use breath, sound, and movement as meditations for enlivening the vitality of cells and tissue, for dissolving energetic blockages, and to quiet, still, and expand the mind. The sound meditations have the potential of moving the individual past the limitations of language, creating openings for new thought and inspiration. The emphasis will be on self-care, renewal, and nourishment.

"The group will explore commitment and what it means to fully embody one's inner vision. What would you love to see in your life? In your world? What is meaningful and significant to you? What's truly of value? Ritual and the power of the Spoken Word will be used to bring this vision forth. While cultivating compassion, honesty, and kindness toward oneself and others, the group will experiment with co-creating community, an environment of trust and acceptance in which to explore this ever-unfolding adventure of spirit.

Recommended reading: Fields, et al., *Chop Wood, Carry Water* (Tarcher); Rodegast and Stanton, *Emmanuel's Book* (Bantam); Nicholson, *Ancient Wisdom, Modern Insight* (Theosophical Publishing House); *Quantum Healing* (Bantam). $675

Weekend of June 25–27

The Subtle Self

Judy Blackstone

All spiritual traditions refer to an essential dimension of existence, calling it unity consciousness, emptiness, universal consciousness, and many other names. This dimension is not an abstract concept. It is the core of our own true nature and can be experienced by anyone who is willing to approach it with patience and openness. Unity consciousness is experienced as clear, mirror-like space, pervading our body and our environment, transcending the duality of self and object. It is deeper than the physical and energetic levels of our being and beyond our psychological defenses, projections, images, and archetypes. Subtle Self Work is a precise method for attuning to the clear space of unity consciousness.

In this workshop we will explore how to relate to others in this clear space, how to commune with nature, how to experience and live in the inner depths of our body. Participants will use daily sitting meditation sounds to stimulate the subtle channels in the body, subtle movement exercises, and verbal and movement process work to stabilize and expand our sense of unity consciousness. In this essential dimension of ourselves, we can find the source of our love, clarity, vitality, and peace.

Recommended reading: Blackstone, *The Subtle Self* (North Atlantic Press). $350

A Weekend with David Schiffman

The purpose of this workshop is to create a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and group process methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out personality strengths, individual capacities, and latent powers as a means of achieving productive functioning. $350

Burnout: Causes and Cures

Elliot Waker Aronson & Ayala Pines

This workshop is designed for people who give service to others and are experiencing burnout. It will explore the impact of burnout on both the service provider and the client, ways of finding and recognizing support resources on the job, and positive methods of dealing with burnout and life's tedium.

Through lectures and group discussions, participants will have the opportunity to increase their understanding of those aspects of their own work and life that could cause burnout. In addition, they will be provided with the tools and opportunity to learn how to handle these problems in order to increase the productivity and creativity of their relationships with clients and colleagues.

Recommended reading: Pines & Aronson, *Career Burnout* (Free Press), Aronson, *The Social Animal* (Freeman).

C.E. credit is available for nurses; see pages 50-51. $350

Weekend of June 27–July 2

Embodied Gestalt Practice: Body & Soul

Edward Smith

Gestalt practice focuses on personal process, unfolding moment to moment in the here and now. Value is placed on awareness, actuality, and personal responsibility. As a path of growth, Embodied Gestalt Practice integrates methods from Eastern and Western body-oriented systems. It includes one-on-one work with the leader, group exercises and spiritual practices in the natural environment to foster personal and spiritual growth.

Recommended reading: Smith, *The Body in Psychotherapy* (McFarland); *Sexual Aliveness* (McFarland); and *Gestalt Voices* (Ablex).

C.E. credit is available for nurses; see pages 50-51. $675

June 27–July 5

Language of the Drums: African Percussion, Chanting, and Dance

Babatunde Olatunji & Friends

For workshop description see Special Programs, page 49. $1150

■ SPECIAL PROGRAMS

The prices quoted below for these longer programs are for standard accommodations or bunk bed rooms (when available) as described in "Ways of Being at Esalen," pages 8-9. Scholarships are also available; please see "Scholarship Information" on page 8.

JANNA OLCOTT

January 3–15
Creative Bodywork: An Advanced Workshop

Vicki Topp & Esalen Massage Staff

> *No one is ever competent enough, nor is any technique ever effective enough. It is only the continuing growth of the practitioner that can guarantee competence and effectiveness.*
> — *Thomas Hanna*

This is an opportunity for certified massage practitioners to improve their skills, stimulate their creativity, and experience current trends in massage and body work. Some anatomy, movement, and meditation will be included. This workshop offers 75 hours of advanced massage training credit where applicable.

Priority will be given to Esalen Certified Practitioners.

C.E. credit is available for nurses; see pages 50-51.

Standard Accommodations: $1665

Bunk Bed Room, if available: $1155

January 17–29
Advanced Training in Shamanism and Shamanic Healing

Michael Harner & Sandra Ingerman

Shamanism is the most ancient system known for using the mind, heart, and spirit to heal oneself and others, and to solve the problems of daily living. This 12-day intensive course emphasizes the universal methods of classic, core shamanism, such as shamanic journeying, and their practical application to contemporary life.

Course prerequisite: a previous workshop with Michael Harner or other authorized faculty member of the Foundation for Shamanic Studies, either at Esalen or elsewhere.

Recommended reading: Harner, *The Way of the Shaman* (Harper & Row) and *Hallucinogens and Shamanism* (Oxford).

For more information, cost, and to apply, please contact Michael Harner, Foundation for Shamanic Studies, Box 670, Belden Station, Norwalk, CT 06852; (203) 454-2825. Early application is recommended.

February 28–March 28
28-Day Massage Practitioner Certification Program

Brita Ostrom & Dean Marson

This 28-day intensive program offers professional level instruction in massage practice, movement, and self-care. The emphasis will be on developing basic massage skills through daily lecture and demonstrations, hands-on practice sessions using each other as models, illustrated anatomy classes, and instruction in basic principles of alignment. Meditation and gestalt awareness sessions will be scheduled regularly throughout the program for deeper, more integrative learning.

Body work will be studied as a tool for optimal well-being and stress reduction, and as a valued aid to transpersonal growth. Workshop sessions will meet Sunday through Friday and on alternative weekends. Upon satisfactory completion of the program, and after giving 30 additional recorded massage sessions, a California state-approved certificate of completion will be issued. This is a professional program with limited admission.

Recommended reading: D. Johnson, *Body*; F. Smith, *Inner Bridges* (Humanics); Kapit & Elson, *Anatomy Coloring Book* (Harper & Row).

C.E. credit is available for nurses; see pages 50-51.

Standard Accommodations: $3150

Bunk Bed Room, if available: $2225

March 14–26
Emotional Healing: From Co-Dependence to Aliveness

Karen Paine-Gernée & Terry Hunt

Children who grow up in alcoholic, abusive, or otherwise unhealthy homes often develop certain disabilities which last through their lifetime unless they are deliberately addressed, among them: an inordinate need to control, an over-developed sense of responsibility, fear of authority figures, inability to trust, difficulty having fun, compulsive behavior, fear of abandonment, and chronic lack of self-esteem.

Alcoholism is a disease of denial. ACAs tell themselves that it really wasn't so bad, and they learn not to feel what they cannot tolerate. As they deny pain, they screen out joy, and their adult lives can be filled with depression and loneliness. ACAs are often survivors, though, and most have emerged as successful-appearing adults. Yet they often spend so much energy managing and controlling work and relationships that they have little left for themselves.

A necessary part of recovery is moving from being co-dependent toward a state of emotional sobriety. Through self-exploration, participants will have the opportunity to access, express, and release blocked emotions that they still carry from childhood, and to tap the aliveness that was sacrificed when they buried their anger, fear, and grief. Points of focus for this workshop will include:

- Emotional Sobriety: Having a personal sense of balance and physical boundaries from which to find peace and a capacity for genuine sharing and pleasure.
- Pleasure/Addictions: Learning that true pleasure is a life-affirming, non-addictive experience.
- Sexuality: Separating the unmet needs of the wounded child from adult intimate sexual relationships; learning basic tools for nurturing and sustaining healthy relationships.
- Boundaries: Looking at the tendency to alternate between fusing with another and then completely isolating oneself.
- Spirituality: Learning to have faith despite the horror experienced in childhood.
- Self-Esteem: Realizing that self-doubt is oftentimes based on old mental patterns, not on reality.
- Learning New Behaviors: Identifying and overcoming old ways of reacting.
- Looking Beyond the Label: Knowing when to stop calling oneself a co-dependent.

Recommended reading: *Emotional Healing* (Warner, 1990).

C.E. credit is available for nurses; see pages 50-51.

Standard Accommodations: $1665

Bunk Bed Room: $1155

March 28–April 9
Twelve Days with Jack Rosenberg and Beverly Kitaen Morse

This workshop will start wherever participants are in their inner journey. The work is an in-depth integration of body and gestalt practices, object relations, and the transformative process of consciousness. The course will cover:

Psychology of the Self: Participants will work with early unfinished situations that interrupt their sense of well-being and interfere with their relationships in the present. Sexual implications of this work will be dealt with in body work and in lecture.

Body Work (Integrative Body Approach): This will be theoretical and practical application, combining Integrative Body Practice, exercise, and massage.

Transformative Process of Consciousness: As the inner journey progresses, one's figure/ground is shifted from "doing" and "having" to "being" and to one's relationship with the eternal. Participants will explore ways to integrate and sustain a new awareness in their everyday lives.

Standard Accommodations: $1665

Bunk Bed Room, if available: $1155

May 23–June 18
Certification in Clinical Hypnosis

Marc Lehrer, Maggie Phillips, Norman Katz & Adam Burke

This course is a synthesis of Ericksonian and Direct Hypnosis, Neurolinguistics, and Biohypnotic Monitoring. It satisfies the hypnosis course requirements for the MFCC and complies with the California State Requirement for Hypnosis Certification, and is designed to help develop hypnotic skills for counseling, medicine, nursing and other health areas, education, and body work. This program is also an opportunity for personal growth and transformation for anyone interested in hypnotic phenomena and the uses of suggestion in daily life.

Hypnotic suggestion, advanced imagery, and relaxation methods will be explored. There will be daily presentations, numerous practice sessions, video examples of Erickson and other practitioners, and extensive written support materials. A hypnosis library will be available for in-depth learning of advanced topic areas, and there will be an opportunity to explore personal goals with trance and biofeedback equipment.

The scientific basis of hypnosis as well as the ways hypnosis can be applied will be emphasized. Topic areas will include: induction methods, hypnotic testing, symptom and habit removal, individual and family counseling applications, pain control and psychosomatics, non-verbal and pendulum methods, biomedical hypnotic monitoring, metaphor and story-telling methods, hypnosis with children, regression and uncovering, redecisioning and reframing, self-concept enhancement, stress management, fears and phobias, early trauma, hypnotic dream programming, imagery conditioning, NLP methods, enhancing performance in sports, music, and sensation, self-hypnosis methods, teaching self-hypnosis classes, and other topics related to therapy, health, and personal growth. Selected ongoing exercises drawn from aikido, Feldenkrais, movement, massage, and shamanistic traditions will complement the traditional topic areas.

Since each of the leaders will present for a number of days, there will be an opportunity to model different ways of deepening your own hypnotic potential, trance induction, and utilization skills. This month-long experience with various faculty members gives each participant an in-depth opportunity to develop vivid personal imagery, make lasting self-suggestions, and relate more completely with the unconscious mind.

The certification offered through this program is equivalent to a University modified tutorial course. You will complete readings, assignments, and a paper for the hypnosis certificate. Certification is granted based upon the competency demonstrated to the faculty in applying hypnotic techniques with an ethical and professional approach and satisfactory completion of all Great Western University C.E.U. course requirements. The paper and assignments are due no later than four months following the completion of this program at Esalen. Course fees for the Hypnosis Certificate are $300 (12 C.E.U.s), payable to Great Western University upon beginning the program at Esalen. It is also possible to obtain four transcripted Graduate Psychology courses rather than C.E.U.s (requires additional fees to Great Western University and you must have at least a B.A. degree. Contact Marc Lehrer, Chairman, Dept. of Psychology, Great Western University (415) 397-4929 for further details).

Space is limited so early registration is recommended. Reading lists and information about certificate and graduate credit will be sent upon request or registration.

C.E. credit is available for nurses; see pages 50-51.

Standard accommodations: $3150

Bunk Bed Room, if available: $2225

(Plus $300 fee for those who want certification, payable to Great Western University).

June 27–July 5
Language of the Drums: African Percussion, Chanting, and Dance

Babatunde Olatunji & Friends

Nigerian musician Babatunde Olatunji has been bridging the gap between American and African culture for thirty years. In this workshop he will show how drum sounds and rhythms communicate, stimulate, and pace the activities of traditional African life. He will teach the consonants of the Yoruba language, reproducing its sounds on drums and through chants, body percussion, and dance.

This workshop is for dancers, percussionists, musicians, and anyone who wants to speak the language of the drums. Drummers can experience the dance and dancers can experience the drums. Bring a drum if you have one.

Please note: This has always been a popular workshop with lots of people drumming and dancing in a small area. The energy runs high; be prepared for a crowded, exuberant atmosphere.

Standard Accommodations: $1150

Bunk Bed Room, if available: $875

Massage Practitioner Certification Program

Esalen offers a California state-approved massage program. Upon completion of a 130-hour massage practitioner workshop, and after giving 30 additional massages elsewhere, graduates will receive their certificates. Workshops for certification are offered twice a year (see February 28-March 28 listing in this section). This program provides at least 130 hours of instruction, including anatomy, supplemented by study in body-mind disciplines such as yoga, movement, and gestalt awareness work, fulfilling the state requirement.

Healthspring Outreach and Education

The Healthspring Project offers outreach, education, and referrals that extend Esalen's work in the healing arts and sciences to the outside world. It is an independent, service-oriented program of Esalen teachers and their associates.

Healthspring operates a global referral system, linking visitors to Esalen with body workers, counselors, and teachers from their home areas. There are ongoing programs at Esalen and a traveling workshop service in the U.S. and abroad. Instructors teach self-healing, Esalen body work, yoga, breath and body awareness, dance and centering movement, and meditation. Many instructors have experience in gestalt practice and movement continuum.

The Healthspring Library offers books on health and healing, body work, somatic studies, philosophy, yoga, nutrition, and organic gardening which may be borrowed by seminarians for a two-week period while at Esalen. Donations of books or periodicals are greatly appreciated.

For access to the referral system and traveling workshop program, write to Laurie Lioness at Esalen, c/o Healthspring.

■ WILDERNESS PROGRAMS

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The standard refund policy reflects the fact that few of these expenses can be recovered.

To reserve a space in a wilderness workshop, we require a deposit of $200. The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your nonrefundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your deposit is forfeited.

April 30–May 8
Big Sur Wilderness Journey: From Esalen to Tassajara Zen Mountain Center

Steven Harper & Guest Leader

Nature can provide opportunities to stretch one's limits and explore one's inner wilderness. By living in a natural environment it is possible to expand and realize a deeper sense of self and richness of being.

The group will spend a day and a night at Esalen, leaving the next morning to hike through the Ventana wilderness. Participants will travel "light," with instruction in minimum impact camping, ecology, geography, and the cultural history of the area.

Wilderness will be a mirror and primary teacher as the group lives simply and in direct contact with nature. Participants will explore their feelings and sensations as they emerge, using gestalt awareness practice and group process. Taking inspiration from natural and native purification practices, they will create a time of cleansing and contemplation, culminating in a 24-hour period alone. For their last night together, the group will hike on to Tassajara Zen Mountain Center, deep in a rugged wilderness valley with natural hot springs. Meditation instruction will be available at Tassajara for those who wish it.

Backpacking experience is not necessary, though participants should be prepared for the challenge of vigorous physical activity. More information will be sent upon registration. $675

■ FUTURE PROGRAMS

Listed here are a few of the programs and workshop leaders scheduled for the months ahead. This is not an invitation to register, but information to assist you in your long-range plans to participate in an Esalen workshop. Dates are subject to change; please call the Esalen Office or see the next catalog for more specific information.

October/November 1993
Integrative Body Practice (IBP) Professional Training Program

Jack Rosenberg & Beverly Kitaen Morse

■ CONTINUING EDUCATION FOR NURSES

Continuing Education Programs for Nurses

The Board of Registered Nursing has approved Esalen as a provider of Continuing Education for registered nurses, provider number 01152. Only those programs listed below offer continuing education credit. Workshop leaders have the final decision in applying for C.E.U. eligibility. If you need additional information on our C.E. courses or future C.E. outreach programs, please contact Sherry Sanders Galloway, R.N., Continuing Education Coordinator, (408) 667-3000.

January 1-3

Introduction
to Gestalt Practice
Eric Erikson
10 hours

Introduction to Focusing
Mary McGuire
& Roseann Kasayka
10 hours

January 3-8

Focusing, Dream Work,
and the Helping Relationship
Mary McGuire
& Roseann Kasayka
30 hours

January 3-15

Creative Bodywork:
An Advanced Workshop
Vicki Topp
& Esalen Massage Staff
30 hours

January 8-15

Healing from Sexual Abuse:
A Seven-Day Intensive
for Survivors
Carolyn Braddock
& Guest Staff
30 hours

January 15-17

Creating a New Life:
Developing Spiritual
Strength while Recovering
from Addiction
Elizabeth Stratton
10 hours

January 17-22

Gestalt Practice
Christine Stewart Price
& Guest Leaders
30 hours

Introduction
to Craniosacral Work
Hugh Milne
30 hours

Spiritual Dimensions
of Healing
Elizabeth Stratton
30 hours

January 22-24

Introduction
to Vipassana Meditation
James Baraz
10 hours

January 24-29

Creating Exact Moments
of Healing
Mariah Fenton Gladis
30 hours

January 31-February 5

Spiritual Healing:
Laying On of Hands
Maria Lucia Sauer Holloman
30 hours

February 5-7

Authentic Movement
Tina Stromsted
10 hours

Dealing with Difficult People
Julian Silverman
10 hours

Self-Expression through
American Sign Language
Lorraine Peters
10 hours

February 7-12

The Power of Voice
Arthur Samuel Joseph
30 hours

Rekindling the Spirit in Work
Howard Schechter
& Barbara Lee
30 hours

February 19-21

The Art of Leadership:
Excellence in Business,
Management &
Communication
Ron Alexander & Bruce Gregory
10 Hours

February 21-26

Prevent Your Heart Attack
Jo Goldstrich & Norman Kaplan
30 hours

Clinical Program for
Professionals: Integrating
Gestalt, Self Psychology,
and Mind-Body Healing
Ronald Alexander
& Bruce Gregory
30 hours

February 26-28

Weekend Massage Intensive
Laurie Schutz & Roger Grandy
10 hours

Meditation: The Living Dance
David Streeter
10 hours

February 28-March 28

28-Day Massage Practitioner
Certification Program
Brita Ostrom & Dean Marson
30 hours

March 5-7

When Success is not Enough
Peller Marion
10 hours

March 7-12

A Modern Shamanic Initiation
Richard Yensen Pérez-Venero
& Donna Dryer Pérez-Venero
30 hours

March 14-26

Emotional Healing:
From Co-Dependence
to Aliveness
Karen Paine-Gernée
& Terry Hunt
30 hours

March 19-21

Refilling the Chalice:
Time Out for Healers
Joan & Myrin Borysenko
10 hours

March 21-26

Gestalt Practice
Christine Stewart Price
& Guest Leaders
30 hours

March 26-28

Body Work Intensive:
Strategies for Healing
Post Trauma Stress
Carolyn Braddock
& Char Pias Brenner
10 hours

March 28-April 2

Massage Intensive
Deborah Anne Medow
& Rita Thangaraj
30 hours

Sexual Abuse Survivors:
Transforming Interventions
in Body, Mind, and
Spiritual Healing
Carolyn Braddock
30 hours

April 2-4

Introduction to Gestalt
Eric Erickson
10 hours

Medicinal Herbology:
An Esalen Garden Workshop
Jeanine Pollak
10 hours

April 4-9

Healthy Eating
Jane Miletich, Grace Stern
Swanson & Robert Swanson
30 hours

April 9-16

Cortical Reeducation® and
The Feldenkrais Method®
Harriet Goslins
& Patti Lawrence
30 hours

April 11-18
Gestalt Practicum:
A Seven-Day Intensive
Christine Stewart Price
& Guest Leaders
30 hours

April 16-18
Everything You Always
Wanted to Know About Drugs
Andrew Weil
10 hours

April 18-23
Self-Empowerment and
Purification: The Farther
Reaches of Gestalt
Julian Silverman
30 hours

April 25-30
Starting to Heal Yourself,
with Meir Schneider
30 Hours

Intermediate Massage
Workshop
Peggy Horan & Carl Chase
30 hours

Recovery for Adult Children
and Co-Dependents
Julie Bowden & Richard Balaban
30 hours

April 30-May 2
Introduction to Gestalt
Practice
Joyce Lyke
10 hours

Time-Shifting: Creating
Time for Your Life
Stephan Rechtschaffen
10 hours

May 2-7
Rituals for Healing
Jeanne Achterberg
& Frank Lawlis
30 hours

May 14-16
Ethics in the Workplace:
Living Your Values
Without Losing Your Job
Sue McKibbin
10 hours

May 16-21
The Healing Crisis:
Fasting as a Pathway
Michael Barnett,
Grace Stern Swanson
& Robert Swanson
30 hours

May 21-23
Weekend Massage Intensive
Char Pias Brenner
& Kathleen O'Shaughnessy
10 hours

The Awakened Mind:
Brainwave Training
Anna Wise
10 hours

May 23-28
Sports Massage
David Streeter
30 hours

May 23-June 18
Certification in Clinical
Hypnosis
Marc Lehrer, Maggie Phillips,
Norman Katz & Adam Burke
30 hours

May 28-30
Optimum Health:
Theory & Practice
Nick Hall & Jim Loehr
10 Hours

Introduction to
Vipassana Meditation
James Baraz
10 hours

May 30-June 4
Centering and Gestalt
Awareness
Robert Nadeau
& Julian Silverman
30 hours

Change & Self-Esteem
Phyllis Shankman
30 hours

June 6-11
Gestalt Practice
Christine Stewart Price
& Guest Leaders
30 hours

KATHLEEN THOMPSON CARR

The Esalen Baths

June 6-13
Cutting the Egoic Knot:
The Challenge of Surrender
Eli Jaxon-Bear
30 hours

June 11-13
Advanced Gestalt Practice
Christine Stewart Price
& Guest Leader
10 hours

June 13-18
Modalities of Pressure Point
Release
Arthur Munyer
& Laurie Lioness Parizek
30 Hours

June 18-20
Leadership and Consciousness
Amy & Arnold Mindell
10 hours

June 25-27
Burnout: Causes and Cures
Elliot Waker Aronson
& Ayala Pines
10 hours

June 27-July 2
Embodied Gestalt Practice:
Body & Soul
Edward Smith
30 hours

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■ WORK STUDY PROGRAM

The Work Study Program is for those who are interested in an intense and complete involvement with the Esalen environment. It is a work-oriented program, emotionally and physically, and only rarely is it restful. It is not for those who wish to take catalog workshops or for those who are unwilling to be fully engaged in the work-life of the community. Participants will work 32 hours per week in one of Esalen's departments (kitchen, garden, farm, housekeeping, maintenance, or grounds) and will participate, along with staff and long-term students, in that department's program. It is necessary for applicants to be able to speak and understand English.

During most evenings and one weekend intensive, work students are together as a group exploring different practices and approaches available at Esalen, with specifically assigned leaders who will be with the group throughout the month coordinating the study schedule and facilitating many of the evening sessions.

The selection of work students is done by Bette Dingman, the Work Study coordinator, in consultation with department supervisors. Since this is a work program, preference is given to applicants who are open and willing to learn about themselves within the work context as well as within the evening and weekend study/process groups. Applicants with particular skills or physically limiting conditions are urged to mention them on the application.

First-month work students, in particular, are assigned to departments largely on the basis of community need. No work students will be assigned to the office or Gazebo School/Park until they have fulfilled a minimum of one month in one of the aforementioned departments.

The study portion of the program is usually divided into two sections each month: each emphasizes one type of growth practice, such as gestalt, meditation, Reichian work, massage or somatics work, and so forth. Participants must be prepared to stay at Esalen for the full duration designated for that particular program, assuming that they meet the standards of the Work Study Program. Two programs are planned for each month. Those scheduled thus far for 1993 include:

December 13, 1992–January 10, 1993

Robert Nadeau will emphasize functional centering. Using grounding, energy awareness, aikido, and movement work, the physical, mental, and spiritual aspects of centering will be explored.

This month with *David Streeter* will give students the opportunity to incorporate the subtle art of contemplation in a community atmosphere. Yoga, massage, and gentle emotional release — along with silent meditation — will be included in the curriculum.

January 10–February 7

Erik Van Riswold will lead a mind-body-spirit study devoted to the development of integral transformative practice. Through Leonard Energy Training (LET) and other practices, participants will explore personal development in the twelve aspects of human functioning outlined in Michael Murphy's *The Future of the Body* and create their own program for bodily transformation. *Michael Murphy* and *George Leonard* will participate during the last week of this month-long program.

Dianne Laurence and participants will explore their relationship with themselves and others through acting, writing, theater, and painting. The group will create a communal performance to be presented at month's end.

February 7–March 7

Mary Goldenson's (Devarani) program of letting go and moving on employs Reichian methods, dance, imagery, gestalt, and meditation.

Maria Lucia Sauer Holloman and *Anita Eubank Donovan* will present practical methods of using the hands as instruments for physical and spiritual healing. Emphasis will be on developing intentionality and personal clarity as fundamental tools for any healing art.

March 7–April 4

David Schiffman will focus on the theme of transition. It is geared for people who are contemplating changes in career, relationship, geographical location, or spiritual orientation.

Vicki Topp & Friends will lead this program of massage, meditation, and integrative body process.

April 4–May 2

Phyllis Shankman offers a month of in-depth group process/gestalt work using the creative arts, as well as meditation, massage, and movement for self-exploration and healing.

John Soper's group will focus on ways to improve the quality of life. The work will start with the individual and expand to include the environment.

May 2–30

Karuna Licht will lead a month-long journey using the creative processes of art, ritual, and guided imagery as the language of the heart.

David Streeter & Massage Staff will offer a two-month program in the subtle art of massage. It will emphasize personal growth as a result of full participation in community life and an ongoing well-structured massage program that includes yoga, meditation, anatomy, movement, and more. *Previous experience of one month as an Esalen work-scholar is required.*

May 30–June 27

Marilyn Harris Kriegel will explore the possibility of relationships without blame, and work on the potentials of truth and freedom. The group will investigate the role of chemistry, choice, and commitment in our encounters with love. Gestalt and psychosynthesis will also be used.

David Streeter & Massage Staff. See May 2-30.

June 27–July 25

Eduardo Eizner & Guests will concentrate on emotional release work and self-awareness using gestalt, group and individual process, rituals, movement, and body work.

Dean Marson will guide participants on a somatic journey to deepen self-awareness and enhance the ability to connect with others using touch, movement, and mindfulness as the means of exploration.

Institute of Transpersonal Psychology Offers External Master's Degrees

Work students now have the opportunity to integrate their work study experience at Esalen with the external degree program of the Institute of Transpersonal Psychology. The external degree format enables students to study at any location. Work students will be able to continue the dynamics of personal growth fostered at Esalen while earning master's degrees in transpersonal studies or in transpersonal psychology.

Inquiries and applications should be made directly to ITP. Contact:

Nancy Fagen
External Program
Institute of Transpersonal Psychology
250 Oak Grove Ave.
Menlo Park, CA 94025
(415) 326-1960

In as much as the Work Study Program is a complete program in itself, please do not plan to take regularly scheduled catalog workshops during your stay. Professional services, such as massage, are available at staff rates.

Accommodations are shared, with up to four people to a room, usually at South Coast Center, a staff complex located 1½ miles north of Esalen.

A deposit of $350 in U.S. currency is required with your application. **The cost of all 28-day Work Study Programs is $720 for the first month, $670 for the second month, and $620 for the third month.** Work students may be invited to remain for a second or third month depending on space available and community needs. There are no scholarships available for the Work Study Program.

For more information contact Bette Dingman: (408) 667-3010.

Note: *Application is not registration in the program. Registration is made only after approval of application and upon receipt of deposit. The balance of the fee is due on arrival. Of the original deposit, $100 is non-refundable and may be transferred to other programs within one year of receipt. Please return the application form (see next page) with your deposit to:*

Work Study Program, Esalen Institute, Big Sur, CA 93920.

KAREN PREUSS

The Esalen Gardens

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■ WORK STUDY PROGRAM APPLICATION

Name Male Female

Date of Birth Occupation

Place of Employment

Daytime Phone ( )

HOME ADDRESS

Evening Phone ( )

STATE AND ZIP CODE

Date of Application

COUNTRY

Do you have any physically limiting conditions which might affect your full participation in this program? Yes No

If yes, please be specific.

Which program(s) are you interested in? Please list the leader's name.

Please note: When focused programs continue with the same leader for more than one month, participants must be prepared to stay at Esalen for the full duration of that particular program.

The Work Study Program is for 28 days, beginning and ending on Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: to 2nd: to 3rd: to

Work students may be invited to remain for a second or third month, depending on space available and the needs of the Esalen community. Please indicate your availability for such an invitation.

No extension One-month extension Two-month extension

Assignments to departments are made according to community labor needs. However, if you have particular skills that you're willing to use, especially in food preparation, gardening, maintenance, mechanics, construction, or housecare, please mention them here.

Please check here if you have emergency medical skills (M.D., R.N., or E.M.T.) and are willing to use them during your stay.

Attach a personal statement about your interest in the Work Study Program and why you'd like to participate.

After January 1, 1993 all applicants will be required to sign a standard release from liability and assumption of risk form as a condition of participation in the Work Study Program.

Please Note: No pets allowed.

■ THE FRIENDS OF ESALEN

The Friends of Esalen provides financial aid to people who are eager to attend our workshops but cannot afford them. We believe that one of our first priorities is to make our programs available on a broader basis. Friends of Esalen contributions fund scholarships to make this possible.

We invite you to join us. In addition to knowing that you have given someone else the opportunity to experience Esalen, you will receive the *Esalen Catalog*, the *Friends of Esalen Newsletter*, and other special mailings to Friends for one year. Periodically we offer a discounted workshop just for members of the Friends of Esalen. We hope you feel your experience at Esalen is worth sharing and that you will join us in extending Esalen into the lives of other people.

I wish to become a Friend of Esalen; I enclose my check for the category marked.

I wish to renew my membership in the Friends of Esalen.

One Year Student	$25	One Year Individual	$35	One Year Sponsor	$100
One Year Senior Citizen	$25	One Year Donor	$50	One Year Patron	$500

Name Student Affiliation

Address City

State Zip Date

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■ AUDIO RECORDINGS

The Dolphin Tape Series

This tape list honors holism, feminine insight, Taoism and Zen, cultural anthropology and shamanism, Feldenkrais experience and holographic function, intuition and mysticism, ecology and natural law. There are new titles by Helen Palmer, Angeles Arrien, Ruthy Alon and others, a complete set by Virginia Satir from the archives, and the latest by Terence McKenna.

Dolphin Tapes has no complete catalog, just overlapping tape lists. When you place an order, let us know your field of interest or your favorite speakers. We may have more information on some of them. Most tapes are in stereo. Tape length is normally 1 to 1½ hours.

Single-tape titles are $10:

Ruthy Alon: *Sitting—Effortless Balance* (A Feldenkrais Lesson)
Anne & Jim Armstrong: *The Power of Intuition*, 1987
Angeles Arrien: *Eight Universals that Sustain Health* (ITC Eugene), 1990
Gregory Bateson: *Cultural Relativity and Belief Systems*, 1976
John Blofeld: *Taoist and Zen Practice*, 1978
John Blofeld: *History and Use of the I Ching*, 1978
Robert Bly: *Six Powers of Poetry*, 1983
Joseph Campbell: *Hermes, Alchemy, and the Voyage of Odysseus*, 1971
Fritjof Capra: *Ecological Vision*, 1984
William Everson: *Poetry of Earth: A Jeffers Tribute* (Carmel), 1970
James Fadiman: *Guided Fantasy and Fairy Tales*, 1971
Moshe Feldenkrais: *A Ray of Hope Where There Was None*, 1972
Father Bede Griffiths: *Christianity, Science and Mysticism*, 1983
Stanislav Grof: *Principles of Holotropic Therapy*, 1985
Chungliang Al Huang & David Darling: *Tai Ji Music and Movement*, 1989
Aldous Huxley: *The Individual and History*, 1963
Robert Johnson: *The Roots of Modern Masculinity*, 1990
Jack Kornfield: *The Simplicity of Spiritual Practice*, 1982
Terence McKenna: *Enough Is Enough*, 1989
Terence McKenna: *Novelty and the Transcendental*, 1990
Terence McKenna: *The Time Wave, the Tao, and Novelty*, 1991
Ralph Metzner: *Varieties of Human Transformation*, 1984
Claudio Naranjo: *Dante's Way to the Stars*, 1968
Robert Ornstein: *The Sufis and Other Teaching Stories*, 1971
Helen Palmer: *Introduction to the Enneagram System*, 1991
Helen Palmer: *Placement of Attention*, 1991
Helen Palmer: *The Enneagram and Inner States*, 1991
Helen Palmer: *The Psychic Aspect of Intuition*, 1991
Paul Rebillot: *The Pluto Story: Journey into Madness*, 1984
John Robbins: *Healing Ourselves, Healing Our World*, 1989
Rogers/Bateson: *Dialogue on Thinking, Feeling, Learning*, 1975
Virginia Satir: *Family Communication and Growth*, 1967
Will Schutz: *An Inner Fantasy Experience*, 1969
Daniel Sheehan: *Philosophy of Christic Institute*, March 1991
Daniel Sheehan/Sara Nelson: *What Is It All About?*, March 1991
Huston Smith: *The Coming World Civilization*, 1968
Alan Watts: *Divine Madness*, 1968
Arthur M. Young: *The Reflexive Universe*, 1973

Two-tape titles are $18:

Angeles Arrien: (2) *Cross-Cultural Shamanic Practice*, 1991
Gregory Bateson: (2) *Balinese Culture and Shamanism*, 1976
John Blofeld & Al Huang: (2) *How to Use the I Ching*, 1978
Robert Bly: (2) *Poetry Reading: An Ancient Tradition*, 1983
Campbell/Keen: (2) *The Dark Side of the Forest*, 1985
Buckminster Fuller: (2) *The Critical Path* (Maui), 1982
Stanislav Grof: (2) *The Birth Trauma*, 1981
Robinson Jeffers: (2) *A Dramatic Presentation* (Carmel), 1972
Terence McKenna: (2) *The Magical Mystery Tour*, 1989
Claudio Naranjo: (2) *The One Quest*, 1971
Helen Palmer: (2) *Advanced Intuition Training*, 1991
Sheehan/Nelson: (2) *Natural Law, Democracy, and The Cosmos*, 1991
Frederick Spiegelberg: (2) *India and the Saints*, 1964
Brother David Steindl-Rast: (2) *Healing Starts from the Heart*, 1984
Alan Watts: (2) *Eastern Religion and Western Therapy*, 1971

Four-tape titles are $36:

Joseph Campbell: (4) *Transformation of Myth through Time*, 1982
James Fadiman: (4) *A Weekend of Stories*, 1984
Roland Fischer: (4) *Creative, Psychotic, and Ecstatic States*, 1969
Buckminster Fuller: (4) *Integrity Day* (Marin), 1983
R.D. Laing: (4) *Sanity, Madness, Blowout Center*, 1967
Terence McKenna: (4) *The Light in Nature*, 1988
Terence McKenna: (4) *Into the New Millenium*, 1991
Terence McKenna: (4) *Exploring the Hermetic Tradition*, 1991
Daniel Sheehan/Sara Nelson: (4) *Spirituality and Politics*, 1991
Rupert Sheldrake: (4) *Resonance and the Habits of Nature*, 1987
Rupert Sheldrake: (4) *Rebirth of Nature: Revival of Animism*, 1990
Brother David Steindl-Rast: (4) *Mysticism as a Frontier Experience*, 1985
Colin Wilson: (4) *Human Evolution and a New Psychology*, 1968
Arthur M. Young: (4) *Interviews on the Reflexive Universe*, 1983

The Dolphin Vinyl Album Tape Sets:

Ruthy Alon: (6) *Lessons in the Feldenkrais Method* (Series, I, II or III)	$60
John Blofeld: (6) *Exploring Chinese Philosophy*, 1978	$60
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Jack Kornfield: (6) *The Spiritual Practice of Meditation*, 1981-83	$60
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Buckminster Fuller: (8) *The Pajaro Dunes Tapes*, 1977	$80
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Joseph Campbell: (10) *World Mythology Series*, 1969 (Library Archives)	$88
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Please add $3.00 to your complete order for handling and mailing (add $3 more if you wish priority mail). Overseas orders add $1.00 per tape for mailing. California residents include 7½% tax. (Institutional purchase orders please add 10% to tape cost for invoicing and deferred payment.) Allow 4 to 6 weeks for delivery.

Please mail your order and your check payable to:
DOLPHIN TAPES, P.O. Box 71, Big Sur, CA 93920

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■ GENERAL INFORMATION

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco, situated directly over the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot springs, was once the home of a Native American tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute, By Reservation Only.

Fees and Reservations: Pre-registration, by mail or phone, is required prior to arrival. A registration form is provided on page 66. Our address, phone numbers, and reservations hours are on the inside front cover. Since workshops fill quickly, it is advisable to sign up as early as possible. In order to reserve a space in any workshop, we require full payment or the following deposits:

Weekend:	$100
5 to 7 days:	$200
12 to 14 days:	$300
19 to 21 days:	$400
More than 21 days:	$500

Deposits are payable in U.S. currency only. Overseas residents must pay by checks drawn on U.S. banks or use a credit card. Balance of payment is due on arrival. (Please see page 8 for information on discounts and reduced rate options.)

Please indicate your second choice for a workshop in case your first choice is canceled and we are unable to reach you. Workshop fees cover tuition, food, and lodging. Rooms and bathrooms are shared by two or more persons. Camping on the grounds, either in tents or campers, is prohibited. We do not have parking space to accommodate RVs.

Making Contact with Us: Since it can be difficult to get through by phone, we encourage you to read the catalog and mail or fax your reservations. *Our fax number is (408) 667-2724.* Fax the enclosed form and include your credit card information. (The fax line is for Esalen business purposes only, not personal correspondence.)

If you prefer to make your reservations by phone, please be prepared with your completed reservations form and your credit card when you call. We know that all calls to Esalen are long distance; we will be as efficient as possible. Please be patient so that we can give you complete information and our best service. NOTE: Room and Board reservations must be made by phone, not by fax machine.

Cancellation and Refund Policy: If you cancel at least five full days before the start of your workshop, your deposit, less a $30 processing fee, will be transferred to a credit account to be used within one year. If you cancel with less than five days' notice, you forfeit your entire deposit. If you have prepaid your entire reservations fee, we will retain the deposit, as above, less the $30 processing fee, and return the balance to you. (*Please note*: Wilderness Programs has a different cancellation and refund policy.)

If you have applied for a scholarship and we *are unable* to give you any assistance, we will, at your request, refund your deposit in full if you cancel your reservations at least five full days prior to the start of your workshop. If we *are able* to give you assistance and you cancel your reservations as above, we will return your deposit, less a $30 processing fee, unless you wish to transfer that deposit, less the processing fee, to a credit account to be used within the next year. If you cancel with less than five days' notice, you forfeit your deposit.

Scholarships: For information on scholarships and other economical ways of staying at Esalen, see page 8.

Check-in and Meals: Weekend programs begin with dinner on Friday and end with brunch on Sunday. Five-day and longer programs begin with dinner on Friday or Sunday and end with lunch on Friday or Sunday. Check-out time is noon of departure day. Rooms become available at 4 PM; however, guests are welcome to arrive anytime after 2 PM.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are baked at Esalen.

Seminarians as Volunteers: Seminarians in residence at Esalen are invited to contribute one or two hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out. A staff member will appear at your first workshop meeting to schedule volunteers.

Bus Service: On Fridays and Sundays we have van service from the Monterey Greyhound station leaving approximately at 3:45 PM and from the Monterey Airport approximately at 4 PM. If you plan to use this service, please inform the Esalen office at least 24 hours prior to your arrival. The $25 one-way fee (subject to change) is payable to the Esalen office when you check in. Return reservations may be made at that time. The only departing van service from Esalen is on Fridays and Sundays at approximately 5:30 PM.

Gazebo School Park: Seminarians who would like child care must send their request or notify The Gazebo School Park at least one month in advance. For information on the Early Childhood Program or the Internship Program, please see page 9.

For your safety: Please bring a flashlight for use at night while walking on the grounds.

Health Services: We are unable to provide medical supervision or pharmaceutical supplies. If you are on a health-care program and you plan to spend several weeks at Esalen, please arrive prepared to administer to your health-care needs.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Lost and Found: To inquire about items left behind from your Esalen visit, call (408) 667-3019.

Conferences at Esalen: It is now possible to arrange for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100) on a space available basis. For further information, contact the conference coordinator, (408) 667-3038.

Catalog Subscriptions: If you would like to receive the next three issues of the *Esalen Catalog*, please refer to the inside front cover for subscription rates and send your check or money order (U.S. currency) in the enclosed subscription envelope, or mail it to Subscriptions, Esalen Institute, Big Sur, CA 93920.

Contributions to Esalen Institute are tax-deductible. The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.)

Esalen Institute reserves the right to cancel any program at any time.

BIOGRAPHICAL INFORMATION

A

Ralph Abraham,

known for his work in dynamics and chaos theory, is professor of mathematics at the University of California, Santa Cruz, and author of Chaos, Gaia, Eros: The Orphic Trinity in Myth and Science, *and co-author of* Trialogues at the Edge of the West.

p. 18

Sarah Abukutsa

is a professional singer and dancer who trained in her country of Kenya before working in Europe and then the U.S. She has worked with Babatunde Olatunji and Quincy Jones.

p. 41

Jeanne Achterberg,

professor at the Institute of Transpersonal Psychology, is a pioneering researcher in imagery. She is the author of Rituals of Healing; Woman as Healer; *and* Imagery and Healing.

p. 38, 51

Margo Adler

is the author of Drawing Down the Moon, *the classic work on Neo-Paganism and Goddess Spirituality. She is also the New York Correspondent for National Public Radio.*

p. 22

Stephen Aizenstat

is the founding President of Pacifica Graduate Institute, a core faculty member of Pacifica, and a clinical psychologist. He conducts dreamwork seminars throughout the U.S. and Europe.

p. 15

Ronald Alexander

is a creativity and health consultant in the entertainment industry. He teaches clinical training groups for professionals in Gestalt and Mind/Body Healing in Santa Monica, California, and is director of clinical training at Ryokan College.

p. 23, 24, 50

John Allen,

life member of the PGA and former tour player, has been a teaching golf professional for over twenty years and a serious student of the inner game for the past eight.

p. 27, 42

John Polk Allen,

founder of Biosphere 2, is also director of Planetary Coral Reef Foundation in Belize, and of a rainforest project in Puerto Rico.

p. 27

Maurica Anderson

is studying the relationship between humor and mental health. She has been leading groups at Esalen for over twenty years.

p. 34

Anne Armstrong

has been doing transpersonal counseling for thirty years and has trained professionals to use their intuitive abilities.

p. 37

Jim Armstrong,

a former engineer, is a lifelong student and teacher of esoteric studies.

p. 37

Elliot Waker Aronson,

social psychologist, professor, researcher, and author, combines the scientific with the humanistic and spiritual in his work.

p. 46, 51

Angeles Arrien,

a native Basque, is an author, anthropologist, and educator. Her teachings are based on the universality of values, ethics, and experiences as they relate to myths, symbols, and the arts.

p. 23

B

Richard Baker-roshi,

head teacher and abbot of Dharma Sangha Western Zen Center, was co-founder with Suzuki-roshi and second abbot of San Francisco Zen Center, Tassajara Zen Monastery, and Green Gulch.

p. 14

Richard Balaban

is a clinical psychologist in private practice in Bloomington, Indiana. He has taught at Indiana University in the departments of Psychology and Public & Environmental Affairs.

p. 36, 51

James Baraz

has taught Vipassana (insight) meditation retreats since 1977. He is on the Board of Directors of Insight Meditation West and the Dharma Foundation.

p. 17, 42, 50, 51

Michael Barnett

lives on a ranch in Boise, Idaho, where he is a psychiatrist in private practice. He works with individuals, families, and groups.

p. 40, 51

Judy Blackstone

is a dancer, meditation teacher, author, and counselor. She is the founder of The Subtle Self in Motion, a method for deepening experience through movement.

p. 46

Joan Borysenko

is a medical scientist and psychologist. She is the author of Minding the Body, Mending the Mind *and* Minding the Spirit, Mending the Soul.

p. 28, 50

Myrin Borysenko,

a medical scientist and educator, is executive director of Mind/Body Health Sciences, Inc. He is working on a book about male spirituality.

p. 28, 50

Julie Bowden,

pioneer in the children of alcoholics (COA) field, is co-founder of the National Association of COAs. She co-authored Recovery: A Guide for Adult COAs *and* Genesis: Spirituality in Recovery.

p. 36, 51

Carolyn Braddock

is a psychologist, consultant, and author in private practice in Lakewood, Colorado. She founded the Institute on Child Abuse and Neglect and trains professionals in the field of sexual abuse.

p. 15, 29, 30, 50

Devers Branden

is co-author with her husband Nathaniel of What Love Asks of Us. *She also works as a business consultant.*

p. 42

Nathaniel Branden
is a psychotherapist, author, and lecturer who began pioneering the field of self-esteem over thirty-three years ago. In private practice in Los Angeles, his most recent book is The Power of Self-Esteem.
p. 42

Char Pias Brenner
has lived at Esalen Institute since 1977. She is a facilitator of the expressive arts and a teacher of Esalen Massage.
p. 29, 41, 50, 51

Jessica Moore Britt,
gestalt and Reichian work practitioner in the Bay Area, is a teacher of the Ridhwan Work School, which is dedicated to understanding personality and spiritual development.
p. 22, 37

John Broomfield,
author of Other Ways of Knowing, *is a New Zealand Educator, world-traveller, student of shamanism and hatha yoga. He has written extensively on inter-cultural and inter-species learning.*
p. 39

Daniel Brown
is a chief psychologist at Cambridge Hospital and assistant professor of psychology at Harvard Medical School. He has spent nearly two decades studying the great meditative traditions.
p. 25, 26

Adam Burke
is a research psychologist, acupuncturist, educator, and author. He is the director of Halcyon and offers trance-based trainings internationally.
p. 42, 48, 51

C

Niyaso Christine Carter,
co-founder of The Art of Being in Hawaii, combines Western psychotherapy practices with Eastern disciplines in healing and sexuality. She received her training in Europe and India.
p. 26

Paul Carter,
cofounder of Meta Education and Training Arts, leads workshops around the world on whole/parts transformation, Ericksonian hypnosis, creativity, and self-expression.
p. 26

Seymour Carter,
longtime gestalt teacher at Esalen and in Europe, combines studies in sensory awareness, Zen Buddhism, aikido, and other body-oriented practices.
p. 25, 40, 43

Michell Cassou
is the founder of an original approach to painting designed to stimulate and unblock creativity. She is director of the Painting Experience Studio in San Francisco.
p. 32

Carl Chase
is a body worker who specializes in cross-fiber friction and deep tissue methods. He has also studied sports massage and soft tissue manipulation.
p. 36, 51

Kenn Chase,
teacher of traditional Yang style t'ai chi ch'uan for twenty years, combines body alignment, sensory awareness, and breathing methods. He has studied with masters of t'ai chi, kung fu, and chi kung.
p. 31

Ricci Coddington,
certified practitioner of Holotropic Breathwork and on the Grof Transpersonal Training Staff, has been part of the Arica School for 20 years. She is in private practice in the Bay Area.
p. 22

Stephen Cohen,
Esalen resident and gestalt practitioner, is a longtime golf hacker who recently founded The Kingdom Tour, dedicated to bringing inner game golfers together for world travel.
p. 27, 42

Emilie Conrad-Da'oud
is the founder of Continuum. Her innovative approach to movement has enhanced the creativity of artists in many fields and has led to new insights in the healing process.
p. 22

Bob Corff
teaches performance in Los Angeles. He has had leading roles on television, Broadway, and in motion pictures. His workshops deal with self-presentation in both business and professional life.
p. 18

Phil Cousineau
is a freelance writer, poet, and filmmaker. He is the author of The Hero's Journey, Deadlines, *and co-author of* The Soul of the World.
p. 38

Stewart Cubley,
artist and scientist, is co-founder with Michell Cassou of the Painting Experience Studio in San Francisco.
p. 32

Dale Cummings,
certified Radix® teacher and marriage and family counselor in West Los Angeles and Los Gatos, is director of training for the Radix® Institute.
p. 14, 42

D

David Darling
is a master cellist, composer, conductor, and teacher whose many recordings include Journal October; Cycles; River Notes; *and* Amber.
p. 13, 38

Laura Day
has been a practicing intuitive for over a decade in the U.S. and Europe. She teaches intuitive skills for use in business and daily life.
p. 45

Laura DeNuccio (Ma Prita),
certified Radix® practitioner on Esalen's teaching staff, has over fifteen years' experience combining gestalt, Reichian body work, Bates vision work, movement, ritual, and meditation in the U.S. and Europe.
p. 18, 29, 46

Anita Eubank Donovan
has a background in the performing arts. She is a certified expressive arts therapist and a counselor living and working at Esalen.
p. 52

E

Bob Edgar,
formerly a Professor of Biology at Caltech and UCSC and founding Provost of Kresge College, UCSC, is experienced in group process and organizational development. He is interested in the shamanic journey method as a path for spiritual development.
p. 30

Eduardo Eizner,
a licensed psychologist from Belgrano University in Argentina, is an Esalen staff member and co-director of Gazebo School Park.
p. 52

Jean Erdman
began her career as a soloist in the Martha Graham Dance Company. She is a much honored dancer, choreographer, director, and teacher. She and her husband, Joseph Campbell, founded Theater of the Open Eye in New York City.
p. 29

Eric Erickson
is a long-term student of Gestalt and Eastern philosophical traditions.
p. 13, 50

Maty Ezraty
is a founder and director of Yoga Works in Santa Monica, California. She has been teaching and promoting yoga for the past eight years.
p. 35

F

David Feinstein,
psychologist and co-author of Personal Mythology *and* Rituals for Living and Dying, *has taught at The Johns Hopkins University School of Medicine.*
p. 20

Peter Finkelstein,
a psychiatrist practicing in Woodside and San Francisco, teaches at Stanford and writes about emotional issues in medical training and practice. He counts among his important influences Sigmund Freud, Irv Yalom, and Van Morrison.
p. 21, 45

Lilias Folan
continues to share yoga through her PBS series "Lilias!", *her books, and award winning videos and audiotapes. She conducts seminars internationally and has taught yoga and meditation in Russia.*
p. 27

Joyce Frazee,
a gestalt practitioner in private practice, is the senior supervisor of the Gestalt Training Institute of Vancouver, Canada. She is a director of Hollyhock Institute and gives dream workshops in Canada, the U.S., and Europe.
p. 27

G

Mariah Fenton Gladis,
gestalt practitioner and trainer, founded and directed the Bucks County Institute for twelve years. She is the director of the Pennsylvania Gestalt Center for Psychotherapy and Training.
p. 17, 50

Marushka Glissen
is a family and couples counselor in Cambridge, Mass. She has worked with children for the past ten years.
p. 26

Herbert Gold
has published over twenty books, most recently Best Nightmare on Earth: A Life in Haiti; Travels in San Francisco; *and the novels* Dreaming *and* A Girl of Forty.
p. 29

Mary Goldenson (Devarani)
is a psychologist, chiropractor, and certified Radix® teacher with a private practice in West Los Angeles.
p. 15, 18, 26, 31, 38, 42, 52

Joe Goldstrich
is a cardiologist and former medical director at Pritikin Longevity Center. Author and specialist in Preventive Cardiology, he has led workshops at Esalen for twelve years.
p. 24, 50

Harriet Goslins
is the originator of Cortical Reeducation.® She is a Feldenkrais® practitioner with a background in psychosynthesis, applied kinesiology, craniosacral work, and social anthropology.
p. 32, 50

Roger Grandy,
on Esalen's massage staff, is certified in movement reeducation, massage, and shiatsu. He is involved in a medical research project studying the effects of body work and hypnosis on the immune system.
p. 25, 50

Spalding Gray,
writer and actor, has created a series of thirteen autobiographical monologues which he has performed in the U.S., Europe, and Australia. He has taught storytelling at Columbia, NYU, and Omega Institute.
p. 34

Ed Greenberg,
writer and producer, has worked in film, theatre, and television, and directed The Second City *in Chicago. He gives workshops on improvisational acting throughout the U.S.*
p. 36

Bruce Gregory
is a psychologist in private practice who specializes in mind/body healing and health psychology. He works with corporate executives who are experiencing difficulties with leadership skills.
p. 23, 24, 35, 50

Pierre Grimes,
a philosopher, founded the Noetic Society for the Study and Exploration of Platonic and Neo-Platonic works in 1967. He has developed the art of philosophical midwifery.
p. 31

H

Nick Hall
directs the Division of Psychoneuroimmunology at the University of South Florida School of Medicine, and serves as a consultant to the National Institutes of Health.
p. 42, 51

Robert Hall,
physician, psychiatrist, and teacher, has studied the mind-body process and meditation for twenty-five years. He is co-founder of the Lomi School and the Tomales School of Psychotherapy.
p. 24, 46

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Eleanor Criswell Hanna,
professor of psychology at Sonoma State University, is editor of Somatics, *director of the Novato Institute for Somatic Research and Training, and author of* How Yoga Works.
p. 21

Michael Harner
has practiced shamanism and shamanic healing for more than thirty years and has pioneered their return to contemporary life. His books include The Way of the Shaman; The Jivaro; *and* Hallucinogens and Shamanism.
p. 15, 17, 47

Steven Harper
taught for Colorado Outward Bound and the National Outdoor Leadership School. He coordinates Esalen Wilderness Programs and is director of Earthways Wilderness Journeys.
p. 34, 37, 41, 43, 45, 49

Susan Harper
teaches Continuum Dance Meditation workshops in Los Angeles and San Francisco, leads Dance the River trips on wild rivers, and has presented at the Joy-Spangler Asilomar Conference.
p. 43

David Hawkins,
a psychiatrist in private practice, has trained group therapists at Duke University and nationally, and is past president of the American Academy of Psychotherapists.
p. 32

John Heider,
a psychologist living in Lawrence, Kansas, is a group leader and teacher of group leaders. He was part of the Esalen Resident Program from 1967-1971.
p. 26

Maria Lucia Sauer Holloman
has been a seminar teacher since 1982 in Brazil and the U.S.
p. 19, 50, 52

Peggy Morrison Horan
has been practicing and teaching massage at Esalen for twenty years. She is a student of childbirth, dance, and movement.
p. 36, 51

Chungliang Al Huang
is a Tai Ji dancer, artist-calligrapher, and philosophical entertainer. He is founder/president of Living Tao Foundation and director of Lan Ting Institute in the sacred mountains of China.
p. 13, 14, 28

Tom Hurley,
a Senior Research Associate at the Institute of Noetic Sciences, has a Master's in Futures Research and has served as an independent consultant to both corporate and nonprofit organizations.
p. 36

Terry Hunt
is a licensed psychologist in Massachusetts specializing in bioenergetic analysis with ACAs and other addictive disorders. He is co-author of Emotional Healing.
p. 28, 47, 50

I

Jo Imlay
is a writer, fabric artist, and co-director of The Eagle Connection alliance of transformative organizations. She combines shamanic work with insights drawn from contemplative Christianity, Buddhism, and Hinduism.
p. 39

Sandra Ingerman
is a teacher and practitioner of shamanism and shamanic healing, and a member of the International Faculty of the Foundation for Shamanic Studies. She is author of Soul Retrieval: Mending the Fragmented Self.
p. 17, 47

Christian Intemann
co-founded the Floating Lotus Magic Opera Company, a theatrical experience directed towards spiritual transformation, and has been a teacher of Arica programs for twenty-two years.
p. 23

J

Eli Jaxon-Bear
is a trainer in neurolinguistics and an examiner with the American Council of Hypnotist Examiners. He is past-president of a Tibetan Buddhist meditation center.
p. 44, 51

Arthur Samuel Joseph
is a private teacher and professor of voice. He is the creator of Vocal Awareness, a method that integrates mind, body, and spirit through the vocal arts.
p. 20, 50

K

Norman Kaplan,
Professor of Medicine at the University of Texas Southwestern Medical School in Dallas, is a leading researcher, author, and lecturer on hypertension and the prevention of heart disease.
p. 24, 50

Roseann Kasayka,
executive director of the Focusing Institute, is a certified focusing trainer and Reiki practitioner. She has a doctorate in music and guided imagery from New York University.
p. 13, 14, 50

Norman Katz
is a director of the Milton Erickson Institute of Hypnosis and the Behavioral Sciences of New Mexico. He teaches in Albuquerque and Santa Fe.
p. 42, 48, 51

Amina Knowland,
a Hakomi Trainer in private practice in Boulder, Colorado, has an extensive background in group dynamics, movement and dance, and transpersonal approaches to therapy.
p. 20

Michael Kramer
began working with Fritz Perls at Esalen in 1966 and lived on the south coast of Big Sur for many years. He has been a student and teacher with Arica since 1971.
p. 23, 40

Michael Krasny,
Professor of English at San Francisco State University, has been a lecturer for The Fulbright Institute as well as The San Francisco Psychoanalytic Institute. He hosts a weeknight radio program on ABC.
p. 43

Paul Krassner
is editor of The Realist *— "the best satirical periodical published in America" (Library Journal). He is an award-winning stand-up*

comedian — "the last live Lenny Bruce" (Groucho Marx).
p. 36

Marilyn Harris Kriegel
is a writer and therapist. She was co-chair of Antioch West's Holistic Studies program, and has been a couples counselor for more than twenty years. She is co-author of The C Zone: Peak Performance Under Pressure.
p. 52

Stanley Krippner,
psychologist and researcher, is a professor at Saybrook Institute and the California Institute for Integral Studies. He is co-author of Personal Mythology; Dream Telepathy; *and* Realms of Healing.
p. 20

Ron Kurtz
developed the Hakomi method, wrote Body-Centered Psychotherapy: The Hakomi Method, *and co-authored* Unfolding Grace: Psychotherapy and the Wisdom of the Tao Te Ching. *He is the founder of the Hakomi Institute.*
p. 20

L

Cay Lang
is an internationally exhibited photographer who shows with the Weston Gallery in Carmel and Galerie Michele Chomete in Paris.
p. 36

Frank Lawlis,
a diplomate and elected Fellow of the American Psychological Association, is president of the Institute of Transpersonal Psychology. He specializes in behavioral medicine.
p. 38, 51

Dianne Lawrence
has been painting, selling, and exhibiting her work in Los Angeles for twelve years. Previous to that she spent ten years as a professional actress and performance artist.
p. 39, 52

Patti Lawrence
is a Cortical Reeducation® and Feldenkrais® practitioner who employs hypnotherapy, cranial-sacral, kinesiology, and Somatic-Emotional Release® to harmonize body, mind, and spirit.
p. 32, 50

Eric Lawton
is a photographer and lawyer in Los Angeles. He has exhibited his photography internationally and is co-author of The Soul of the World.
p. 38

Barbara Lee
is a circlemaker who has worked with groups for the past nine years. She holds a certificate in Organization Development and Transformation from the California Institute of Integral Studies.
p. 20, 50

Marc Lehrer
teaches clinical hypnosis and biofeedback nationally and internationally. He studied hypnosis with Milton Erickson and John Grinder, and resides in Santa Cruz, California.
p. 42, 48, 51

Annie Styron Leonard
is director of the Energy Training Institute in Mill Valley, California, and an aikido black belt.
p. 31

George Leonard
is a third-degree black belt in aikido, founder of Leonard Energy Training (LET), and author of Mastery; The Silent Pulse; *and* The Transformation.
p. 18, 31, 44, 52

Karuna Licht
is an artist and counselor interested in healing the heart and living creatively.
p. 52

Elisa Lodge,
an Expressive Arts Therapist, is a Rolfing movement specialist and professional actress. She is co-creator of Earth Core, an organization that promotes self-esteem in the workplace, and is the founder of Theatre of the Earth.
p. 39

Jim Loehr,
sport psychologist and pioneer in Mental Toughness Training, works in business and professional and amateur sport. He has authored a wide variety of books and training materials.
p. 42, 51

Paul Lounsbury
has studied extensively with Milton Erickson and has conducted numerous training seminars on the use of hypnosis and strategic counseling. He is in private practice in New York.
p. 33

Nancy Kaye Lunney,
formerly a vocal coach and accompanist, is the originator of Singing Gestalt, which utilizes lyrics and songs as a means of self-expression. She is director of programming at Esalen.
p. 23, 45

Kathryn Lydecker
is a senior associate of the Lomi School, where she has led workshops and facilitated groups for the past eleven years. She is in private practice in Santa Cruz, California.
p. 37

Joyce Lyke
is a gestalt practitioner and Ridhwan teacher in the Diamond Approach, a Work School dedicated to understanding personality and spiritual development. She has a private practice at Esalen and in Monterey, California.
p. 22, 37, 51

M

Helen Malcolm-Neeb,
artist, consultant, and teacher, works with a visionary consulting team designing long-range vision paintings for individual clients and Fortune 500 corporations.
p. 21, 22

Peller Marion
is a psychologist and international career management consultant. She is president of Peller Marion Associates, Inc., an outplacement and executive development coaching corporation in San Francisco.
p. 26, 50

Dean Marson
is a practitioner and instructor of Esalen Massage who uses self-care techniques as a means of introducing people to the pleasure and potential of human touch.
p. 26, 47, 50, 52

Paule Marx,
an Arica teacher since 1977, has a Chua Ka massage practice in San Francisco and is interested in Tibetan Thangkah painting and permaculture.
p. 23, 40

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Myron McClellan
is a teacher and counselor trained in the history of religious thought, neurolinguistic programming, whole brain reeducation, and body-centered psychology.
p. 18

Mary McGuire,
an associate of Eugene Gendlin, is program director of the Focusing Institute in Chicago.
p. 13, 14, 50

Terence McKenna,
author and explorer, has spent twenty-five years studying ontological foundations of shamanism and the ethno-pharmacology of spiritual transformation. He is the author of True Hallucinations; The Archaic Revival; *and* Food of the Gods.
p. 39

Sue McKibbin
is an organizational anthropologist who consults, conducts seminars, and produces films on the spirit in business and alternative organizational paradigms.
p. 40, 51

Deborah Anne Medow,
Esalen workshop leader and body work practitioner since 1969, teaches ashtanga yoga, massage, creative movement, gestalt awareness, and related healing disciplines throughout the U.S. and Europe.
p. 29, 50

Ilse Middendorf,
received a professorship in Berlin after training in gymnastics, dance, and body therapy. In 1965 she founded the first Middendorf-Institute for Perceptible Breath. Her Institutes are located throughout Europe and the U.S.
p. 38

Jane Miletich
is a twenty-five-year resident of Big Sur. She has been an Esalen body worker for fifteen years and also teaches Hatha yoga and t'ai chi.
p. 32, 50

Chuck Miller
has been practicing yoga for twenty years and is an advanced Ashtanga student and teacher. His teaching reflects his deep commitment to yoga as a way of life.
p. 35

Hugh Milne,
third-generation Scottish osteopath, has practiced and taught cranial work, healing, and psychometry abroad and in the U.S. He works in San Francisco.
p. 16, 50

Amy Mindell
helped developed process-oriented psychology in the areas of ethics, philosophy, and dance. She is in private practice in Portland, Oregon, and has taught worldwide.
p. 45, 51

Arnold Mindell,
author of Dreambody; Coma; *and* The Year I, *is a leader of the Global Ring Conflict Resolution Center in Yachats, Oregon. He is in private practice in Portland.*
p. 45, 51

Beverly Kitaen Morse
is a marriage and family counselor in private practice in Santa Monica and a senior instructor at the Rosenberg-Rand Institute for Integrative Body Psychotherapy.
p. 19, 30, 43, 48, 49

Caroline Muir
has been a yoga practitioner for over 20 years. She is a Tantric Sex expert who specializes in sexual healing and awakening the goddess energy in women.
p. 15, 46

Charles Muir,
a professional yoga instructor for twenty-five years, is director of the Source Schools of Tantra Yoga in Hawaii and California. He is coauthor (with his wife) of Tantra: The Art of Conscious Loving.
p. 15, 46

Arthur Munyer,
a member of the Esalen massage crew, is a trigger point specialist and longtime body work practitioner trained by Dub Leigh and Lauren Berry.
p. 45, 51

Michael Murphy
is the founder (with Richard Price) of Esalen Institute and author of Golf in the Kingdom; Jacob Atabet; *and* The Future of the Body.
p. 18, 52

N

Robert Nadeau,
an aikido master, has been a leading exponent of energy awareness at Esalen since the 1970s.
p. 28, 42, 51, 52

John Nance
reported on the Vietnam War for AP before meeting the peaceful Tasaday in the Philippine rainforest. Both experiences impacted his life and work.
p. 31

Sara Nelson
is national director and coordinator of the Christic Institute's Contragate Project. She was director of the Greensboro Civil Rights Fund and the Karen Silkwood Fund.
p. 32

Wes "Scoop" Nisker
is considered the dean of new radio journalism and is editor of Inquiring Mind, *a journal of the Vipassana Buddhist community. He is the author of* Crazy Wisdom.
p. 36

Madeline Nold,
a psychologist, is director of Creative Action Associates and has a Boston cable TV show, "What Is This Thing Called Love?" Her work integrates traditional and cross-cultural practices.
p. 30

O

Babatunde Olatunji,
master percussionist from Nigeria, has performed internationally for over thirty years and is known for his album Drums of Passion. *He is an authority on African religion.*
p. 25, 26, 46, 49

Kathleen O'Shaughnessy
has had a longtime fascination with expanded mind states through the experimental modes of meditation, somatics, nutritional healing, ancient plant teachers, and the shamanic outlook.
p. 14, 41, 51

Brita Ostrom,
a longtime Esalen massage practitioner, incorporates Trager training and gestalt awareness with the personal energetic connection of the Esalen massage. She is a certified MFCC in California.
p. 26, 39, 47, 50

P

Karen Paine-Gernée,
co-author of Emotional Healing *and pioneer in the treatment of ACAs, is at work on a new book on secrets. She is also a parent and an artist.*
p. 28, 47, 50

Helen Palmer,
is a teacher of psychology, and director of the Center for the Investigation and Training of Intuition. She has authored The Enneagram, *and the forthcoming* Love and Work: The Enneagram in Intimate and Business Life.
p. 21

Laurie Lioness Parizek
coordinates a reference library at Esalen and pilots Healthspring Referral and Education. She blends innovative and traditional approaches to health and healing and works with body, mind, and breath.
p. 45, 49, 51

Donna Dreyer Pérez-Venero
studied the shamanic tradition of the Hmong hill tribes in Thailand. She is a transpersonal psychiatrist and serves on the faculty of the University of Maryland Medical School.
p. 26, 50

Richard Yensen Pérez-Venero
studied the shamanic tradition with Carlos Castaneda and Maria Sabina. A psychologist, he has served on the faculties of Harvard Medical School and Johns Hopkins University.
p. 26, 50

Lorraine Peters
has been hearing impaired since birth, and uses sign language both personally and professionally. A psychotherapist and artist, she has performed as a sign language interpreter for women's music.
p. 19, 50

Maggie Phillips
is a psychologist in Oakland, California. She has been a presenter at many national and international conferences and training events on hypnosis and psychotherapy.
p. 42, 48, 51

Ayala Pines
is a licensed psychologist in private practice specializing in work with couples. She is the author of Keeping the Spark Alive *and the forthcoming* The Shadow of Love: Jealousy.
p. 44, 46, 51

Jeanine Pollak
is the founder of Botanic Adventures, a wilderness adventure-travel company. She teaches regularly at the University of California, Santa Cruz, and throughout Northern California.
p. 31, 50

Christine Stewart Price
is a teacher and ongoing student of gestalt practice and other approaches to developing awareness.
p. 16, 28, 33, 43, 44, 50, 51

Carol Proudfoot-Edgar
is an educator weaving together Shamanic and Native American practices. She was a counseling psychologist at UCSC for seventeen years, and is currently a Certified Shamanic Counselor teaching for the Foundation for Shamanic Studies.
p. 19, 30

Johanna Putnoi,
a senior associate of the Lomi School, has studied Feldenkrais, aikido, and Continuum dance. She has a private practice in Palo Alto, where she is also director of Body Therapy's massage program.
p. 37

R

Paul Rebillot,
a group leader at Esalen for sixteen years, combines gestalt methodology with theater and ritual. He divides his time between Europe and the U.S.
p. 19, 20, 27, 28

Stephan Rechtschaffen,
founder/president of Omega Institute, is a physician concerned with holistic approaches to wellness and longevity. He uses concepts of time as the focus for developing optimal health.
p. 37, 51

Christopher Reed
founded Ordinary Dharma, a center for meditation and Engaged Buddhism in Venice, California, is a senior student of Thich Nhat Hanh, and a senior Dharma teacher in the Tiep Hien Order.
p. 38

Tracey Rich
has earned the title of "Yoga Acharya" and is the associate director of White Lotus Foundation. She trains teachers and students and leads seminars nationally.
p. 37

Erik Van Riswold
is a thirty-year practitioner of the martial arts, including iaido, escrima, boxing, and fencing. He holds a black belt in aikido, and is a certified Leonard Energy Trainer (LET).
p. 43, 52

William Pennell Rock
is founder-director of Origins, a workshop process for creating and performing contemporary myths. He has lectured, led workshops, and directed productions in Europe, Asia, and the U.S.
p. 38

Jack Rosenberg,
a psychologist and director of the Rosenberg-Rand Institute of Integrative Body Psychotherapy in Venice, California, is the author of Body, Self, and Soul.
p. 19, 30, 43, 48, 49

S

Stephano Sabetti,
founder of the Life Energy Process, has a doctorate in psychology and trains therapists internationally. He is also an organizational consultant.
p. 17

Karel Samson,
entrepreneur in Vermont, is a teacher and researcher of innovation at the University of Vermont and at Nijenrode Universiteit in his native Netherlands.
p. 14

70

Robert Sanoff,
a senior associate of the Lomi School, has led workshops and trainings in personal growth for twelve years. He has been in private practice in Santa Rosa, California since 1976.
p. 37

Howard Schechter
is a former founder and chairman of the department of Organization Development and Transformation at the California Institute of Integral Studies. He is a consultant and counselor in the areas of individual and organizational development.
p. 20, 50

David Schiffman
is a longtime group leader at Esalen. His primary interest is in facilitating people who are in transition towards a more heartful, unstrained existence.
p. 20, 21, 26, 39, 44, 46, 52

Meir Schneider
healed himself of congenital blindness at age sixteen using the Bates vision exercises. He is the founder and director of the Center and School for Self Healing in San Francisco and Tel Aviv.
p. 35, 51

Laurie Schutz,
longtime Esalen massage practitioner and teacher, incorporates varied approaches to allow for balance and integration of the body. She has also led parent-infant workshops.
p. 25, 50

Will Schutz,
founder of the Antioch holistic studies department, is the creator of The Human Element, *a set of training materials for organizations. He is the author of* Joy *and* Profound Simplicity.
p. 23, 41

Charlotte Selver,
student of Elsa Gindler, introduced Sensory Awareness in the U.S. and has been closely connected with Esalen and the San Francisco Zen Center since their beginnings.
p. 33

Phyllis Shankman
is a licensed counselor in Santa Monica. She teaches clinical training at Ryokan College and has been leading groups at Esalen for fifteen years.
p. 43, 51, 52

Ronald Sharrin
is a clinical psychologist, organization consultant, and practicing Buddhist who teaches the dynamics of human ecology from the perspective of group relations work.
p. 28

Paula Shaw
has been a professional actress and teacher for over twenty years. She conducts in-house workshops for Esalen staff and work study programs in creativity, well-being, and self-expression.
p. 17, 18

Daniel Sheehan,
a graduate of Harvard Law School, is general counsel and public policy director of the Christic Institute, a public interest law firm and public policy/education center in Washington, D.C.
p. 32

Fred Shoemaker,
an inner game teacher and golf professional, is founder of The School for Extraordinary Golf. He has taught seminars for the U.S., Canadian, and Japanese P.G.A. and often writes about the inner game.
p. 27, 42

Julian Silverman,
a former director and president of Esalen Institute, is a psychologist and educator. He has led group process and health care seminars throughout the U.S. and Europe.
p. 19, 22, 34, 42, 50, 51

Edward Smith,
adjunct professor of psychology at Georgia State University, has authored several books, the most recent being Gestalt Voices. *He has led workshops since 1971.*
p. 46, 51

Gerald Smith
is a licensed psychologist in private practice in Belmont, California. He has authored two books on relationships — Couple Therapy *and* Hidden Meanings *— and has led workshops at Esalen for twenty-three years.*
p. 35

John Soper
is a gestalt practitioner with a background in international business. He is deeply aware of the need to improve the environment.
p. 52

Brother David Steindl-Rast,
Benedictine monk, hermit, psychologist, and author, has lectured on five continents. He is concerned with the spiritual changes of our time.
p. 33, 34, 36

Elizabeth Stratton,
pastoral counselor and healer in private practice in New York City, leads workshops in self-healing and a two-year training program for healers entitled "Awakening the Healer Within You."
p. 16, 50

David Streeter,
a certified sports massage practitioner on the Esalen massage staff, has taught yoga and anatomy and worked as an athletic trainer. Before joining the Esalen faculty, he lived as a Camaldolese monk.
p. 25, 42, 50, 51, 52

Tina Stromsted,
faculty member in the Somatic Psychology Program at the California Institute of Integral Studies, integrates body-oriented, Jungian, and creative arts approaches in her teaching and private practice.
p. 19, 50

Steven Stroud
was an encounter group leader and director of residential programs at Esalen from 1968-70. He was an original student of Oscar Ichazo and a coordinator of trainings at Arica Institute for twelve years.
p. 40

Rod Stryker
is an initiate in the traditions of Kriya and Tantric Yoga who has taught yoga and meditation for twelve years. A writer and speaker, he currently teaches at Yoga Works in Santa Monica, California where he leads teacher training programs.
p. 44

Grace Stern Swanson,
founder/director of Aegis Institute in Haverford, Pennsylvania, is a yoga and meditation teacher trained by Moshe Feldenkrais. She is currently doing personal research in fasting and rejuvenation.
p. 32, 40, 50, 51

Robert Swanson,
practitioner of optimum health techniques, is an astrology teacher, and columnist. He has logged over 100 dolphin swims while managing a project with the Human/Dolphin Foundation.
p. 32, 40, 50, 51

T

Yao Tamakloe
studied African dance, music, and literature at the University of Ghana and at UCLA. He dances with the Drums of Passion Dancers.
p. 41

Richard Tarnas,
former director of programs at Esalen, is an independent scholar and psychologist. He is author of The Passion of the Western Mind, *a narrative history of the Western world view from the ancient Greek to the postmodern era.*
p. 24, 35

Jeremy Taylor
has taught dream work for over twenty years. He is the author of Dream Work *and* Where People Fly and Water Flows Uphill: Tapping the Wisdom of Your Creative Mind through Dreamwork.
p. 40

Rita Thangaraj
has taught massage, movement, and meditation since 1978. She has a master's degree in counseling and body psychology. Her work incorporates deep tissue release, Trager, and massage.
p. 29, 50

Vicki Topp,
currently the faculty coordinator for the Esalen massage staff, teaches soft and sensitive use of pressure points and deep tissue massage combined with emotional and transpersonal body practices.
p. 14, 47, 50, 52

Karen Turner,
author, teacher, and counselor, specializes in mid-life transitions and spiritual emergence. She has been working for over twenty-five years combining mysticism, shamanism, and psychology.
p. 42

V

Attila Vaas,
has been a member of the Esalen massage staff since 1976. His skills include polarity, acupressure, and Esalen's free-form style of massage.
p. 39

Sim Van der Ryn,
an accomplished outdoor watercolorist, is a professor of architecture at UC Berkeley, president of the Farallones Institute, and former California State Architect.
p. 36

W

Robert Walter
has over twenty years' experience as an entrepreneurial executive and creative writer-director-designer. He is director of the Joseph Campbell Foundation and literary executor of the Joseph Campbell Trust.
p. 29

Peter Ways
is a medical educator and writer who has been an academic hematologist internist, author, and counselor to recovering alcoholics. He lives in Seattle and is the author of a book about medical self-care.
p. 21

Andrew Weil,
associate director of the Division of Social Perspectives in Medicine, College of Medicine, University of Arizona, teaches and practices alternative medicine and medical botany.
p. 34, 51

Laurie Weaver
is a teacher, counselor, and certified practitioner of Holotropic Breathwork. She has a private practice in San Francisco, conducts seminars internationally, and is a member of the Grof Transpersonal Training staff.
p. 22

Ganga White,
internationally-known teacher and master of yoga, is author of Double Yoga *and has received the titles "Yoga Acharya" and "Yogiraj" in India.*
p. 37

David Whyte,
poet, storyteller, and world traveler, is the author of two books, Songs for Coming Home *and* Where Many Rivers Meet. *He teaches throughout the U.S. and Britain.*
p. 13

Robert Anton Wilson
has worked as associate editor of Playboy. *Futurist, novelist, playwright, poet, lecturer, and comedian, he has authored 26 books, of which the most famous is* Illuminatus.
p. 22

Nancy Winston
is a counselor in New York City who has studied with Milton Erickson and has taught and trained clinicians in the use of hypnosis and counseling.
p. 33

Anna Wise
is a leading authority on the use of EEGs to measure and train brainwaves for high performance and meditative states. She has led workshops throughout the U.S. and Europe.
p. 41, 51

Nina Wise
is a performance artist who creates autobiographical and fictional pieces. Her multi-media works have been honored with seven Bay Area Critics' Circle awards and numerous grants and fellowships.
p. 34

Jonathan Wolken
is a co-founder and Executive Director of Pilobolus Dance Theatre. He has choreographed for the Glyndebourne Festival Opera's production of Maurice Sendak's "Where the Wild Things Are" and for members of the Royal Danish Ballet.
p. 40

Z

Ruth Zaporah,
performance artist and teacher, regularly presents her work throughout the U.S. and Europe. She is a recipient of a National Endowment for the Arts Choreographer's Fellowship.
p. 24

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■ ESALEN INSTITUTE RESERVATIONS FORM

This form is for your convenience in reserving a space in Esalen workshops. If you wish to make reservations for more than one person, please photocopy this form so that each registrant has his/her own form, unless you are registering as a couple with the same address and phone number. A nonrefundable deposit for each person registering and each workshop applied for must accompany this form. (Please see General Information, page 56, under Fees and Reservations, Making Contact with Us, and Cancellation and Refund Policy.)

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City State Zip

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Check for standard accommodations, if available.

Check for bunk bed room, if available.

Check for sleeping bag space, if available.

Check if you wish to room as a couple.

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Other Notes:
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No pets allowed.

We are unable to act as a banking service for our guests. Please bring adequate funds for your stay.

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Check here if we may give your phone number out for ride-sharing.

If you would like to become a Friend of Esalen, see page 54.

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JOYCE LYKE

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We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

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Esalen Institute is a center to encourage work in the humanities and sciences that promotes human values and potentials. Its activities consist of public seminars, residential work-study programs, invitational conferences, research, and semi-autonomous projects.

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THE ESALEN CATALOG

MAY - OCTOBER 1993

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The *Esalen Catalog* is published triannually by the Esalen Institute, Big Sur, CA 93920-9616. Subscription cost for one year is $15 for the United States, $17 for Canada and Mexico, $22 for Europe and South America, and $25 for all other countries. A single inspection copy of the current issue is available upon request.

Although we're delighted to provide you with this issue of the catalog, if you are not currently a subscriber we would appreciate a $5 contribution to defray postage and production costs.

The *Esalen Catalog* is printed on recycled paper.

An angel flew through the midnight sky,
softly singing.
Moon, stars, clouds in a throng
listened to his holy song.

He sang of bliss of innocent spirits
sinless in paradise.
He sang of the great God,
his praise was unfeigned.

In his arms he bore a young soul,
destined for the world of sorrow and tears.
And the sound of his song stayed forever
wordless and alive in that young soul.

Long that soul languished in the world
filled with a wonderful longing.
The earth's dull songs could not replace
the sounds of heaven for it.

—Mikhil Lermontov
1814-1841

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The Esalen Institute-Lindisfarne Press Library of Russian Philosophy

The Esalen Institute Russian-American Exchange Center in conjunction with the Lindisfarne Press is publishing the works of great Russian philosophers of the late nineteenth and twentieth centuries. In this catalogue, we introduce you to this publishing venture.

Though it only began to flourish in the nineteenth century, Russian philosophy has deep roots going back to the acceptance of Christianity by the Russian people in 988 and the subsequent translation into church Slavonic of the Greek Fathers. Until the seventeenth century, Russian thinking tended to continue the ascetical, theological, and philosophical tradition of Byzantium, but with a Russian emphasis on the world's unity, wholeness, and transfiguration. It was as if a seed were germinating in darkness, for the centuries of Tartar domination and the isolationism of the Moscow state kept Russian thought apart from the onward movement of Western European thinking.

But with Peter the Great (1672-1725), a window was cut into Europe. This opened the way to Voltairian freethinking, while the striving to find even greater depths in religious life continued. Freemasonary established itself in Russia, inaugurating a spiritual tradition outside the church. Masons sought a deepening of the inner life, together with ideals of moral development and active love of one's neighbor.

There followed a period of enthusiasm for German idealism and, with the reaction to this by the Slavophiles Ivan Kireevksy and Alexei Khomyakov, independent philosophical thought in Russia was born. An important and still continuing tradition of creative thinking was initiated, giving rise to a whole galaxy of nineteenth and twentieth-century philosophers, including Pavel Yurkevitch, Nikolai Fedorov, Vladimir Solovyov, Leo Shestov, the Princes S. and E. Trubestskoy, Pavel Florensky, Sergius Bulgakov, Nikolai Berdyaev, Dmitri Merezhkovsky, Vassili Rosanov, Semon Frank, the personalists, the intuitionists, and many others.

Beginning in the 1840s, a vital tradition of philosophy entered the world stage, a tradition filled with as-yet unthought possibilities and implications not only for Russia herself but for the new multicultural, global reality humanity as a whole is now entering. Characteristic features of this tradition are: epistemological realism; integral knowledge (knowledge as an organic, all-embracing unity that includes sensuous, intellectual, and mystical intuition); the celebration of integral personality *(tselnaya lichnost)*, which is at once mystical, rational, and sensuous; and an emphasis upon the resurrection or transformability of the flesh. In a word, Russian philosophers sought a theory of the world as a whole, including its transformation.

Russian philosophy is simultaneously religious and psychological, ontological and cosmological. Filled with remarkable imaginative thinking about our global future, it joins speculative metaphysics, depth psychology, ethics, aesthetics, mysticism, and science with a profound appreciation of the world's movement toward a greater state. It is *bolshaya* (big), as philosophy should be. It is broad *and* individualistic, bearing within it many different perspectives — religious, metaphysical, erotic, social, and apolcalyptic. Above all, it is universal. The principle of *sobornost,* or all-togetherness (human catholicity), is of paramount importance in it. And it is future oriented, expressing a philosophy of history passing into metahistory, the life-of-the-world to-come in the Kingdom of God.

At present, in both Russia and the West, there is a revival of interest in Russian philosophy, partly in response to the reductionisms implicit in materialism, atheism, analytic philosophy, deconstructionism, and so forth. On may 14, 1988, Pravda announced that it would publish the works of Solovyov, Trubetskoy, Semon Frank, Shestov, Floresnsky, Lossky, Bulgakov, Berdyaev, Alexsandr Bogdanov, Rozanov, and Fedorov.

The Esalen Institute-Lindisfarne Press Library of Russian Philosophy parallels this Russian effort. Since 1980, the Esalen Russian-American Exchange Center has developed innovative approaches to Russian-American cooperation, sponsoring nongovernmental dialog and citizen exchange as a complement to governmental diplomacy. As part of its program, seminars are conducted on economic, political, moral, and religious philosophy. The Exchange Center aims to stimulate philosophic renewal in both the East and West. The Esalen-Lindisfarne Library of Russian Philosophy continues this process, expanding it to a broader American audience. It is our feeling that these Russian thinkers are world thinkers. Publishing them will not only contribute to our understanding of the Russian people, but will also make a lasting contribution to the multicultural philosophical synthesis required by humanity around the globe as we enter the twenty-first century.

Russian Series titles available from Lindesfarne Press or the Esalen bookstore:

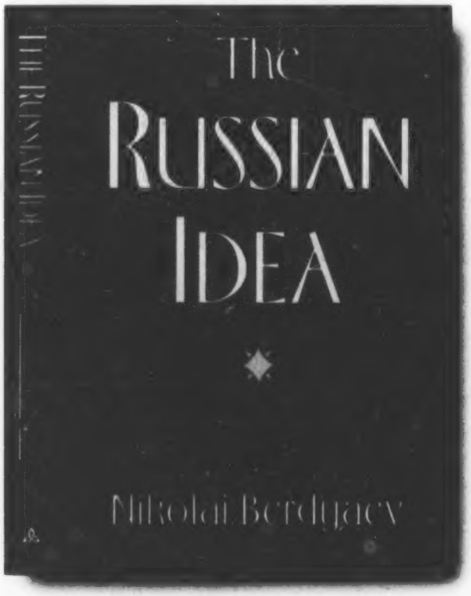
The Meaning of Love
Vladimir Solovyov
$12.95 paper
$21.95 cloth

War, Progress and the End of History
Vladimir Solovyov
$14.95

The Russian Idea
Nikolai Berdyaev
$16.95 paper
$26.95 cloth

Forthcoming in October:

Sophia, The Wisdom of God
Sergius Bulgakov
$17.95



To order books in this series, please call or write the Esalen Bookstore: (408) 667-3041. They can also be ordered from Lidisfarne Press, RR4, Box 94 A-1, Hudson, NY 12534

Phone Orders: Call 518 851-9155 between 9A.M. and 5 P.M., Monday-Friday, Eastern Time

Postage and Handling: $3.50

Visa and Mastercard accepted.

The Esalen Institute Russian-American Exchange Center

Since January, 1980, Esalen's Soviet-American Exchange Program, now called the Russian-American Exchange Center, has conducted several hundred exchanges between Soviet and American individuals and groups. We have introduced new forms of international co-operation and formed many lasting friendships with leading scientists, artists, writers, philosophers, psychologists, economists, religious thinkers, diplomats, journalists, and politicians in the former Soviet Union. Our network of ex-Soviet and American colleagues comprises a unique resource for future East-West relations. This network will enable us now, more than ever before, to support Russian efforts to establish democracy, human rights, and a market economy.

As President Reagan was calling the Soviet Union the "evil empire," the Exchange Center staged its first innovation, the spacebridge. It also:

- Helped to create several US-based organizations such as the Institute for Soviet-American Relations and the Association of Space Explorers, the first joint forum for astronauts and cosmonauts.
- Signed one of the first agreements between a private-sector group and the USSR Ministry of Health in 1985.

- Signed the first agreement between a non-governmental agency and the USSR Union of Writers in 1986.
- Hosted academician Abel Aganbegyan, Rector of the Academy of the National Economy, for his first tour of the United States in his capacity as one of Gorbachev's chief economic advisors.
- Hosted Boris Yeltsin for his first visit to the United States. Esalen arranged visits for Mr. Yeltsin with President Ronald Reagan and many business and government leaders.

The Exchange Center is currently sponsoring the following programs:

▪ Leadership Project

This project will focus on emerging leaders in Russia and the United States. In 1994, a conference in Big Sur will join young Russian and American leaders from business, economics, politics, and the media to explore common interests and possibilities for collaboration. In the years ahead, many of the project's participants will promote common U.S. and Russian interests.

▪ Ethnic Conflict Resolution

The founding proposition of this project is that traditional political and diplomatic methods of peacemaking often fail in long-standing ethnic conflicts. The project will identify political/psychological preconditions for a non-violent, pluralistic democracy by examining the unhealed wounds and distortions of the polity resulting from Stalinism. It will examine Russian anti-Semitism and ethnic conflict in the United States.

In November, 1990, a multiethnic delegation of scholars, officials, and writers from the Soviet Union met with a group of American sovietologists, writers, and specialists in conflict resolution. In March 1992 the Project cosponsored a historic conference on the phenomenon of bolshevism, in conjunction with the new Gorbachev Foundation in Moscow.

Health Project

The project has sponsored a number of conferences and other events since 1984, and currently focuses on a partnership with the St. Petersburg-based Institute for Experimental Medicine (where the famous psychologist Pavlov worked) in the field of psychoneuroimmunology (PNI). A global study of the brain-immune connection is essential for confronting such worldwide problems as AIDS, alcohol and drug addiction, cancer, and stress.

▪ Project on Economic Growth

This project (PEG) is developing a demonstration project for an improved agricultural and food delivery system. A small group of retired American farmers and agri-business experts is working with several farms and food cooperatives in the Moscow region to establish a vertically integrated network. This micro-economy will have links at all levels from seed planting, harvesting, and processing to delivery, wholesale, and retail sale on the basis of market relations. The American participants are advising the Russians in technical and business aspects of modern agriculture, and are helping to obtain key elements of the system such as seed and equipment.

▪ Psychology Project

The Project's current undertakings include a study of psychology and perestroika, a Russian-English/English-Russian encyclopedia dictionary of psychological terms, a book based on reviews of various fields in Russian/ex-Soviet psychology, and a psychological magazine published in Russian. The Project also coordinates the Berkeley-Esalen Internship Program, which brings clinical psychologists or other helping professionals from the former Soviet Union for one-year internships with the City of Berkeley's Mental Health Department.

▪ Writer's Project

Working in conjunction with the USSR Union of Writers, the Exchange Center has produced a number of joint events, including the Steinbeck Celebration and the first Soviet conference on the life and works of Vladimir Nabokov. In June 1991, the Writers Project organized a conference at Esalen Institute on the theory of culture, using Russian and English works, in conjunction with the Russian-American Institute based at Middlebury College. In November 1992, Esalen and the Russian-American Institute co-sponsored a conference on the perspectives Russian and American writers have on each other's culture.

▪ Sport Project

Stanford University's Athletic Department and the Exchange Center, in conjunction with Moscow's Institute of Sport and Physical Culture, are developing a Russian-American Coaching Education Institute. This will be an in-depth comparison of coaching instruction in the former Soviet Union and the educational methods of selected American sports organizations. The project is currently planning a symposium, *Toward the Further Reaches of Sport Psychology*, to be held at Stanford in May, 1993.

The Esalen Institute Russian-American Exchange Center is a non-profit organization working with Russia and other former republics of the USSR. Tax deductible donations can be made to:

Esalen Institute Russian-American Exchange Center
345 Franklin Street
San Francisco, California 94102
(415) 563-4731

■ ESALEN NOTES

KAREN PREUSS

Outside dining area of the Esalen lodge

Big House Programs

We are now scheduling workshops in our newly renovated Big House. This facility is available to groups of individuals who work together and would like to design their own Esalen program, drawing on our leaders and other resources. Ten bedrooms accommodating up to twenty individuals, ten bathrooms, a kitchen, dining room, and living room make it possible to house group members together, thereby enhancing the retreat environment.

To schedule or discuss possible formats, please contact Pat LeWine, program coordinator at (408) 667-3038.

Friends of Esalen Quarterly Newsletter

The *Friends of Esalen Newsletter* is for and about the extended Esalen community. Published quarterly, it covers current events and other items not covered in the Catalog.

Through membership contributions, Friends of Esalen support the scholarship fund, the Friends network and newsletter, and other Esalen projects. In return, the Friends receive the Esalen Catalog three times a year, the quarterly Friends Newsletter, and opportunities to appear in the Friends Network Directory and to attend the annual Friends workshop.

Esalen's Friends include people in 22 countries, from Big Sur to Nepal. If you would like to join us, please complete and return the membership form on page 57.

A Special Opportunity for Friends of Esalen

To celebrate the publication of Michael Murphy's book, *The Future of the Body*, we are offering an opportunity to become a Friend of Esalen for a gift of $100 or more and receive an autographed copy of Michael's book with the inscription of your choice. You will also receive the Friends Newsletter, Directory, and the opportunity to attend the yearly Friends' workshop. Please send your check to Friends of Esalen, Esalen Institute, Big Sur, CA 93920.

Esalen Catalog (1962-1992) available via the Education Resources Information Center (ERIC)

Since 1962 there have been 102 issues of the Esalen Catalog. A Friends of Esalen project, organized by Ted Brandhorst and Deborah Miller, has collected these issues and entered them into the bibliographic database of the U.S. Department of Education's Educational Resources Information Center (ERIC), where it is identified by the Accession Number/Order Number ED 347 118. ERIC records are announced in the monthly abstract journal *Resources in Education* (RIE) and the entire database can be searched online via DIALOG and BRS, and on CD-ROM via SilverPlatter and DIALOG products.

Anyone interested in the *Esalen Catalog* as human potential movement historical source material for research purposes can now obtain the complete thirty-year set from ERIC's document delivery arm, the ERIC Document Reproduction Service (EDRS, 7420 Fullerton Road, Suite 110, Springfield, Virginia 22153-2852; 1-800-443-3742).

“Light Body Activation” Workshop
September 26-October 1

Although it is not listed in the "Seminars" section of this catalog, the following workshop will be offered Sept. 26-Oct. 1:

Light Body Activation: Evolving Consciousness in the Body

Julian Isaacs & Patricia Fields

New forms of spiritual practice are currently emerging to help individuals embody unity consciousness. Participants in this workshop will be introduced to a new practice called "light body activation," in which major energy centers of the body are cleared, balanced, and refined by exposure to the transpersonal domain. Based on a model that integrates an understanding of chakras, subtle energy fields, and kundalini, the practice will be presented through dialogue, meditation, imagery exercises, toning, and other psycho-energetic processes. With activation of the "light body," individuals increasingly seem to experience joy, vitality, and the essential interconnectedness of all life. $740

■ WAYS OF BEING AT ESALEN

There are various ways to experience Esalen, ranging from an overnight visit to a long-term stay as a seminarian. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the methods of personal growth available here. The *Experiencing Esalen* workshops, scheduled periodically, offer an introduction to practices such as gestalt, massage, sensory awareness, and meditation. From such a sampling, participants can then choose those approaches they are most attracted to and pursue them in subsequent seminars.

Another way of being at Esalen which allows a much greater involvement with the place and its community at a lower expense is the Work Study Program, described more fully elsewhere in this section and on pages 55-56. For those who wish an extended stay of a month or more, there are frequent long-term programs which involve didactic seminars or professional trainings as well as experiential workshops. Please see "Special Programs."

With the completion of the Big House renovation, we can now accommodate groups of people in a single facility. The Big House provides meeting rooms, ten bedrooms with twenty beds, a kitchen for meal preparation, and a dining area. We invite people who work together on a regular basis, be they corporate, government, legal, artistic, or familial groups, to design a workshop according to their own needs, using Esalen resources and catalog faculty. Participants also have access to other Esalen amenities, including massage, the hot springs, swimming pool, and bookstore. Reservations for the Big House must be made at least nine months in advance. For more information contact Pat LeWine, (408) 667-3038.

Finally, there are other events that enrich life at Esalen. There are occasional forums in which writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights there may be lectures, films, dance performances, or other forms of entertainment. Body work of various kinds is available by appointment with individual practitioners. There is also a community event schedule offered. Please check the bulletin board for details when you arrive.

Scholarship Information

Esalen is able to provide some scholarship assistance to workshop participants in exchange for a work commitment (usually in the kitchen or cabins) as follows:

	Assistance	Work
Weekend	$50	4 hours
5-7 days	$100	8 hours
12-14 days	$200	16 hours
14+ days	$300	24 hours

If this arrangement is desired, please check "Standard Scholarship" on the reservations form. If additional assistance is needed, please check "Other Scholarship" and write a brief note of explanation (type or print). If a scholarship is approved, it will be noted on your confirmation. Due to the number of requests we receive, we can only provide one scholarship per person per year.

Reduced Rate Options and Discounts

If you pay in full at the time you make your reservations, you will receive a $10 pre-payment discount per workshop and be eligible for express check-in upon arrival. This discount does not apply to scholarship recipients or sleeping bag accommodations.

Senior Citizen Discount: Esalen offers a special discount to individuals over 60 years of age. The discount for a weekend workshop is $25; for a five-day or longer workshop, it's $50. Please request this discount at the time of registration. When you complete the reservations form on page 70, please indicate the discounts for which you qualify. If you qualify, and you make your reservations by phone, be sure to ask for this discount. (Please note: Senior discounts are not available for Wilderness Programs or the Work Study Program.)

Family Rates: Two full-paying adults housed in standard accommodations may have their children in the room for a meal charge of $19 per child per day ($8 per day for children under six). **Note:** If children are enrolled in Gazebo School/Park or an Esalen workshop, additional fees are required. Contact Gazebo, (408) 667-3026, for information regarding their fees.

Standard Accommodations: This is shared housing with two or more persons per room. In some cases, bathrooms are shared. Couples will always be housed in doubles. The rates listed with the workshop descriptions throughout the catalog refer to these shared, standard accommodations. Please review the information below for other housing options.

We would like to remind you that scholarship assistance is available; refer to "Scholarship Information" on this page as well as "Reduced Rate Options and Discounts" for other economical ways of staying at Esalen.

7-Day Rate, per person	5-Day Rate, per person	Weekend Rate, per person
$1110	$740	$380

Bunk Bed Rooms: Bunk beds are available for seminar participants who are willing to share a room with three or more persons. There are a limited number of these spaces, which are reserved on a first-come, first-served basis.

$845	$550	$300

Sleeping Bags: Sleeping bag spaces may be available for workshop participants. Please inquire when you make your reservations.

$570	$375	$200

Own Accommodations: If you are staying off the property the following rates apply:

$660	$425	$235

Ongoing Residence Program

Offered beginning mid-September and ending mid-June, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay is 26 days (four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay with weekends free to enjoy room and board. Weekend workshops are available at special prices. Occasionally workshops are canceled, so second choices are advised.

The cost is $3195 per 26-day-period for standard accommodations and $2520 for bunk bed rooms.

Room and Board

Occasionally, when beds aren't needed for seminarians, room and board is available. This gives visitors the opportunity to enjoy the grounds, the baths, and massage without participating in a workshop. Accommodations are standard (2 or 3 per room) or bunk bed (4 or more per room). Not all rooms have private baths. Room and board rates include dinner on the day of arrival and breakfast and lunch on the following day. We require full payment at the time of reservation. This payment is not refundable or transferable.

For a room and board stay between Sunday and Thursday, please call us no sooner than the Thursday before for room availability. For a Friday or Saturday night stay, please call no sooner than the Sunday before. The following rates are per person, per day.*

	Weekday (Sunday through Thursday nights)	**(2 or more days)**	**Weekend (Friday and Saturday nights)**
Standard Accommodations (2 or 3 per room):	$105	($90)	$125
Bunk Bed (4 or more per room):	$80	($70)	$85

The Hot Springs at Esalen

We would like those people who are planning their first visit to Esalen to know that swimsuits are optional, and nudity common, in the hot springs, massage area, and swimming pool. We encourage each individual to choose what is most comfortable, either wearing a swimsuit or not, and emphasize that the environment at Esalen is one of personal sanctuary and respect for the human body.

Disabled Access

Esalen now provides a means of transportation to the baths for those with physical limitations which prevent them from walking. A vehicle was purchased, in part, through the generosity of Dr. John W. Harris who believes, as we do, that those among us who are aged, infirm, or handicapped should also be able to enjoy the hot springs.

If you are disabled and would like to plan a visit to Esalen or participate in a workshop, please give the office as much advance notice as possible. While disabled access to some parts of the property is difficult, with enough planning, arrangements can be made for access to most of our facilities.

The Gazebo School Park Early Childhood Program

The Gazebo School Park is a unique educational experience for children ages one to six years. It is open year-round and has an average of 15 to 20 children in attendance each day.

The Early Childhood Program is available to seminarians who would like child care at Esalen. *Child care is provided during workshop hours only.* Daytime activities for the children include gardening, pony rides, learning about animal care, exploring nature, a real boat, the magic castle, and an Indian tepee. Evenings are spent in the Gazebo Farmhouse with a teacher engaged in activities that are age appropriate, such as reading, learning and playing with the computer, baking, arts and crafts, or building-block play.

Reservations should be made a least a month in advance. Call the Gazebo Farmhouse, (408) 667-3026, for more information and reservations.

Weekend	$200
Week	$400

Internship Program: This is a three-month program for those who wish to have intense exposure to life at the Gazebo School Park and its unique educational resources. The Internship Program offers experience with children and the Gazebo's environment and teaching philosophy. Applicants must have completed at least three work scholar months at Esalen before being considered for this program.

Call the Gazebo Farmhouse, (408) 667-3026, for more information or reservations.

First month	$400
Second month	$350
Third month	$300

Work Study Program

The Work Study Program is an intensive work-oriented program for individuals who want to make a directed, personal commitment to self-exploration and growth and a contribution to the Esalen community. Participants can enroll in the general interest track, which gives an overview of several disciplines, or choose a more specific course of study from the focused track, such as gestalt, meditation, Reichian work, or massage.

Information regarding special interest sections may be obtained by writing Bette Dingman, c/o Esalen. For a full description of the Work Study Program, please turn to pages 55-56.

Accreditation

Many formal educational institutions recognize the time spent at Esalen as being worthy of credit in their own curriculum; check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs. Please submit a written request to the office supervisor.

Medical Programs

Some programs offered at Esalen qualify for continuing education credit with the California Board of Registered Nursing. For current C.E. listings, see pages 53-54.

Recommended Reading and Mail Order Books

Most books listed as recommended reading for workshops are available through Esalen's bookstore. Other merchandise is also available. For ordering information please call (408) 667-3049.

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* Off-season rates are in effect from October 1 through March 30, holidays excepted.

■ GUIDE TO WORKSHOPS

This is a guide to the workshops offered in this catalog. Although many of the them could be cross-referenced, most are listed only in their main subject area. We recommend that you read the workshop description before deciding to register. If you have never been to Esalen or taken an Esalen workshop, you might want to consider the "Experiencing Esalen" workshop scheduled throughout the catalog and listed in the Integral Practices section of this directory. Please call the Esalen office if you have questions concerning a workshop: (408) 667-3000 or 667-3005.

■ THE ARTS

May 7-9 • The Soul of the World: A Multi-Media Workshop
May 9-14 • Accessing Creative Process
May 16-21 • Pilobolus Technique: Choreographic Creation
May 21-23 • West African Culture through Music & Dance
June 4-6 • Short Stories: A Magical Carpet Ride
June 18-20 • Singing Gestalt
June 27-July 5 • Language of the Drums: African Percussion, Chanting & Dance.
July 5-9 • The Power of Voice
July 9-11 • Art & Physics: Parallel Visions in Space, Time, and Light
July 11-16 • Children's Moving Arts
July 16-18 • Drawing with Color
July 18-23 • Children's Moving Arts
July 18-23 • Pottery at Esalen
July 25-30 • Reawakening the Inner Child through Film
July 30-August 1 • Fun with the Violin: For Adults Who Always wanted to Play and Never Have
August 6-8 • When Drummers were Women
August 8-13 • Creative Arts Center at Esalen
August 13-15 • Writing and the Act of Creation
August 15-20 • Living Dance
August 15-20 • The Soul's Theater: Improvisation, Storytelling & Play
August 29-September 3 • Vision Painting
September 5-10 • The Writer's Way: A Personal Adventure through Writing
September 10-19 • Painting Experience with Michell Cassou & Stewart Cubley
September 17-19 • Poetry Workshop: Writing New Poems
October 3-8 • Biodrama
October 3-8 • Awakening Vision through Conscious Photography
October 15-17 • Self-Transformation: The Art of the Actor in Everyday Life
October 22-24 • Mythology in Film: Wisdom from the Collective Dreamhouse
October 24-29 • Proprioceptive Writing: Demystifying the Creative Process
October 29-31 • Life as Art: Art as Life
October 29-31 • Singing Gestalt: Solo or Duet

■ BIOFEEDBACK / HYPNOSIS

May 21-23 • The Awakened Mind: Brainwave Training
May 23-June 18 • Certification in Clinical Hypnosis
August 8-13 • Awakened Mind: Brainwave Training Intensive

■ BUSINESS / SOCIAL RESPONSIBILITY

May 14-16 • Ethics in the Workplace: Living Your Values without Losing Your Job
June 18-20 • Leadership and Consciousness
June 25-27 • Burnout: Causes & Cures
July 9-11 • When Success is Not Enough
July 23-25 • CoHousing: Creating Your Own Community
August 13-15 • Rekindling the Spirit in Work
September 5-10 • Organizations of the 1990s: Managing with Heart
September 10-12 • Spiritual Survival in Corporate America
October 8-10 • The Art of Leadership: Excellence in Business, Management, and Communication
October 29-31 • The Political Psyche: Merging Psychology with Politics

■ CHILDREN/FAMILIES

July 5-9 • A Workshop for Children and Their Families
July 11-16 • Children's Moving Arts
July 18-23 • Chilren's Moving Arts

■ CONTEMPLATIVE / SHAMANIC

May 2-7 • Yoga: A Week of Learning and Rejuvenation
May 2-7 • Spiritual Psychology: An Adventure in Consciousness
May 7-9 • Buddhism & Deep-Ecology
May 9-14 • Spirit in Nature: A Shamanic Workshop
May 16-21 • Protoanalysis^{SM} and the Enneagon: Transcending the Fixation
May 28-30 • Introduction to Vipassana Meditation
June 13-18 • Ishta: The Yoga of Empowerment
June 20-25 • Embodiment and Vision
June 25-27 • The Subtle Self
July 5-9 • The Subtle Art of Meditation
July 18-23 • Self-Inquiry
August 15-20 • Chakra Psychology
August 20-22 • Spirit and Body
August 22-27 • Living a Spiritual Life in a Practical World
August 27-29 • The Intelligence of the Heart
September 3-5 • Inner Sound and Voice
September 12-17 • Apprenticeship to the Earth with Little Bear Nason and Steven Harper
September 17-19 • Ishta: The Yoga of Empowerment
September 24-26 • Yom Kippur: The Other Side of God
September 26-October 1 • Embodiment and Vision
September 26-October 1 • Coyote Dance
October 10-15 • The Medicine Wheel Way
October 22-24 • Introduction to Vipassana Meditation

■ DREAMS

May 16-21 • Dreaming: The Magic Mirror that Never Lies
September 26-October 1 • Process Work: Working with the Dreaming Body

■ HEALTH / HEALING

May 2-7 • Rituals for Healing
May 16-21 • The Healing Crisis: Fasting as a Pathway

May 28-30 • Optimum Health: Theory & Practice
July 9-11 • Homeopathy: Medicine for the Twenty-First Century
July 18-23 • Cooking with All Your Senses
July 25-30 • Cooperating with God: Healing as Spiritual Practice
August 1-6 • Spiritual Healing: Laying On of Hands
August 13-15 • Therapeutic Touch
August 15-20 • Creating Exact Moments of Healing
August 27-29 • Healing the Healer
August 29-September 3 • Healthing Eating
September 24-26 • Transpersonal Medicine
October 8-10 • Psychoneuroimmunology and Its Implications
October 10-15 • Rituals for Healing
October 15-17 • Living Better with Chronic Pain and Illness

■ INTEGRAL PRACTICES

May 14-16 • Experiencing Esalen
June 4-6 • Experiencing Esalen
June 11-13 • The Vision and Practice of Human Transformation
July 23-25 • Experiencing Esalen
August 6-8 • A Weekend with Ilana Rubenfeld
August 8-13 • Five Days with Ilana Rubenfeld
August 27-29 • Experiencing Esalen
September 24-26 • Experiencing Esalen
October 8-10 • The Vision and Practice of Human Transformation
October 10-15 • Experiencing Esalen

■ INTUITIVE DEVELOPMENT

June 6-13 • Cutting The Egoic Knot: The Challenge of Surrender
June 18-20 • Practical Intuition: Introduction
July 11-16 • The Enneagram in Action
August 6-8 • Intuition and Perception: Extending the Boundaries
September 10-12 • New Maps for the New Millennium
October 24-29 • Experiencing Psychic/Intuitive Abilities

■ MARTIAL ARTS / SPORT

May 23-28 • Golf in the Kingdom: An Exploration of the Inner Game
May 23-28 • Sports Massage
May 28-30 • Optimum Health: Theory & Practice
May 30-June 4 • Centering and Gestalt Awareness
June 4-6 • The Clean Cut: The Art of Bokken
July 9-11 • Movement from the Martial Arts
July 11-16 • Taoism and the Shen
September 26-October 1 • Golf in the Kingdom: An Exploration of the Inner Game

■ MYTHOLOGY / ANTHROPOLOGY

May 2-7 • Rituals for Healing
October 10-15 • Rituals for Healing
October 22-24 • Mythology in Film: Wisdom from the Collective Dreamhouse

■ PHILOSOPHICAL INQUIRY / INTELLECTUAL PLAY

May 14-16 • Life Tides & Timelines in a Psychedelic World: A Weekend with Terence McKenna
May 21-23 • Freud, Ben Franklin, and Us: Good Ideas Never Grow Old
July 9-11 • Art & Physics: Parallel Visions in Space, Time & Light
July 23-25 • Living with Television: Window to the World or Tunnel to Nowhere?
August 6-8 • A Workshop on Rudolf Steiner and Life Stages
August 20-22 • Psychedelic Politics and the Shamanic Ethos: A Weekend with Terence McKenna
August 20-22 • Spirit and Body
August 27-29 • The Intelligence of the Heart
August 27-29 • Reconnecting with Living Nature: New Science, Intuitive Experience, and the Resacralizing of the World
September 3-5 • Machine Dreams and Technoshamanism
October 15-17 • Of Human Bondage
October 22-24 • Quantum Reality

■ PROFESSIONAL TRAINING PROGRAMS

May 23-June 18 • Certification in Clinical Hypnosis
August 1-6 • The Application of Altered States
August 27-29 • Healing the Healer
October 10-15 • Clinical Program for Professionals: Integrating Gestalt, Self Psychology, and Mind-Body Healing

■ PSYCHOLOGICAL PROCESS

May 2-7 • Five-day Lomi Intensive
May 2-7 • Spiritual Psychology: An Adventure in Consciousness
May 7-9 • Accepting Life's Transitions: Letting Go–Moving On
May 7-9 • Self-Affirmation: A Workshop for People Who Put Themselves Down
May 9-14 • Accepting Life's Transitions: Letting Go–Moving On
May 9-14 • A Week with David Schiffman
May 14-16 • Experiencing Esalen
May 16-21 • A Week with Seymour Carter
May 23-28 • Mid-Life Crisis as Spiritual Emergence
May 23-28 • Opening the Feelings
May 28-30 • A Weekend with Devers & Nathaniel Branden
May 30-June 4 • Centering and Gestalt Awareness
May 30-June 4 • Change and Self-Esteem
May 30-June 4 • Accepting Life's Transitions: Letting Go–Moving On
June 4-6 • Experiencing Esalen
June 4-6 • A Weekend with Seymour Carter
June 6-11 • A Week with David Schiffman
June 6-11 • Gestalt Practice
June 6-13• Cutting the Egoic Knot: The Challenge of Surrender
June 11-13 • Advanced Gestalt Practice
June 13-18 • Life Stories: Healing the Sorrows
June 18-20 • Leadership and Consciousness
June 18-20 • Singing Gestalt
June 20-25 • Making It Float
June 25-27 • A Weekend with David Schiffman
June 25-27 • The Subtle Self
June 27-July 2 • Embodied Gestalt Practice: Body & Soul
July 5-9 • Meeting the Shadow
July 9-11• When Success is Not Enough
July 11-16 • The Enneagram in Action
July 11-16 • Playing the Edge
July 16-18 • Introduction to Gestalt Practice
July 16-18 • The Transformation Lessons: Learning to Feel
July 16-18 • Introduction to Hand Analysis: Blueprint for Life

July 18-23 • Self-Inquiry
July 23-30 • Healing the Wounded Heart: The Art of Re-Bonding
July 25-30 • Sexual Abuse Survivors: Transforming Interventions in Body, Mind & Spiritual Healing
July 25-30 • Gestalt: Elements, Innovations, Traditions
July 30-August 1 • Response vs. Reaction
July 30-August 1 • Creative Bonding: Changing Destructive Detachment
July 30-August 1 • Psychic Self-Defense
August 1-6 • Caring and Conflict
August 1-6 • Gestalt Practice
August 1-6 • The Application of Altered States
August 6-8 • A Weekend with Seymour Carter
August 15-20 • Creating Exact Moments of Healing
August 20-22 • A Weekend with David Schiffman
August 20-22 • Facial Communication
August 22-27 • Accepting Life's Transitions: Letting Go–Moving On
August 22-27 • A Week with Seymour Carter
August 27-29 • Healing the Healer
August 29- September 3 • Recovery for Adult Children and Co-Dependents
September 3-5 • Accepting Life's Transition: Letting Go–Moving On
September 3-5 • Endarkenment
September 5-10 • Self-Acceptance Training: Basic
September 10-12 • Rituals of Transformation
September 12-17 • Five-Day Lomi Intensive
September 12-17 • The Hero's Journey
September 19-24 • A Week with David Schiffman
September 19-24 • Self-Acceptance Training: Advanced
September 26-October 1 • Process Work: Working with the Dreaming Body
October 1-3 • A Weekend with Marianne Williamson
October 3-8 • Biodrama
October 3-8 • Making it Float
October 3-8 • Gestalt Practice
October 8-10 • Introduction to Gestalt Practice
October 10-15 • Clinical Program for Professionals: Integrating Gestalt, Self Psychology, and Mind-Body Healing
October 15-17 • A Weekend with David Schiffman
October 15-17 • Of Human Bondage
October 17-22 • Sanctuary
October 24-29 • Unlocking our Prisons: Lessons on Freedom and Forgiveness
October 29-31 • Singing Gestalt
October 29-31 • Living on Purpose
October 29-31 • The Political Psyche: Merging Psychology with Politics

RELATIONSHIPS

May 14-16 • Massage Intensive for Couples
May 30-June 4 • Couples Workshop
June 11-13 • Intimate Relationships: Keeping the Spark Alive
June 20-25 • Tantra: The Art of Conscious Loving
July 5-9 • A Workshop for Children & Their Families
July 9-11 • A Workshop for Couples: Independence & Intimacy
July 18-23 • Relationships: Letting Go – Moving On
July 30-August 1 • Enlivened Maturity: A Gestalt Workshop for Couples over Forty-Five
August 13-15 • Relationships: Turning Toward Joy
August 29-September 3 • Couples in Creative Dialogue: Creating New Worlds of Experience
September 19-24 • Couples' Group: The Truth
October 17-22 • Conscious Loving: A Body-Centered Approach to Relationship Transformation
October 22-24 • Gender Talk: Communicating with the Opposite Sex
October 29-31 • Keeping a Good Relationship Alive

SOMATICS

May 2-7 • Yoga: A Week of Learning and Rejuvenation
May 2-7 • Five-Day Lomi Intensive
May 9-14 • A Week with Ilse Middendorf
May 14-16 • Massage Intensive for Couples
May 14-16 • Natural Genius: An Authenticity of Being
May 21-23 • Weekend Massage Intensive
May 23-28 • Sports Massage
June 6-11 • Mountains & Waves
June 13-18 • Modalities of Pressure Point Release
July 5-9 • Four-Day Massage Intensive
July 11-16 • Zero Balancing: Basic I & II
July 16-18 • Body Rejuvenation
July 18-23 • The Body and Zen
July 23-25 • Freeing Our Bodies/Our Selves through Movement: A Feldenkrais® Approach
August 8-13 • Movement, Touch, and the Healing Process
August 15-20 • Polarity Massage Intensive
August 22-27 • Dancing on the Body: Massage in the African Tradition
August 27-29 • Weekend Massage Intensive
September 5-10 • Life Energy Process℠
September 5-10 • Five-Day Massage Intensive
September 10-12 • Freeing Our Bodies/Our Selves through Movement: A Feldenkrais® Approach
September 12-17 • A Confluent Somatic Approach
September 19-24 • Cortical Reeducation® and Integrated Awareness
September 24-26 • Weekend Massage Intensive
October 10-17 • Cortical Reeducation® and the Feldenkrais® Method
October 17-22 • Intermediate & Advanced Massage Intensive
October 22-24 • Weekend Massage Intensive
October 24-29 • Movement and Touch

WILDERNESS / ECOLOGY

May 21-23 • Big Sur Wilderness Experience
June 6-11 • Mountains & Waves
June 20-25 • Big Sur Wilderness Experience
July 9-16 • Wilderness Sanctuary: A Natural Rite of Passage, Santa Lucia Mountains, Big Sur, California
July 23-25 • Big Sur Wilderness Experience
July 31-August 7 • A Gentle Trip in the High Sierra
August 1-6 • Big Sur Wilderness Experience
Agusut 13-15 • Big Sur Wilderness Experience
Agusut 29-September 3 • Big Sur Wilderness Experience
September 12-17 • Apprenticeship to the Earth with Little Bear Nason & Steven Harper
September 21-25 • Path of the River: A Rogue River Journey
October 17-22 • Big Sur Wilderness Experience

WOMEN'S / MEN'S STUDIES

August 6-8 • When Drummers were Women
October 8-10 • A Workshop for Women of Experience: Mid-Life and Beyond

■ ESALEN SEMINARS

KAREN PREUSS

Please Note: *May and June workshops were also listed in the previous catalog. If you are planning to register for a workshop during those months, please call the office to ensure that there is still space available.*

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Price Changes: *The increased cost of living and doing business has squeezed us as it has many of you. The rate increases that begin July 2nd in this catalog are the first in over two years. We remain committed to reducing expenses wherever possible and to utilizing our resources efficiently. Please apply for scholarship assistance, if needed. We thank you for your support and understanding.*

Week of May 2–7

Yoga: A Week of Learning and Rejuvenation

Ganga White & Tracey Rich

Presenting East/West teachings in a way that is contemporary, humorous, and applicable to modern living, the leaders will offer a week of physical, mental, and spiritual rejuvenation. Days will begin with instruction in an ancient Hatha yoga movement series that is new to this country and which combines grace and flow with posture, pranayama (breath), and meditation. Participants will be shown a 45-minute balanced, aerobic yoga practice they can continue at home. Afternoons and evenings will be for group discussion and exploration into the teachings and principles of the art of enlightened living.

Topics will include diet and nutrition, how yoga works, aligning and restructuring the body, and awakening subtle energies. Through Jhana (the yoga of wisdom and perception), participants will begin observing the thought processes and patterns that dictate their lives. They will look at the areas of love, responsibility, relationship, freedom, and death.

Participants at all levels are welcome; no previous experience is necessary. For additional information, contact the leaders at (805) 964-1944. $675

Five-Day Lomi Intensive

Kathryn Lydecker, Johanna Putnoi & Robert Sanoff

In the formative years of life, human beings learn to embody the beliefs and posture of their individual family system and the culture into which they are born. Many individuals unconsciously continue to shape their lives in reaction to these influences, often at the expense of their own creativity and vitality.

The aim of this workshop will be for participants to observe how they feel, think, and move themselves through life. By attending to bodily-felt experience, moment to moment, and by distinguishing between sensation and thinking, the path to reclaiming one's authentic self opens. Through this process of developing awareness, it is possible to make responsible choices in daily life and to live with integrity and gentleness.

This workshop provides an arena for developing mindful awareness and for unmasking habits that keep us from ourselves and hinder relationships. Lomi work includes meditation, movement, gestalt, aikido, and Reichian work. $675

Spiritual Psychology: An Adventure in Consciousness

Jessica Moore Britt

This workshop is for individuals who find their personal and professional practices reaching into spiritual dimensions and are seeking support and understanding. It will be a time for in-depth personal inquiry into the relationship between spiritual and psychological work. Our work will be grounded in awareness practices, self-remembering exercises, object relations theory, meditation, and the Diamond Approach of A.H. Almaas. There will be didactic material, and emphasis will be on personal exploration into the mystery of the self guided by a love of truth.

Recommended reading: Poems by Rumi; books by A.H. Almaas, Idries Shah, and Chogyam Trungpa. $675

Rituals for Healing

Jeanne Achterberg & Frank Lawlis

Rituals give meaning, richness, and structure to life's passages. They are for communication and celebration, for solemnity and deep inner silence. They are a visible manifestation of common human experience. Most of all, rituals are ceremonies of healing.

During this workshop, participants will explore components of healing ritual and discuss why rituals work. Sounds and symbols of rituals from several cultures will be experienced. The group will create and participate in healing rites which incorporate ancient wisdom with the belief systems from modern medicine, science, and psychology. The focus of the ritual work will be the healing power of the imagination.

This program may be of interest to health professionals and others who are on a healing path — seeking harmony, balance, and wholeness.

C.E. credit is available for nurses; see pages 53-54. $675

Weekend of May 7–9

Accepting Life's Transitions: Letting Go–Moving On

Mary Goldenson (Devarani)

The only certainty in life is change, yet we often resent our transitions because of patterns of fear and self-denial. Old beliefs keep us stuck in our resentments, unsuccessful marriages, friendships and careers, and can cause illness, sorrow, and the inability to forgive. Transitions are crossroads in our lives that give us the opportunity to take time out and reconnect with our truth. It is never too late to change. Transitions are doors to the renewal of our passions, courage, and commitments.

This workshop will provide you with ways to help complete the past, be open to the present, and create a future. Participants will experience a safe, supportive environment that includes taking risks, intense body work, gestalt imagery, dance, and meditation, in order to support the transitions that keep us committed to the process of discovering ourselves. $350

The Soul of the World: A Multi-Media Workshop

Phil Cousineau, David Darling
& Eric Lawton

Call the world, if you please, the vale of Soul-Making. —John Keats

Saints, sages, and soul singers down through the ages have told us that a soulful world calls for a cultivation of sacred attention, the opening of the eyes of the heart, a quest for beauty not only in art and philosophy, but in the ordinary things usually ignored in the world. To "make holy the hours" of our lives is more than a plunge into our personal souls, but an encounter with the soul, the essence of virtually everything around us, including our community and the natural world.

This live performance workshop will offer a cross-cultural overview of the soul from Egyptian Gnostics, Australian Aborigines, medieval mystics, to the sweet soul music of Ray Charles and Aretha Franklin, to the groundbreaking archetypal psychology of James Hillman and Thomas Moore. Each session will be highlighted by the telling of tales of the soul by Phil Cousineau, co-writer of the film *The Hero's Journey: The Life and Work of Joseph Campbell*; a slide show by award-winning photographer Eric Lawton, using images from over 60 countries from Ireland to India; and the synchronized music of David Darling, master cellist.

Themes for the weekend include: Origin Myths of the Soul, Soul and the Body, Soul in Art and Music, Eros and Psyche, Soul Loss, and The Soul of the World.

Recommended reading: Cousineau & Lawton, *The Soul of the World: A Modern Book of Hours*; Moore, *Care of the Soul*; and Hillman, *Blue Fire*. $350

Self-Affirmation: A Workshop for People Who Put Themselves Down

William Pennell Rock

Having a hard time believing in yourself? Are you filled with dissatisfaction, guilt, and discontent? Is it difficult for you to accept compliments or trust other people?

The inability to perceive ourselves and others with confidence and optimism can become an exhausting lifestyle. Persistent negativity is often the projection of a chronic incapacity to affirm ourselves, to accede to the fundamental "yes" of our own life and that of the world around us.

This workshop will create a background of support so that participants can access the awareness through which self-affirmation is possible — that part of each person struggling for acceptance and self-trust. Individuals will use examples from their own lives to trace the false internal patterns and imbalances which have created much of their negativity and guilt. There will be exercises and various meditations to capture that moment of grace through which the negative world we create can be transformed. $350

Buddhism and Deep Ecology

Christopher Reed

How is it possible to live with an awareness of what is happening in our society and in our world? For many there is deep grief, for all of us a nagging malaise. We are destroying our environment, our own home, and neither denial nor activism can fully address the pain and discontent we feel.

Increasingly we discover that the practice of meditation, as taught by the Buddha, is an invitation to engage with life. It is not a way to cut yourself off. The practice of wholehearted awareness naturally leads to an experience of deep inter-connectedness. As we acknowledge the source of our pain — the illusion of separation from the world — we naturally begin taking full and joyful responsibility in our lives.

This workshop is open to anyone who has an interest in the practice of engaged Buddhism and meditation whether or not they have prior meditation experience. It is open to anyone who has ever questioned how they might respond to the situation of these difficult times while cultivating an authentic spirituality.

We will develop the practice of mindfulness with formal sitting and walking meditation. We will use interactive exercises to enhance our capacity for deep listening, and we will also explore contemplative practices that can be used effectively in daily life situations. $350

Week of May 9–14

Accepting Life's Transitions: Letting Go–Moving On

Mary Goldenson (Devarani)

For workshop description see May 7-9. $675

A Week with Ilse Middendorf

Through a series of uncomplicated experiential movement exercises, participants will use basic sensing and focusing techniques to consciously experience the meaning of their personal breath movement.

Ilse Middendorf writes: "To let the breath come, to let it go, and to wait until it comes back on its own accord means to perceive and experience the unconscious function of the breath within its laws. An immediate, natural movement emerges from it, a connection to the human entireness and the possibility to get to know and experience oneself. Movements emerge from the breath by stretching, work with pressure points, and the creation of vowel space. These movements encompass original rhythmic happenings and creativity. In between the breath that is led by the will and the unconscious breathing function, the Perceptible Breath develops, which allows an integration of body, mind, and spirit by focusing, perceiving, and breathing. It leads us to an enlargement of consciousness and self-experience."

Participants will work on defective functions and obstructions of the breath and try to reach a new balance between body, mind, and spirit by a growing consciousness of the body. $675

A Week with David Schiffman

To make effective, creative choices, you need courage, imagination, and the willingness to know your heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set — the choice to move against the powerful grain of old fears, habits, and constant pressure of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of our natures, befriending rather than suppressing or denying the sexuality and power out of which initiative and enthusiasm spring.

During this week we will focus on how to develop a more adventurous, resourceful, and buoyant way of living. In an atmosphere based on warmth and humor, we will explore our capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as non-traditional innovative approaches in body work, kinesthetic retraining, music, and guided imagery. $675

Accessing Creative Process

Dianne Lawrence

Spontaneity, imagination, trust, and risk-taking are all essential ingredients in the creative life of the individual. They are not parcelled out at birth in limited supply, but are parts of our natural make-up and can be exercised and strengthened. Many people have strong creative instincts which they either ignore or mistrust, often claiming that they "just aren't that creative." In fact, the real issue is whether or not they are willing to take the risk and engage in a relationship that challenges their creative power.

Through theater games and painting, this workshop offers laypeople and artists alike an opportunity to see where and how they joyfully participate and where and how they resist. It is useful for people who are stuck, who want to find a way of going deeper, or who just want to play in areas they've been curious about. $675

Spirit in Nature: A Shamanic Workshop

Jo Imlay & John Broomfield

For most of our ancestors, the world was a unified, spirit-filled cosmos in which humans were bound in kinship with animals, trees, rivers, rocks, and sky. Our contemporary culture is attempting to rekindle the belief that by acknowledging the living consciousness of the earth, we have much to learn from our companions in nature.

This workshop will help participants reconnect with the earth and hear nature's voices once again. To open all the senses, time will be divided between talk and meditative silence, group activities and solo explorations, drumming, and shamanic ritual. Through discussion and videos, participants will be introduced to the spiritual bond with nature embedded in native cultures: Celtic, Himalayan, Arctic, Native American, Polynesian, Australian. These beautiful traditions teach us that everything given by the earth must be held sacred. Against this background, participants will explore their own spiritual experiences in nature and pool ideas on ways to live more lightly on the earth.

Much of the week will be spent out-of-doors in the quiet beauty of Esalen's gardens, groves, and seashore, practicing how to truly see and hear — learning to walk with reverence and joy among our brother and sister creatures. $675

Weekend of May 14–16

Experiencing Esalen

Experiencing Esalen Staff

This workshop is designed for people who have not previously been to Esalen. Emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. These may include: sensory awareness, gestalt practice, group process, guided fantasy, meditation, massage. There is also time to explore the natural magnificence of the Big Sur coast.

Recommended reading: Perls, *Gestalt Therapy Verbatim* (Real People Press). $350

Life Tides & Timelines in a Psychedelic World: A Weekend with Terence McKenna

Where is life carrying us in the brief interval between the Unknowable and the Unspeakable in which we have awareness? Is there sense to be made of being, or is it all sound and fury signifying nothing?

Come join Terence McKenna and his friends for a think-along journey into what matters most. Questioning everything, believing nothing, awakened to the presence of the cosmic giggle, an A-team gaggle of battle-scarred survivors of the sixties and Post-postmodern new explorers of the psychedelic world will join minds to discuss the real frontiers of sexuality, psilocybin, and surrealism. We will reaffirm that the world is truly weird and bound to become stranger. That is the way we like it. Y'all come. $350

Massage Intensive for Couples

Brita Ostrom & Attila Vaas

This workshop is for partners who want to learn to massage each other. Emphasis will be on "hearing" with the hands, de-stressing the home, asking for what we need, and giving to those we love. Sessions will include demonstrations and hands-on guidance. Individual concerns will be addressed so participants can continue their practice at home.

$350 per participant

Natural Genius: An Authenticity of Being

Elisa Lodge

> *Unleashing the creative spirit will happen only when we recognize that natural genius lies within everything and everybody.*
>
> —Buckminster Fuller

Natural genius is a powerful creative force that arises when a deep sense of self-worth and trust is felt, and reflects a wholehearted acceptance of the many facets of our being. We are all geniuses in wonderful and mysterious ways that lie within us waiting to be discovered.

Rather than being judged, evaluated, or fixed, participants are invited to embody and play with self-defeating personal patterns and beliefs that inhibit creativity and genuine self-expression.

By freeing breath, sound, feelings, energy and movement in an ecstatic expression of aliveness from within, participants can contrast the difference between self-imprisonment and inner freedom, pretense and presence, acting and being.

This process is an opportunity to dance our own unique dance and voice the wisdom buried in our bones. There will be discussions, visualization, body movement, and exercises for contacting your belief system and developing intuition. $350

Ethics in the Workplace: Living Your Values without Losing Your Job

Sue McKibbin

Every day in the workplace situations arise that intermingle the competing pressures of individual integrity, organizational interest, and the greater good. The modern workplace has become an ethical minefield — full of demands and questions for which there are few clear, black-and-white answers. Workers are continually expected to act in ways that put some people at a great advantage over others. Finding one's way through these shades of grey is a formidable personal and professional challenge. This workshop will offer participants the insights and strategies they need to thrive in organizational settings without compromising their principles or sacrificing their careers.

Using guided imagery, group discussion, individual analysis, and teamwork, participants will reaffirm their deepest personal values, identify the ethical dilemmas they face at work, and discover ways to bridge the two. This exploration will help each individual reconnect with their own base of integrity and the power they have to live and act from that place — both on and off the job.

C.E. credit is available for nurses; see pages 53-54. $350

Week of May 16–21

A Week with Seymour Carter

Everyone has unused capacities for further personal development. When these capacities are recognized and given attention, a natural force is released which, like a tide, can carry the individual to a higher level of ability and action. Fritz Perls taught how to recognize the force of avoided issues in dealing with blocked energies. When unfinished issues are confronted and assimilated, it is possible to feel potent and in charge of one's life.

In this workshop, participants will deal with these issues by examining the influence of the inner dialogue on thoughts and the nature of impasse, as well as tendencies within themselves toward psychological completion and well-being. The basis of this work is the gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, and aikido. Each participant's process of development will be honored, encouraged, and treated as unique.

$675

Pilobolus Technique: Choreographic Creation

Michael Tracy

Since its first appearance, Pilobolus Dance Theatre has been a pioneer in American contemporary dance, creating its own unique method of choreography. This workshop is based on Pilobolus's evolving understanding of technique as a creative collaborative process. Dance is approached not as an inflexible physical regime, but as an expressive medium for people of all ages, backgrounds, and levels of experience.

Taught by Pilobolus's artistic director, this workshop will focus on the choreographic process that makes movement the powerful means of expression it truly is. The group will investigate the lively mixture between form and flow, abstraction and theatricality, strength, force, and balance that define the realm of dance.

Participants will explore a wide variety of movement through improvisation and will choreograph a number of short dances. It will be an opportunity to indulge in the incredible panorama of human motion.

Extensive dance training is not necessary, although a reasonable degree of fitness is advised. Participants should be willing to be physically energetic and enthusiastic.

$675

Protoanalysis^{SM} and the Enneagon: Transcending the Fixation

Michael Kramer, Paule Marx & Steven Stroud

This workshop introduces the Arica theory and method of protoanalysis in which the ego fixation is revealed by muscular tensions of the face. Oscar Ichazo, founder of the Arica Institute and originator of the theory of protoanalysis, will determine each participant's fixation from photographic slides submitted prior to the workshop.

The ego fixation is the area of the psyche in which a person is most sensitive. We defend this over-sensitivity with a cluster of reactions which becomes a fixated pattern in childhood. These nine fixations distort our perception of reality and veil our natural, spontaneous, and essential natures. Once we discover our fixation and break this habitual identification with one point of view, the eight remaining elemental parts of our psyche become enormously enriched. We begin to recognize the defense mechanisms of our fixation as processes which are comical in their predictability. This work is done with humor so that we recognize the ego fixations as simply characters in our "theater of the subjective." The moment we transcend our ego character we experience a far more lucid state of self-awareness.

Participants will study a number of enneagons that work in harmony with the enneagon of the nine fixations. This workshop includes enneagon theory, meditation, diakath breathing, and movement and theater exercises designed to nourish our essential natures.

Please Note: Four 35mm transparencies of each participant's face must be received by April 12, 1993. A letter of explanation about lighting and photography of the slides is available from Esalen, (408) 667-3000.

Recommended reading: *Interviews with Oscar Ichazo* and *Between Metaphysics and Protoanalysis* (both, Arica Institute Press); and *Master Level Exercise: Psychocalisthenics* (Sequoia Press). $675

Protoanalysis is a service mark of Arica Institute, Inc.

Dreaming: The Magic Mirror that Never Lies

Jeremy Taylor

Participants will share and work with their dreams, drawing upon timeless mythological/archetypal images that shape our contemporary individual and collective lives. Although the focus will be dream interpretation in a collective context, the methods are designed to give participants the ability to engage in their own dream work upon returning home.

Those people who are just beginning to explore the world of their dreams, as well as professionals who work with dreams, are welcome. As Jeremy Taylor comments, "Only the dreamer can say with any certainty what meanings his or her dreams may hold, and dream work is one of the few activities that puts beginners and experts on an equal emotional footing from the outset."

Recommended reading: Taylor, *Dream Work* (Paulist Press); and *Where People Fly and Water Flows Uphill* (Warner Books). $675

The Healing Crisis: Fasting as a Pathway

Michael Barnett, Grace Stern Swanson & Robert Swanson

The leaders write: "Traumatic experiences are not only stored in our psyche, but may also be deposited in each cell, creating a 'cellular memory.' As we release psychic energy that has bound these experiences in our personalities, energy is often released from our tissues. This release of energy is often called disease by the Western medical model. This tissue release can be used to our advantage when viewed as a healing crisis. We have been culturally conditioned to avoid this possibility. The healing crisis is precipitated by the body's homeostatic imprint to achieve a balance of mental and physical health. The goal of the workshop will be to have participants experience healing on a cellular level using diet and fasting as the tool."

The workshop will consist of an opening live food meal, a day-plus of juice fasting, two full days of water fasting, another day- plus of juice fasting, and a final live food meal.

There will be three, two-hour group sessions scheduled each day. Detailed didactic material will be shared to provide cognitive understanding. In the remainder of the group time, an eclectic approach to processing individual healing will be pursued. Because we will not have to break for "official" meals, groups can continue for as long as necessary. In addition, there will be a member of the leadership staff available around-the-clock.

Come with an agenda or allow your agenda to develop.

C.E. credit is available for nurses; see pages 53-54. $675

Weekend of May 21–23

Weekend Massage Intensive

Char Pias Brenner & Kathleen O'Shaughnessy

This workshop is designed for those individuals who are just beginning to explore the art of touch. The Esalen long-stroke massage will be the basis for all that is taught. Into this will be woven energetic work with visualization, movement meditation, cranial holding, and an introduction to Chinese point work. Discussion of various theoretical approaches to hands-on work will be included.

C.E. credit is available for nurses; see pages 53-54. $350

Big Sur Wilderness Experience

Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. With this natural reserve as the primary teacher, the group will walk into the Los Padres National Forest. Drawing on various traditions, participants can develop the quality of their awareness and open to the natural world.

Weeklong workshops will venture out on five hikes (4-10 miles in length). Weekend workshops will take two hikes (3-6 miles in length). Using Esalen as a base camp, the group will explore the different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each day-hike will begin after breakfast and will conclude in time to enjoy the hot springs and dinner each evening at Esalen. Basic outdoor skills such as map reading and minimum impact concepts will be practiced. Participants will be taught enough skills to begin exploring the wilderness on their own after these outings. More information will be sent upon registration. $350

The Awakened Mind: Brainwave Training

Anna Wise

Inside each person there lies a wealth of knowledge, capacities, and power rarely transmitted to the conscious mind. Brainwave training combined with meditation and biofeedback monitoring helps develop these deeper resources, allowing access to greater creativity, reduced stress, and a deeper awareness and understanding of your inner self.

By assessing the brainwave patterns of hundreds of people who function unusually well, C. Maxwell Cade of the Institute for Psychobiological Research in London began to see similarities in the patterns of optimal states of mind. Drawing upon Cade's work, Anna Wise has developed a training program to help access these optimum states.

Different methods of meditation, visualization, and psycho-physiological relaxation affect our brainwaves in particular ways, as do specific acts such as tongue, eye, and body positions. In this workshop you will learn techniques for brainwave development and management, and begin to determine which methods of practice are best for your particular brainwave pattern.

You will also address how you can use these optimum states once they are achieved for your own creativity, mental flexibility, self-healing, problem-solving, and spiritual development. The Mind Mirror EEG will be used to demonstrate brainwave patterns, and each participant will be able to use an Electrical Skin Resistance Meter to measure the depth of arousal or relaxation of the nervous system.

C.E. credit is available for nurses; see pages 53-54. $350

West African Culture Through Music and Dance

Yao Tamakloe & Sarah Abukutsa

Yao Tamakloe is a West African teacher of dance, music, and anthropology. He has danced and taught with Babatunde Olatunji and Katherine Dunham for over ten years. Along with his wife Sarah Abukutsa, from Kenya, and his instructor from Ghana, Nac C.K. Ganyoi, Tamakloe will present the West African world view through dance, song, drumming, and the religion and history that these cultural art forms embody, and relate them to the universality of humankind. $350

Freud, Ben Franklin, and Us: Good Ideas Never Grow Old

Will Schutz

The leader writes: "After living and teaching at Esalen for almost 9 years, I left in 1975 searching for applications. How could I use the amazing things I had experienced at Esalen, combine them with my previous scientific education, and help illuminate the world's problems? I discovered several things: that the great new breakthroughs were in fact very old — or at least had old origins; that the world had not appreciated Freud enough to really use some of his ideas for solving society's problems; and that the principles of the American Revolution were wonderfully consistent with the principles of the human potential movement.

"This weekend we will explore these ideas — from both the young and old perspective. Various exercises will be used to work on experiencing the principles on which many of these ideas have been founded — honesty, openness, and self-determination." $350

Week of May 23–28

Golf in the Kingdom: An Exploration of the Inner Game

Stephen Cohen, Fred Shoemaker & John Allen

Ye'll come away from the links with a new hold on life, that is certain if ye play the game with all your heart. —Michael Murphy, (Shivas Irons), *Golf in the Kingdom*

The game of golf provides many opportunities to enhance the journey of self-discovery. It can be experienced not only as an athletic endeavor, but also as a metaphor for the way one lives. Just as in life, issues of self-confidence, fear, trust, discipline, and awareness emerge in the conflict between the ego's desire for success and the inner self's ability to achieve.

During these five days, teaching methods gleaned from a study of the inner game will be utilized, as well as principles from psychosynthesis and gestalt, to explore the inner self and how one interferes with its emergence. Two days will be spent on field trips to the Monterey Peninsula where participants will practice and play in some of the most beautiful golf country in the world. On other days there will be time to relax and enjoy the natural pleasures of Esalen and Big Sur.

Recommended reading: Murphy, *Golf in the Kingdom* (Delta); Gallwey, *The Inner Game of Golf* (Random House).

$675 (plus green fees paid directly to the leader)

Sports Massage

David Streeter

This workshop will focus on aspects of sports massage that prove useful in other massage modalities. The curriculum includes: anatomy, to understand the rhythmic coordination of muscles working together; cross-fiber or cross-friction massage, simple strokes that promote healthy muscle tissue; and trigger point massage, to locate and relieve sensitive and congested points in muscle bundles and tendons. Trigger point work has proven beneficial in reducing myofascial pain caused by chronic tension.

In these five days, participants will progress through a study of the entire musculoskeletal system via brief lectures, hands-on practice, and one-to-one instruction. This workshop takes a simplified approach to what is usually a complex subject and gives students a better idea of just what lies beneath their hands, and how to more effectively communicate with the human body. It is open to all levels.

C.E. credit is available for nurses; see pages 53-54. $675

Mid-Life Crisis as Spiritual Emergence

Karen Turner

Participants will view mid-life transition in the framework of spiritual emergence and renewal, a time when the old systems the individual has used as foundations seem stripped away, leaving chaos and challenging long-held beliefs. It is a time of soul-searching; of confronting both inflated and deflated self-concepts; of surrendering to deeper, more expanded states of awareness; of learning to trust inner guidance as absolute authority in one's life.

This workshop will be a rite of passage for both men and women going through this transition. Together they will have the opportunity to discover each participant's unique self, and how each is in relationship to self, each other, the world, and spirit. Tools for self-exploration and awareness gathered over 25 years from psychology, mysticism, and shamanism will be presented, with time for discussion and sharing. Each workshop is uniquely designed to meet the needs of those attending. $675

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Opening the Feelings

Dale Cummings

Participants will employ Radix® and neo-Reichian methods of emotional release, the most important of which is the Radix® intensive, a period of individual work within a small group setting which can provide emotional support among participants.

Grief, pain, fear, and rage that have been held in since childhood can emerge. As the participant accepts and works through these negative feelings, he or she may discover a new capacity for pleasure, trust, and love. In time, the sexual experience may change as feelings of tenderness and sexuality intensify and merge. $675

May 23–June 18

Certification in Clinical Hypnosis

Marc Lehrer, Maggie Phillips, Norman Katz & Adam Burke

For workshop description see Special Programs, pages 50-51. $3150

Weekend of May 28–30

Introduction to Vipassana Meditation

James Baraz

Vipassana (Insight) meditation is the practice described by the Buddha for developing wisdom, compassion, and peace. Vipassana, "to see things clear," means being mindful of what is actually happening in the present moment. Using the breath, body sensations, thought, and emotions as objects of attention, we can learn to be fully awake and bring a balanced awareness to all aspects of our lives.

Through vipassana meditation we experience the nature of reality as continual change. When we see that all phenomena are impermanent, we can begin to let go of clinging to the pleasant or avoiding the unpleasant. We are then more capable of meeting each situation with spontaneity, fearlessness, and love. Meditation also teaches us to see in each moment the interconnectedness of all things. Our hearts open to a natural expression of compassion and kindness.

Participants will be introduced to this method of meditation practice and the principles on which it is based. There will be periods of silent sitting and walking meditation, as well as discussion. As we bring attention to all of our activities at Esalen, we will continue to develop mindfulness through the weekend. This will provide a foundation for applying vipassana practice to everyday life.

C.E. credit is available for nurses; see pages 53-54. $350

A Weekend with Devers and Nathaniel Branden

In this experiential workshop, Nathaniel and Devers Branden will guide participants through an exploration of the meaning and dynamics of self-esteem, its role and importance in our life, and the most essential practices on which healthy self-esteem depends. Nathaniel Branden began pioneering this field almost four decades ago, and this workshop will include the most recent cutting-edge work done by the leaders.

The phenomena of subselves or subpersonalities will be examined, with particular emphasis on how integrating our various subpersonalities contributes to building high self-esteem. $350

Optimum Health: Theory & Practice

Nick Hall & Jim Loehr

The effects of stress on the body are still largely unknown, but research over the past decade has indicated that it may be linked to various diseases. This workshop will explore the theoretical and practical issues relating to stress and outline a training program for optimum health and stress reduction.

Nick Hall, a pioneer in research exploring the relationship between the brain and the immune system, will review the practical issues concerning stress and psychoneuroimmunology. He has published over 100 articles on psychoneuroimmunology and has been featured on "60 Minutes" for his work using imagery with cancer patients. Participants will explore behavioral-based techniques such as relaxation, guided imagery, conditioning, and nutrition as anti-stress interventions.

Jim Loehr will demonstrate his Toughness Training System which evolved from his work with world-class tennis players, including Gabriela Sabatini and Martina Navratilova. Strategies for toughening physically, mentally, and emotionally will be explored. His method for calculating units of stress, units of recovery, and markers of overtraining will be experienced by each participant. The importance, function, and timing of recovery in terms of sleep, diet, active and passive rest will be reviewed in the context of Life Toughening.

Participants need not be extremely athletic or highly conditioned, only interested in increasing their level of fitness.

C.E. credit is available for nurses; see pages 53-54. $350

Week of May 30–June 4

Accepting Life's Transitions: Letting Go–Moving On

Mary Goldenson (Devarani)

For workshop description see May 7-9. $675

Centering and Gestalt Awareness

Robert Nadeau & Julian Silverman

Bob: "I'll present the simplicity and naturalness of the centering process through innovative approaches to movement, grounding, energy awareness, and aikido."

Julian: "Fritz Perls loved the concepts of centering and balance as primary references for the gestalt awareness process. Our aim in the workshop will be to integrate the two approaches."

There will be body movement, so please wear loose fitting clothes.

C.E. credit is available for nurses; see pages 53-54. $675

Couples Workshop

Jack Rosenberg & Beverly Kitaen Morse

Most couples are reluctant to seek help in their relationships; instead they wait, hoping that the relationship will improve. If couples approached medical help the same way they approach marriage counseling, many of them would only visit the doctor when they ought to be lining up at the mortician's.

Designed on a preventive model, this workshop will deal with the underlying structures and defenses in relationships before they surface as terminal problems. It will also examine the attitudes and beliefs about sexuality and how to make sex better.

Recommended reading: Rosenberg, *Total Orgasm* and *Body, Self, and Soul: Sustaining Integration*. $675

Change & Self-Esteem

Phyllis Shankman

Change is an ever-present aspect of living which must be accepted and used creatively if one is to sustain a healthy, interesting, and exciting life. Many individuals talk about wanting change while actively or passively resisting it. Self-esteem, which includes self-acceptance, self-appreciation, and self-confidence, is the aspect of self that enables one to confront resistance and fear, and increases the willingness to change and take risks.

This workshop includes an in-depth process for finding and allowing self-acceptance and for creatively confronting opportunities for change and growth. Group activities include gestalt process work, discussion, massage, meditation, music, dance, art imagery exercises, and whatever else happens spontaneously. $675

Weekend of June 4–6

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 14-16. $350

A Weekend with Seymour Carter

For workshop description see May 16-21 $350

The Clean Cut: The Art of Bokken

Erik Van Riswold

For the striking sword, there is no mind.
—Anonymous

For the true warrior, the sword is not intended to cut another but rather to cut away one's own demons: fear, anger, hesitation, doubt. The sword is a powerful tool for bringing together mind, body, and spirit through concentrated practice and clear intention.

Participants will use the Japanese wooden sword or Bokken (Bow-ken). Balancing and centering through movement will be practiced, and we will learn to deliver clean, decisive, and loving strikes. Solo movements as well as partner practice will show how formal technique can lead to increased spontaneity and inspiration. Through non-competitive and non-combative sword work/play, the participant will experience building, focusing, and extending energy. Sword "play" brings one into the present moment, leading to experiences which are enlivening, empowering, and fun. The sword "serves to sever the edge between before and after." (Takuan Soho, Zen monk, 17th Century.)

This workshop is designed for people with little or no martial arts experience as well as those who would like to broaden their practice. The workshop will be active but not overly strenuous, with periods of gentle stretching and meditation throughout. Although this is a martial arts weapons class, it is based on the principles of aikido: peace, harmony, and concern for the welfare of others. All practice is done in the spirit of love, cooperation, and enjoyment.

Bokkens will be provided on loan or for sale at $20. $350

Short Stories: A Magical Carpet Ride

Michael Krasny

Short stories are a magical journey into worlds that fill us with wonder and provide insight into our own lives, our own stories. Literary artists often hold the mirror to nature and we, in turn, hold their work up as a mirror to ourselves.

This workshop will blend a high level of energetic intellect with the full range of your personal and emotional responses to selected great short stories. We will study a great range of work and search the texts and subtexts for meaning and wisdom applicable to life and the mysteries of the human heart. Works by such writers as Chekhov, Carver, Munro, Joyce, Baldwin, and D.H. Lawrence will be included. This experience will encourage you to see the artist's vision of both world and self, and help you to integrate, absorb, and grow. The short story can offer a magical carpet ride toward personal enlightenment, and this weekend will provide a dynamic, charged, and interactive environment where everyone can take a ride. A national literary scholar and award-winning broadcaster will be at the helm. $350

KAREN PREUSS

Week of June 6–11

A Week with David Schiffman

For workshop description see May 9-14. $675

Gestalt Practice

Christine Stewart Price
& Guest Leaders

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear —
And when used — is inexhaustible.
—Lao Tzu

Gestalt practice is a form —nonanalytic, noncoercive, nonjudgmental — evolving out of the work of Fritz Perls. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that *awareness* is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. This form is similar to some Reichian work as well, in that emotional and energetic release and rebalancing are allowed and encouraged.

The emphasis is *intrapersonal* rather than *interpersonal*. It is explicitly understood that participants are not patients but *persons actively consenting* to work (or play) in awareness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure or accomplishment. Through group exercises, meditations, and open seat work, this workshop will introduce participants to the gestalt practice approach.

Recommended reading: Perls, Gestalt *Therapy Verbatim* (Real People Press); Heider, *The Tao of Leadership* (Humanics); Ram Dass & Gorman, *How Can I Help?* (Knopf).

C.E. credit is available for nurses; see pages 53-54. $675

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Mountains and Waves

Susan Harper & Steven Harper

Nature is a primary teacher of movement, creativity, and awareness. Being outdoors in the richness and beauty of the natural world awakens our outer senses. Continuum movement takes us inward, heightening the awareness of our inner senses. These five days will combine both practices, integrating the subtle inner explorations that Continuum movement inspires with the activity of day-hiking in the magnificent Big Sur backcountry.

The day-hikes will introduce participants to basic and increasingly-refined awareness practices to enhance their sensitivity to all that wilderness and being out-of-doors offers. In doing so, not only will there be contact with the natural world, but it will be an opportunity to reawaken those elements of wilderness within.

In the indoor sessions, participants will explore movements which express and embody what they have taken in during their walks, enlivening their ability to feel what they see in nature, as well as their own inner nature. Engaging with this sensual environment, the group will play with movement, breath, sound, dreams, and ritual.

This is a time for contact with nature and wilderness, inside and out. Participants need not have previous experience in hiking or dance. $675

June 6–13

Cutting the Egoic Knot: The Challenge of Surrender

Eli Jaxon-Bear

The Enneagram of Character Fixation gives us the structure of the knots that strangle the heart. The Enneagram is a wisdom mirror for recognizing the ego, its desires and attachments. With this recognition, the ego's dissolution naturally begins.

Together we will discover how the character fixation is an imitation of soul. We will work with the passions and attachments as obscurations of the soul's awakening.

The wisdom of the Enneagram will be set in the ground of Vedanta and Buddhist cosmology and psychology. We will use group exercises, open seat, trance, truth-telling, role-playing, and movement to unmask the fixation and move towards soul awakening.

C.E. credit is available for nurses; see pages 53-54. $1025

Weekend of June 11–13

The Vision and Practice of Human Transformation

George Leonard

It may be argued that, *in potentia*, every human being is a genius, and that the ultimate creative capacity of the human brain/body is, for all practical purposes, infinite. Each of us is a prodigious learning animal, and our ultimate destiny may well be to evolve capacities that would now be termed extraordinary. Perhaps it is only due to the limitations imposed by faulty notions of childrearing and schooling, along with the failure of national vision and practice, that we rarely develop even a small fraction of our potential.

In this hands-on workshop, human potential pioneer George Leonard, informed by his work with Michael Murphy in the development of Integral Transformative Practice, outlines a new human vision and provides a practical map with which you can begin your journey toward the realization of your inborn genius and creativity. The workshop will involve discussion, demonstration, and the gentle movement and imaging exercises of Leonard Energy Training (LET), a practice inspired by the art of aikido.

Recommended reading: Leonard, *Mastery* (Dutton), *The Silent Pulse* (Arkana); and Murphy, *The Future of the Body* (Tarcher). $350

Intimate Relationships: Keeping the Spark Alive

Ayala Pines

When two people are in love, it seems like the magical spark between them is going to last forever. Unfortunately, more often than not, with the effects of everyday pressures and stresses, the love is eroded and eventually burns out. Burnout is not caused by individual pathology or inadequacy, or major dramatic events. It is caused by a buildup of petty annoyances, minor dissatisfactions, and a gradual increase in boredom. How can this insidious process of love's erosion be prevented? How can a couple in love keep the romantic spark alive?

Participants will be encouraged to find their own romantic images they shared at the beginning of their relationships. This workshop is recommended especially for couples committed to keeping the spark alive in their relationships and for marriage and family counselors. It may also be helpful for individuals who are trying to figure out what went wrong in a relationship that burned out.

Recommended reading: Pines, *Keeping the Spark Alive* (St. Martin's Press). $350

Advanced Gestalt Practice

Christine Stewart Price
& Guest Leader

This workshop is for those people who have previously taken a "Gestalt Practice" workshop, and want to return to a no frills group of straight open seat work. (Please refer to the "Gestalt Practice" description of January 1-3 for more information about introductory workshops.) The group will be limited to ten participants, and each person can count on time for an individual open seat session with one of the leaders. There will be some discussion and group exercises if time allows. This workshop is designed for those participants who have already experienced the value of group work and want to benefit from open seat sessions — both their own and those of other members of the group.

Recommended reading: Perls, *Gestalt and Eye Witness to Therapy*; Heider, *The Tao of Leadership*; and Ram Dass & Gorman, *How Can I Help?*

C.E. credit is available for nurses; see pages 53-54. $350

Week of June 13–18

Ishta: The Yoga of Empowerment

Rod Stryker

Every human being is a uniquely gifted individual. Each of us is endowed with physical, intellectual, emotional, energetic, and spiritual capacities that can help us achieve peace and a life of limitless possibilities. Yoga can teach us how to awaken these powers, how to fuel the spark of our own uniqueness, and ultimately reach our fullest potential.

Participants will practice the tools of Ishta Yoga, which combine the Yogas for body, mind, and energy cultivation. To unlock our individual potentials we'll use all of the following: Yogic postures to strengthen and relax the body; breathing, chanting, and meditation to still the mind; and visualization to awaken the psyche's deepest resources. The coarse will include open discussion and theory to personalize our practices.

All levels welcome. For further information please contact: Yoga Works, 1426 Montana Avenue, Santa Monica, CA 90230; (310) 393-5150. $675

Modalities of Pressure Point Release

Arthur Munyer & Laurie Lioness Parizek

This workshop addresses those health care workers, doctors, nurses, chiropractors, and body workers interested in using pressure point systems as a way to release and integrate the body's dynamic energies.

Acupressure, trigger point therapy, polarities, and meridian relationships will be explored and discussed in an experiential setting. Demonstrations will explore these topics individually, and we will work with the overlapping and integrative potential of these potent and effective ways of balancing the body. A fluid body work style will sometimes be used to integrate this work.

Emphasis will be placed on strengthening our own inner balance and health during this time together. The study and practice of good nutrition, meditation, and a composite of Eastern and Western health and longevity practices will be introduced.

Participants are invited to bring both humor and emotion to this workshop.

Recommended reading: Gach, *Acupressure's Potent Points* (Bantam); Chang, *The Complete Book of Acupuncture* (Celestial Arts); Travell & Simons, *Myofascial Pain & Dysfunction* (Williams & Wilkins); and Haas, *Staying Healthy with the Seasons* (Celestial Arts).

C.E. credit is available for nurses; see pages 53-54. $675

Life Stories: Healing the Sorrows

Peter Finkelstein

Painful experience is one of life's givens. However, whether we are discussing the inevitable existential concerns of aloneness, freedom, or death, or the personal tragedies of divorce or untimely loss, it is the manner in which we give form to our painful stories that defines our personal development. The attention we give to the ongoing creation of our own story can help us broaden our sources of satisfaction, concentrate our energies productively, and recognize life's wisdom in its many forms.

Participants will use group exercises and individual work to help them acknowledge and integrate painful life experiences such as divorce and bereavement. Dream interpretation, hypnosis, didactic material, and attention to group process may all be used to deepen the experience. Blocks to the successful completion of healing will be explored.

Recommended reading: Viorst, *Necessary Losses* (Simon & Schuster). $675

Weekend of June 18–20

Leadership and Consciousness

Amy & Arnold Mindell

The leaders have written: "Individual and group problems in Moscow, Belfast, Berlin, Capetown, and San Francisco forced us to develop new methods for working with global, unmitigated personal and political abuse. We want to share new ideas on individual and group work related to male and female power, eldership, abuse in a global context, sustainable culture beyond adversarialism. Our hope is to awaken everyone to the signs of self and political abuse, to the unconscious use of dominance, humiliation, and rape.

"We will train in inner work, relationship and large group scenes, and discuss work done with terrorists. This seminar will be useful for those interested in connecting personal psychology and politics, abuse awareness and the environment, inner work and racism."

Please Note: Since the leaders are very popular and are not often at Esalen, this workshop is expected to have a very large enrollment.

Useful reading: *The Leader as Martial Artist* (Harper Colins); *The Year I* (Viking Penguin); and *Riding the Horse Backwards* (Viking Penguin), all by Amy & Arnold Mindell.

C.E. credit is available for nurses; see pages 53-54. $350

Singing Gestalt: Solo or Duet

Nancy Kaye Lunney

"Singing Gestalt" is singing about yourself, who you are, what you feel, who you'd like to be. "Singing Gestalt" is about being yourself in front of other people without judging how well you sing. "Singing Gestalt" is not about performance. It is about contacting and feeling and expressing.

Come alone or bring someone who is important to you, perhaps a lover, friend, a parent, someone with whom you'd like to communicate in a different way things you've expressed before and possibly things you've never said. If you wish, bring photographs of significant people in your life, past or present.

If the idea of getting up and singing in front of other people terrifies you more than anything you can think of, this workshop is for you. If you love to sing in front of other people and want to stretch yourself further, this workshop is for you. If you've been too shy to try, this is your chance.

Some guided imagery and gestalt may be used. Accompaniment and lots of music are provided. But the workshop is really about you — singing. $350

Practical Intuition: Introduction

Laura Day

We are all psychics. Every time we draw a conclusion, we work with intuition as well as linear and emotional processes. Identifying how our intuitive faculty works enables us to use it selectively for effective decision-making. A predominantly linear process may be preferable when clear, empirical information is available. When little data is at hand or if the question relates to how current choices might affect future results, an intuitive process may be more efficient.

"Practical Intuition," an experiential workshop, introduces intuitive methods for gaining empirical information. Participants will give and receive several present- and future intuitive readings a day, focusing on predicting and retrieving verifiable data. Different intuitive styles, such as clairvoyance, clairaudience, and telepathy, will be taught, along with exercises for continued training at home.

Participants are requested to bring a few photographs of themselves and people they know well, their personal and business questions, and a willingness to work as if they already know how to do something that they in fact already know how to do. $350

Week of June 20–25

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 21-23. $675

Making it Float

Robert Hall

There is no fixing a damaged childhood. The best you can hope for is to make the sucker float.—Conroy

Robert Hall writes: "And so it is. This workshop is about making it float. How to. If you're willing to spend some time with meditation, gestalt group process, making sounds, and experimenting with moving your body to your own rhythms, if you're interested in how body awareness, psychotherapy, and meditation work together to loosen your identification with who you think you are, and if you still have your sense of humor, we'll not only make it float, we'll take a ride in it." $675

Tantra: The Art of Conscious Loving

Charles Muir & Caroline Muir

Few of us have been blessed with healthy childhood conditioning and education regarding the mysteries of sexual love and sexual energy. This can leave many individuals less aware and conscious about their sexuality than they are in other aspects of their lives. Tantra can transform sex into a loving meditation, putting more consciousness, energy, intimacy, joy, and love into sexual exchanges.

Participants will learn and discuss various ways to increase intimacy and passion in their relationship. Tantric meditation and ways to exchange sexual energy in a safe, non-sexual manner will also be taught in the workshop. These methods can then be practiced in a sexual way in the privacy of your own home. This workshop is open to couples only.

Live music will be provided by Michael Stillwater. $675 per participant

Embodiment & Vision

Laura DeNuccio (Ma Prita)

In the sunlight of awareness, each thought, each action becomes sacred.
—Thich Nhat Hanh

Laura DeNuccio writes: "This is an invitation to those individuals who are aware of an emerging consciousness that is making itself felt and heard personally and globally, and who are searching to fulfill both higher and deeper callings in their lives.

"Through attunement with the Earth and each other, individuals can deepen their capacity to listen to the innate wisdom and intelligence of their bodies. Learning to listen from within can lead back to the ancient wisdom of the Earth — returning us to our sacredness and wholeness. Participants will use breath, sound, and movement as meditations for enlivening the vitality of cells and tissue, for dissolving energetic blockages, and to quiet, still, and expand the mind. The sound meditations have the potential of moving the individual past the limitations of language, creating openings for new thought and inspiration. The emphasis will be on self-care, renewal, and nourishment.

"The group will explore commitment and what it means to fully embody one's inner vision. What would you love to see in your life? In your world? What is meaningful and significant to you? What's truly of value? Ritual and the power of the Spoken Word will be used to bring this vision forth. While cultivating compassion, honesty, and kindness toward oneself and others, the group will experiment with co-creating community, an environment of trust and acceptance in which to explore this ever-unfolding adventure of spirit.

Recommended reading: Fields, et al., *Chop Wood, Carry Water* (Tarcher); Rodegast and Stanton, *Emmanuel's Book* (Bantam); Nicholson, *Ancient Wisdom, Modern Insight* (Theosophical Publishing House); *Quantum Healing* (Bantam). $675

Weekend of June 25–27

The Subtle Self

Judy Blackstone

All spiritual traditions refer to an essential dimension of existence, calling it unity consciousness, emptiness, universal consciousness, and many other names. This dimension is not an abstract concept. It is the core of our own true nature and can be experienced by anyone who is willing to approach it with patience and openness. Unity consciousness is experienced as clear, mirror-like space, pervading our body and our environment, transcending the duality of self and object. It is deeper than the physical and energetic levels of our being and beyond our psychological defenses, projections, images, and archetypes. Subtle Self Work is a precise method for attuning to the clear space of unity consciousness.

In this workshop we will explore how to relate to others in this clear space, how to commune with nature, how to experience and live in the inner depths of our body. Participants will use daily sitting meditation sounds to stimulate the subtle channels in the body, subtle movement exercises, and verbal and movement process work to stabilize and expand our sense of unity consciousness. In this essential dimension of ourselves, we can find the source of our love, clarity, vitality, and peace.

KAREN PREUSS

Recommended reading: Blackstone, *The Subtle Self* (North Atlantic Press). $350

A Weekend with David Schiffman

The purpose of this workshop is to create a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and group process methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out personality strengths, individual capacities, and latent powers as a means of achieving productive functioning. $350

Burnout: Causes and Cures

Elliot Waker Aronson & Ayala Pines

This workshop is designed for people who give service to others and are experiencing burnout. It will explore the impact of burnout on both the service provider and the client, ways of finding and recognizing support resources on the job, and positive methods of dealing with burnout and life's tedium.

Through lectures and group discussions, participants will have the opportunity to increase their understanding of those aspects of their own work and life that could cause burnout. In addition, they will be provided with the tools and opportunity to learn how to handle these problems in order to increase the productivity and creativity of their relationships with clients and colleagues.

Recommended reading: Pines & Aronson, *Career Burnout* (Free Press); Aronson, *The Social Animal* (Freeman).

C.E. credit is available for nurses; see pages 53-54. $350

Week of June 27–July 2

Embodied Gestalt Practice: Body & Soul

Edward Smith

Gestalt practice focuses on personal process, unfolding moment to moment in the here and now. Value is placed on awareness, actuality, and personal responsibility. As a path of growth, Embodied Gestalt Practice integrates methods from Eastern and Western body-oriented systems. It includes one-on-one work with the leader, group exercises and spiritual practices in the natural environment to foster personal and spiritual growth.

Recommended reading: Smith, *The Body in Psychotherapy* (McFarland); *Sexual Aliveness* (McFarland); and *Gestalt Voices* (Ablex).

C.E. credit is available for nurses; see pages 53-54. $675

June 27–July 5

Language of the Drums: African Percussion, Chanting, and Dance

Babatunde Olatunji & Friends

For workshop description see Special Programs, page 50-51. $1150

Weekend of July 2–5

(Three-Day Weekend)

Fourth of July at Esalen

This three-day weekend will be a time for people to renew themselves in the tranquil and beautiful setting of Esalen. There will not be a structured program, although several ongoing classes in the various practices offered here will be available for guests to choose from. These may include sessions in gestalt, movement, meditation, massage, day-hikes, singing gestalt, aerobics, stretching, and yoga. The swimming pool and natural baths will be available as usual.

The 4th of July celebration will feature a barbecue, a performance by master African percussionist Babatunde Olatunji, and dancing to live music. Also scheduled is an "All-Species Parade," organized by Esalen's Creative Arts Center, with large and colorful masks to add a note of home-grown tribal celebration to the festivities.

Come and enjoy a weekend of physical movement and personal renewal, or just spend the time enjoying the magnificence of the Big Sur area. $525

Week of July 5–9

(Four-Day Week)

Four-Day Massage Intensive

Brita Ostrom & Char Pias Brenner

Participants will be instructed in basic methods used in giving a pleasurable and beneficial massage. Fundamental elements of body work, such as breath awareness, grounding movement, quality of touch, and stress reduction will be introduced. The workshop is available to beginners as well as to those who wish to brush up on their massage skills.

C.E. credit is available for nurses; see pages 53-54. $640

Meeting the Shadow

Jeremiah Abrams

"One does not become enlightened by imagining figures of light, " said C.G. Jung, "but by making the darkness conscious." Jung believed that realization of the shadow allows us to rediscover our own spiritual life and embody expanded awareness.

The shadow is the part of ourselves that we want to hide; the part we resist making conscious. Beginning with a confessional, shadow work invites an encounter with the shadow, leading us back to our buried potentials, to what we have rejected out of shame, fear, ignorance, or lack of love. Facing the shadow does not mean eliminating it, but rather undertaking the process of balancing and depolarizing, healing the split between our conscious self-concept and all else we are or might be. Confronting the shadow produces a new humility, allowing us to dissolve dualistic thinking and to live centered more in the existential present.

In this experiential workshop, participants will try to recognize, re-collect, and integrate the shadow projections that corrupt our relationships and our connection to the world. This can help defuse negativity, release guilt and shame, and allow us to more fully embody our imperfect humanity. The leader will utilize dreamwork, trance induction, active imagination techniques (writing, drawing, and clay), bioenergetics, and the group's evolving dialogue.

Recommended reading: Abrams, *Meeting the Shadow* (Tarcher, 1991). $640

The Subtle Art of Meditation

David Streeter

The experience of insight, tranquility, inner strength, and aliveness can be found within our everyday life through the ancient art of meditation.

This workshop will approach traditional meditation practice in an unusual way. In our retreat atmosphere we will prepare the body-mind for silent listening with fluid movement from the martial arts and yoga. We will incorporate breathing methods (Prana-Yama), and energy work with Zazen (sitting meditation). Other activities will include a silent listening hike in the wilderness, group meditation in a nearby contemplative monastery, and Zazen at our new meditation center nestled close to a waterfall.

This approach to the subtle practice of meditation through the body can inspire the student to discover his or her rich interior life and that crystal clear still point described so well in every spiritual tradition.

C.E. credit is available for nurses; see pages 53-54. $640

The Power of Voice

Arthur Samuel Joseph

This workshop introduces a method called Vocal Awareness, which includes vocalizing, sound meditation, movement, song study, and development of the speaking voice as a means for deepening contact with the self. Participants will work individually and in groups exploring breathing, toning, a capella and accompanied vocalizing with poetry, sonnets, and songs.

Vocal Awareness is an art form that addresses in precise ways how language affects the brain. It is now well-known in the field of psychoneuroimmunology that endorphins are released by the brain in response to verbal cues and visual imagery. Research also points to a strong correlation between language, breath, and psycho-physical response. Knowing this, developing one's own language becomes a means for self-integration.

The aim of this workshop is to explore the voice as metaphor, to tap into issues of self-expression and self-esteem, and to have fun while developing vocal abilities. It is valuable for lay people and professionals alike, and is open to beginners through advanced. Tape recorders are required.

C.E. credit is available for nurses; see pages 53-54. $640

A Workshop for Children and Their Families

Lia Thompson-Clark & Eduardo Eizner

During these four days children can enroll in one of two programs at Esalen: The Gazebo School Park or the Annual Children's Safari. Parents will have the opportunity to experience gestalt process, massage, herbal baths, as well as to participate/observe at either of the children's programs. (Those parents attending a different workshop other than this one can also arrange to have their children in this program).

The children's programs include:

- The Gazebo School Park is designed for children ages two through six to experience a unique outdoor environment rich with opportunities for physical, psychosocial, and intellectual development. The staff encourages each child's natural curiosity about the physical world, and believes that from spontaneous play children can discover valuable new knowledge.
- The Annual Children's Safari is a music and dance festival led by Babatunde Olatunji and his ensemble of musicians and dancers who teach musical ritual worldwide. Through storytelling, chanting, and learning African rhythms in drumming and dancing, the children will create a performance guided by Olatunji. His message is more than musical — it carries a dedication to the future: "We hope that children's programs will become the concern of all who work diligently for a peaceful world full of love for those who take our places tomorrow. *Omelere* — children are the reward of life."

$300 (each child) $640 (each adult)

Weekend of July 9–11

Movement from the Martial Arts

Yoshi Sakuyama & David Streeter

This weekend workshop will offer participants a wonderful opportunity to absorb the spirit of Shorinji Kempo, a Japanese martial art that is rooted in Zen Buddhism. Yoshi Sakuyama, a sixth-dan master from Japan, will introduce a basic exercise system that is the foundation for many martial arts strategies.

These powerful yet simple katas or dance-like movements amplify vital intrinsic energies that flow from the center of the body. The energy itself is called ki or chi in China, and prana in India. This ki power can be released through specific exercises to strengthen one's every expression. Easy to understand and fun to practice, this teaching can be applied to everyday life. $380

A Workshop for Couples: Independence and Intimacy

Mary Goldenson (Devarani)

Very little in our culture prepares couples for the challenge, "There is room for both of use." Too often the relationship becomes a battleground for unresolved issues, hurts, and beliefs.

In this workshop, couples will have an opportunity to explore and reclaim the unspoken expectations they project onto each other, heal past hurts that create distance, and learn new ways of communicating. There will be a supportive environment where participants can experience themselves as courageous and capable of taking risks. Experiential processes will be drawn from gestalt, Reichian work, dance, imagery, and meditation. $380

Art & Physics: Parallel Visions in Space, Time, and Light

Leonard Shlain

The root of the word "physics" means nature. Both artists and physicists are engaged in an ongoing attempt to describe nature's reality. The artist uses chiefly image and metaphor; the physicist, number and equation. This seminar will explore the connections between the conceptual ideas inherent in revolutionary art movements and the visionary breakthroughs that have occurred in physics.

Throughout history, but particularly in the modern era, the artist *sees* the world in a new way. Later, the physicist discovers a new way to *think* about the world. When these two opposing viewpoints are superimposed on each other, their images and insights are seen to have an uncanny similarity. In this seminar, Leonard Shlain will propose that they are but two different aspects of the same reality.

The changing view of three basic constructs — space, time, and light — in various periods of art, science, and culture will be the basis for a slide show and discussion that explores the reciprocal nature between cubism and a new concept of space, futurism and a new concept of time, and fauvism as a new concept of light. From there, attention will turn to a theory of consciousness which posits the split brain model in the individual as the source of the art/science division in the general culture. Stressing the need to combine the two hemispheric viewpoints, this seminar will examine the benefits that accrue when art is seen in terms of its precognitive ability, and when the imagery of modern physics is understood.

There will be no equations and one need not have a background in either art or physics to enjoy and participate in this workshop. The only prerequisites are a sense of wonder, an open mind, and an innate curiosity. $380

When Success Is Not Enough

Peller Marion

If I had known what it would be like to have it all, I would have settled for less.
—Lily Tomlin

Since 1950 materialism has sky-rocketed in the United States. Indeed, many of us are wealthy beyond the wildest dreams of our ancestors, and yet we struggle more than ever for self-esteem and meaning in our lives.

When alternative measures of success are not available, the deep human need to be valued and respected by others is acted out through consumption. Buying things becomes both a means to self-esteem and social acceptance. "The avarice of mankind is insatiable," wrote Aristotle, who believed that as soon as one desire was satisfied, another would appear to take its place. If our wants are insatiable, there is simply no such thing as enough.

Peller Marion has designed a weekend that explores the questions: How much is enough? What is an achievement junkie? What is my definition of success at this time in my life? How do I create my own personal philosophy of life? How do I live by my own agenda?

Participants will have a supportive environment where they can experience and explore the paradox of success in their own life. A variety of experiential processes will be drawn from readings and discussion, games, gestalt, imagery, and meditation.

C.E. credit is available for nurses; see pages 53-54. $380

Homeopathy: Medicine for the Twenty-First Century

Dana Ullman

Homeopathy is a medical science and art that integrates ancient principles of healing with a sophisticated and systematic method of using natural drugs which stimulate the body's own immune and defense system.

This workshop will explore homeopathic medicine in view of the most recent developments in physiology, physics, and immunology, and will integrate this information with insights from Jungian psychology, systems thinking, and energy medicine. Ecological thinking, as it directly relates to the homeopathic approach to infectious disease, including AIDS, will also be discussed.

In addition to learning the basics of homeopathic science, participants will learn how to use at least 15 homeopathic medicines for infectious diseases, women's health problems, pediatric conditions, and common sports injuries. The leader will also provide helpful information for those who would like to pursue homeopathy for either personal or professionals reasons.

C.E. credit is available for nurses; see pages 53-54. $380

July 9–16

Wilderness Sanctuary: A Natural Rite of Passage Santa Lucia Mountains, Big Sur, California

Steven Harper

For workshop description see Wilderness Programs pages 51-52. $675

Week of July 11–16

Children's Moving Arts

Lia Thompson-Clark

This work/study program for ages seven and up is an opportunity for children to work in and learn about community, as well as to meet together for "moving arts." Children will be assigned to help in one of Esalen's work departments in the morning, swim and eat lunch together, and in the afternoon combine their creativity through the many different moving arts — the arts we live by. These include opportunities for self-expression through song, dance, theater, painting, maskmaking, and bodywork. The curriculum and schedule may vary according to the special interests of the children.

This workshop is open to children whose parents are attending a concurrent Esalen seminar. For more information write the leader at: P.O. Box 815, Gambier, Ohio, 43022. $380

Zero Balancing: Basic I & II

Fritz Smith

Zero Balancing is a simple method for aligning body structure with body energy. Western science has shown that energy and matter are fundamentally coupled; advances in psychology have shown that the body and mind are also interconnected. Zero Balancing is born out of these perceptions, with roots in both Eastern and Western concepts of body function and structure. It is based on the experience that the balance of energy and structure within the body has a direct effect on the physical, mental, emotional, and spiritual health of an individual.

The structure/energetic interface of the body is beneath conscious awareness. When imbalances occur at this level, the body tends to compensate for them rather than resolve them directly. These imbalances often lead to loss of vitality, chronic body pain, and decreased potential for vibrant health. Zero Balancing can assist in overcoming these unbalanced patterns through touch.

In this workshop, anatomy, physiology, and skills of touch will be reviewed. Eastern concepts of chi energy, its movement in the body and the chakra system will be discussed. Zero Balancing methods will be presented, including those for evaluating and balancing the structural/energetic interface of the body. The workshop will be both didactic and experiential, with emphasis on new body work skills, and is open to all people in the healing arts. It is approved for C.E. credit for acupuncturists (and nurses—see below), and as Z.B. I or II in the Zero Balancing certification program.

Recommended reading: Smith, *Inner Bridges: A Guide to Energy Movement and Body Structure* (Humanics).

C.E. credit is available for nurses; see pages 53-54. $740

The Enneagram in Action

Helen Palmer

The Enneagram is an ancient model of human development based on nine personality types and their interactions. The system allows us to look deeply into our own character, and to more clearly understand relationships with colleagues, clients, family, and friends.

The Enneagram will be demonstrated by a live panel of speakers, each representing one of the nine personality types. The workshop will focus on role play and enactments between the panelists and those in the group who wish to question them. This type of interaction pinpoints typical projections, blunders, and transformations that occur between people who relate from radically different perspectives. In joining insight about type with the technology of sacred tradition, the Enneagram demonstrates ways in which emotional red flags such as jealousy or fear can become the raw material, the energy source for spiritual liberation.

This workshop can be applied as one of the prerequisites for the Enneagram Professional Training Program. The emphasis will be on inner material, not personal process work. If you wish to discuss the workshop, please call (510) 843-7621.

Recommended reading: Palmer, *The Enneagram: Understanding Yourself and Others in Your Life* (Harper/Collins). $740

Playing the Edge

David Schiffman

In the early stages of growth, success seems to be its own reward. The excitement and the willingness to stay with it comes bubbling up in those who are involved in new and successful ventures. To keep this spirit alive is not easy. The enormous pressures, the grinding routines and demands of daily life can dispirit even the healthiest people. To listen to one's heart and know what's real requires the courage to pause. In this willingness to stop and listen to the deeper self the live true resources that guide and protect us.

The purpose of this week is to create a mood of sanctuary for people who are in transition and facing major changes in career, relationship, or matters of the spirit; those in need of a break from demanding, stressful responsibilities; and individuals interested in breaking new ground in the areas of self-nurturance, intuitive functioning, and problem-solving.

The process will be gently restorative and illuminating. The group intention will be to create a community based on trust and goodwill, with an emphasis on individual freedom. Traditional methods of self-inquiry (gestalt practice, bioenergetics, psychosynthesis) will be combined with innovative methods using music, meditation, poetry, and prayer to foster the spirit of living fully and comfortably. $740

Taoism and the Shen

Master Share K. Lew

Traditional Taoist concepts of health, longevity, and harmony with nature will be introduced by Master Lew, a temple-trained Taoist priest from southern China. The core of the workshop will be instruction in the "Shen," a set of twelve non-strenuous exercises (six standing, six sitting), whose primary purpose is self-healing. These exercises also develop concentration, increase visual and auditory acuity, and enhance sensitivity to oneself and others. Master Lew will discuss the use of everyday foods and Chinese herbs in healing, and tell stories from his life in the monastery.

Master Lew, now 75, first began to teach Taoist internal cultivation to non-Chinese in 1970. His monastery style, Tao Ahn Pai, dates back 1300 years to Lui Tung Pin, a historical personage of the Tang Dynasty and one of the Eight Immortals of Taoism.

Recommended reading: Deng Ming-Dao, *The Wandering Taoist.* $740

Weekend of July 16–18

Introduction to Gestalt Practice

Erik Erickson

For workshop description see June 6-11. $380

Body Rejuvenation

Dub Leigh & Audrey Nakamura

The goal of this workshop is to start rejuvenating the body, mind, and spirit. A fast way to do this is to work the body. Transform the old, hard, short, nonresilient tissue into soft, lengthy, bouncy tissue free from trauma, stress, and pain. Work on changing the despondent, hopeless, negative, grouchy person into an enthusiastic, positive, upbeat one.

The recipe for beginning to rejuvenate the body will be demonstrated in one session to the group, and then experienced and performed by each participant.

This seminar is recommended for everyone. The older you are, the more stuff you have to work with. Class size is limited (two students per table). Bring a swimsuit — two piece for women.

Please note: Since this is a hands-on class using particular methods, participants are asked not to receive body work outside of class until the workshop is over.

Recommended reading: Leigh, *Bodytherapy: From Rolf to Feldenkrais to Tanouye Roshi* (Water Margin Press).

C.E. credit is available for nurses; see pages 53-54. $380

Drawing with Color

Leigh Hyams

Artwork comes straight through an open mind — and with it often comes clarity of vision, increased awareness of oneself in relation to the environment, and a deepening understanding of the world of art and its meaning in one's life.

Without freedom one cannot respond fully to the experience of drawing. The leader's unique teaching methods can help students to draw immediately — fearlessly, exuberantly, sensitively, and observantly. Participants will be introduced to a variety of media and techniques and the joys of working with color.

This is a workshop for people who want to revitalize their connection with art as well as those who have had no previous experience. The only prerequisites are curiosity about the creative process and a willingness to explore the rich possibilities inherent in the act of drawing.

$380 (plus $25 materials fee paid directly to the leader)

The Transformation Lessons: Learning to Feel

Robert Raleigh

The Transformation Lessons is an innovative method of movement communication that activates and deepens specific core level abilities that are inherent in each of us, but are usually undeveloped or inactive. By deepening these abilities (i.e. the ability to be physically intimate, the will to be well), the capacity to "feelingly" understand one's drives and unconscious motives is heightened. Increasing the capacity to feel is essential if real transformational change is to be made.

Four transformation lessons will be introduced in this workshop. Tiny, gentle movements will be used to catalyze the changes that each lesson activates. Once you receive the functional information of a lesson, you begin to embody that ability more. This frees up new choices relative to the aspects of your life that the lesson affects. These lessons can be effective for behavioral changes related to diet, money, and work, and for spiritual-emotional patterns that affect your sex life and the ablilty to be loved and nurtured. $380

Introduction to Hand Analysis: Blueprint for Life

Richard Unger

Since ancient times, people have gazed into their palms and sought to learn about themselves. There has always been a suspicion that each unique pattern inscribed in our hand might reveal something about our fate.

Research with electron microscopes confirms that dermatoglyphic (fingerprint) markings

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begin to form approximately thirteen weeks after conception, creating a topographic map of the developing fetal hand. There are five basic fingerprint patterns (plus subsets of these patterns), and eleven locations per hand where these patterns may be found. Articles published in medical, psychological, anthropological, morphological, genetic, and biological journals have attempted to detail the impact of these markings on human development.

If our physical bodies are but one expression of a higher vibrationary energy (i.e. spirit), it seems reasonable to try and study this energy by the impressions left on our own skins during our formation process. By examining our dermatoglyphic formations, we could be examining our "blueprint for life." $380

Week of July 18–23

Children's Moving Arts

Lia Thompson-Clark

For workshop description see July 11-16. $380

The Body and Zen

Dub Leigh & Audrey Nakamura

The goal of this seminar is twofold: 1) to use body work methods and principles for releasing tension, trauma, and toxins from connective tissue; and 2) to circulate the vital energy in an aligned body. The group will draw from Rolfing (structure), Feldenkrais (function), and Zen (energy) to obtain these results.

This is a hands-on workshop. Participants will give and receive body work and learn methods to recognize, work with, and relieve some types of chronic muscle pain. The class will be limited in size (two people per table).

Participants are asked to bring a swimsuit, two piece for women.

Please note: Since this is a hands-on class using particular methods, participants are asked not to receive body work outside of class until the workshop is over.

Recommended reading: Leigh, *Bodytherapy: From Rolf to Feldenkrais to Tanouye Roshi* (Water Margin Press).

C.E. credit is available for nurses; see pages 53-54. $740

Relationships: Letting Go – Moving on

Mary Goldenson (Devarani) & Gustavo Rabin

For one human being to love another: that is perhaps the most difficult of all our tasks, the ultimate test and proof, the work for which all the other work is but preparation.

—Rainer Maria Rilke

The fabric of our lives is made up of relationships. All of life's relationships will be the focus of this workshop: family, friends, lovers, co-workers, partners. Often beliefs, defenses, fears, and emotions about past relationships continue into our present relationships and keep us from spontaneous feelings of love, trust, and joy. The goal of this workshop is to experience these patterns and create new ways to relate in the moment to ourselves, others, and to our work. This workshop can help you :

- Find out how your relationships mirror you
- Get a clearer picture of what you want and how to get it
- Examine ways you sabotage yourself
- Learn more about how others see you
- Learn practical tools and knowledge that will help create empowered relationships. $740

Pottery at Esalen

Noel Mapstead

The Big Sur coast is uniquely endowed with numerous deposits of raw clays which have been decomposing from granite rock for millions of years. In this workshop we will come to the Big Sur clays for the first time to create form and metamorphosis.

Using Esalen as a base, the group will explore the Big Sur coast with morning walks to gather clay, make pottery, and bake the clay in small kilns and open-pit fires using cow dung at various locations in and around Esalen. Participants will learn to identify natural clays, process and work clay, and fire clay with traditional methods using our natural surroundings as an open studio. Other events will include clay baths and the building of small sweat lodges.

Experimental ceramics will be encouraged by exploring Big Sur alchemy and testing found-earth materials for coloring and glazing, and processing primordial clays. Emphasis will be on completing handmade objects to give to those we love. $740

Self-Inquiry

Joyce Lyke & David Silverstein

We are the night ocean filled with glints of light. We are the space between fish and moon, while we sit here together.

—Rumi

Our culture constantly delivers the message that happiness and success come from the outside — consumption and the attainment of material things. We tend to look outside ourselves for the things that will make our lives more fulfilling. But most of what we long for can't be purchased from the world; only given to us from ourselves. When we

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recognize that all we yearn for is not outside us but really deep within us, a process of self-inquiry begins that helps us discover what it is that we truly long for.

This workshop is designed for people who want to know themselves in a deeper way, both emotionally and spiritually. We will create a safe place to deepen our awareness and explore whatever emerges using Sufi self-remembering exercises, meditation, gestalt awareness practice, and a connection to the earth at Esalen. $740

Cooking with All Your Senses

Alan Mello

This workshop is an opportunity for cooks at any level to find a new way to look at themselves through a creative process as subtle and complex as cooking. It will be a relaxed week with a meditation in the morning and then two daily cooking sessions.

Chef Alan Mello believes that today's best cooking combines classical techniques with modern health and environmental awareness. The group will work with meat, fish, and vegetarian dishes, cultivating an appreciation for lighter flavors. Participants will also experiment with soups, fresh pasta, and breads, touching on several international styles. There will be a contemporary approach to established flavors and dishes as well as "california kitchen" improvisation, utilizing the Esalen organic garden as our larder and source of inspiration.

Come and cook with all your senses. Lots of useful and delicious information will be passed on. $740

Weekend of July 23-25

Experiencing Esalen

Experiencing Esalen Staff

For workshop description, see May 14-16. $380

Big Sur Wilderness Experience

Steven Harper

For workshop description, see May 21-23. $380

Freeing Our Bodies/Our Selves through Movement: A Feldenkrais® Approach

Patrick Douce

The work of Moshe Feldenkrais is based on the natural process by which we learned to move as children. During this workshop, soft, easy, gentle movements will be used to increase awareness of the body and to improve the ease and ability of movement. Special emphasis will be placed on the difficulties in movement that arise from chronic conditions such as lower back and neck pain, shoulder pain, tension in the neck and shoulders, and knee injuries. Such conditions can be improved by approaching the difficulties as problems in learning rather than as therapeutic troubles. Situations which were "incurable" become "re-educable." Workshop participants will also be introduced to methods for improving their ability to sense each other's bodies through touch and massage.

Although this workshop is valuable for anyone interested in learning more about his/her body through direct experience, it may be of special interest and benefit to dancers, athletes, doctors, nurses, physical therapists, psychologists, health care professionals, and elderly citizens who may discover new ways of moving with ease and increased flexibility — painlessly and immediately.

C.E. credit is available for nurses; see pages 53-54. $380

Television: Window to the World or Tunnel to Nowhere?

David Marc

To grow up in America is, in most cases, to develop a lifelong relationship with TV. Television is at least as much a fact of life to the emerging personality as trees, the elements, and other people. Stimulus and desensitizer, miracle and burden, television is a ubiquitous and powerful creator of consciousness.

For the child, TV is a treasure box, beckoning to the innate will to learn. To the adolescent, it offers itself as a dependable source of behavioral norms. For the adult, it may serve as therapy for a loneliness that it helped create in the first place. For most of us, television viewing presents a complex approach-avoidance dilemma.

What is TV? Is it a communication resource that allows access to more information, more drama, and more ideas than any previous generation might have dared dream of? Or is it an insidious form of mind control that is creating a society of consumer sheep? Is it the cause of spreading illiteracy and ignorance of history? Or a democratic tool for education?

These questions will be explored as the group draws upon the ideas of Marshall McLuhan, Tania Modlewski, T.S. Eliot, and Walt Whitman. Three films will be shown: *Modern Times*, *A Face in the Crowd*, and *Marshall McLuhan: The Man and His Message*.

Other questions to be addressed will include: How is the concept of self affected by the form of address constantly iterated by TV? What are the consequences of internalizing a mass identity? Are you laughing at TV, or is TV laughing at you? $380

KAREN PREUSS

CoHousing: Creating Your Own Community

Kathryn McCamant & Charles Durrett

Dramatic demographic and economic changes have created a mismatch between today's household and most conventional American housing. Households experience this mismatch as they face a child-care crisis, deepening isolation, and a chronic time crunch. Things we once took for granted —family, community, a sense of belonging — must now be actively sought out.

CoHousing addresses many of these needs. Developed by the residents themselves, communities are made up of private dwellings complemented by extensive common facilities. Each dwelling is autonomous, yet the common house, with the opportunity for shared dinners and childcare, is a focal point of the community.

This workshop gives participants an overview of organizing, planning, and designing a CoHousing community, from site acquisiton through group process, development and design, and construction and management. Topics will include:

- An overview of the CoHousing development process, from initial meetings to moving in
- Development strategies and the advantages/disadvantages of working with a developer
- Forming and working with a group, and organizing for effective decision-making
- Financial options: ownership structures and money realities
- Designing for community: architectural considerations
- The next steps: your role, the group's role, services of professionals
- What other CoHousing groups are doing: the network and how to plug in.

Recommended reading: McCamant & Durrett, *CoHousing — A Contemporary Approach to Housing Ourselves* (Habitat/Ten Speed Press). $380

July 23–30

Healing the Wounded Heart: The Art of Re-Bonding

George Kohlrieser

From cradle to grave, life involves a changing script of affectional bonds. These bonds are different from dependency and are essential for growth, health, and happiness. Attachment theory is a way to conceptualize the tendency of humans (and other mammals) to make strong affectional bonds with others, a way to explain many forms of physical, emotional, and spiritual distress, including emotional detachment, depression, and burnout. Life energy is connected to the quality and depth of emotional bonding.

This experiential workshop will focus on the patterns of forming, maintaining, breaking, and renewing affectional bonds. Methods include guided affective imagery, emotional release, group process, and bonding work to understand, create, and celebrate positive emotional attachments.

Recommended reading: Lynch, *The Language of the Heart: The Body's Response to Human Dialogue* (Basic Books); Bowlby, *Attachment and Loss, Volume 3* (Basic Books); Steindl-Rast, *Gratefulness: The Heart of Prayer* (Paulist Press). $1110

Week of July 25–30

Reawakening the Inner Child through Film

Francis Lu & Brother David Steindl-Rast

> *Return to the beginning:*
> *Become a child again.* —Tao Te Ching

The child's delight in the movies can be reawakened in our adult life. There is a magic power to cinema. Through image, sound, and action, film can portray with unique power the joys and sorrows of childhood. It can help renew within us innocence, wonder, and creativity, and open our eyes to surprising discoveries.

Central to this seminar will be the discovery of the child within each one of us. Many have been helped by finding the right film at the right time. Should this help be left to chance? Viewing a film is an art; practicing this art for five days can heighten our enjoyment and deepen our insight.

For the fourth time, this annual gathering will bring together film enthusiasts, both those professionally connected with cinema or merely private movie buffs. In leisure we will view and discuss timeless classics as well as hard to obtain and little-known masterpieces of the screen. All this in the incomparable setting of Esalen — a film festival and more! $740

Sexual Abuse Survivors: Transforming Interventions in Body, Mind, and Spiritual Healing

Carolyn Braddock

Countless numbers of children consider the exploitation of their bodies part of their formative experience. Trusted adults assault, neglect, and sexually abuse them, leaving physical and emotional scars. Professional counselors and others need special skills to work with these victim/survivors and the survivors themselves need to develop special skills to overcome the physical and emotional consequences of being abused.

During sexual abuse/assault, the body is the scene of the crime. This seminar will focus on interventions that include the body, mind, and spiritual belief systems, and will add a new *body-focused* dimension to traditional strategies in dealing with those who have experienced sexual abuse. The importance of understanding the various dimensions of a person's reactions —especially body reactions — to sexual abuse is the key to developing predictive tools and guidance for the intervention process.

The leader will present specific intervention strategies and will detail patterns of child abuse and neglect, family dynamics, and body reactions. Much of the seminar will be experiential. Participants will be actively involved in intervention demonstrations, discussions of ethical issues, and case experiences from a body-oriented perspective. The focus will be on individual and group process with some time devoted to legal issues. Breath work, sound, movement, gestalt, body work, Tai Ji, role-playing, and creative cognitive work and play.

Time will allow for some individual work within the seminar and for scheduling massage and other body work.

C.E. credit is available for nurses; see pages 53-54. $740

Gestalt: Elements, Innovations, Traditions

Eric Erickson & Seymour Carter

Gestalt is one of the existentialist clinical traditions that deals with the issues of separation, loss, ambiguity, and choice. In this workshop, the leaders will use gestalt methods of inquiry to draw out, clarify, and help participants resolve innet conflicts. The focus will be on searching for aspects of the participant's world which seem fragmented and incomplete, and eventually combine these fragments to evoke the self-righting capacity of the human organism.

Both leaders have been long-time students of gestalt and Eastern philosophical traditions, and believe there is a strong complimentary relationship between Buddhist teachings and gestalt practice. Both practices emphasize mindful awareness as a basic tool. Much of the power of both traditions is brought forth by concentrating attention on the seeming simplicity of our moment-to-moment experience. Awareness practice from the perspective of both gestalt practice and Buddhist meditation will be explored. $740

Cooperating with God: Healing as Spiritual Practice

Elizabeth Stratton

Healing is a lifelong practice. It is the art of opening to, communicating, and cooperating with God. Each of us experiences God in a unique way — some as Spirit or Mystery, others as Life Force or Divine Presence. Our inner healing process, whether it be physical, emotional, or mental, takes place when our entire life becomes a spiritual practice dedicated to healing the wounds of the soul.

This workshop will explore the components of a life dedicated to healing the self and others. Emphasis will be placed on the physical body as an expression of the soul. Deep meditation, laying on of hands, psychic scanning, dreamwork, chakra opening, emotional insight work, and spiritual direction will be included. Workshop participants should bring three dreams that they consider significant.

This workshop is designed for those who work with others in a healing capacity, as well as those who need to focus on healing themselves.

Recommended reading: Stratton, *Healing Power* (Video: To order call 212-410-7340); Moore, *Care of the Soul;* Dossay, *Recovering the Soul.* $740

Weekend of July 30–August 1

Response vs. Reaction

Peter Ralston

A Warrior is measured according to this: that he learns from the dregs of the ancients and extracts clear liquid from them.

—Shissai (1728) Zen Sword Master

Much of our life is lived in the reactions we have to people, events, ideas, and circumstances. These reactions determine not only our level of effeciveness, but also our degree of satisfaction. Generally, we do not respond appropriately to what comes our way; we react to it. If we make a distinction between a reaction and a response, then we have a powerful way in which to change our experience of life.

KAREN PREUSS

A chess-game in the Esalen lodge

A reaction is a programmed reflexive counter-action which takes the form of some sort of recoil or backlash, unconsciously (but purposefully) serving our ego survival in some way. It is often inappropriate for effective interactions or experience. A response is a conscious reply tailored to the event and arises from a calm mind and sensitive awareness. Without being dominated by fear or desire, it is an intelligent and appropriate action or expression.

Working on making these distinctions more clearly in our own experience, participants will use verbal communications and exercises with a partner, physical exercises and games, guided meditations, and dialogue with the leader to help make a shift from reactive tendencies to responsive actions. Through personal contemplation and communication, we will seek out the source and unrecognized dynamics of our reactive tendencies, as well as the possibilities for being naturally responsive.

Recommended reading: Ralston, *Reflections of Being*, and *The Principles of Effortless Power* (both, North Atlantic Books). $380

Enlivened Maturity: A Gestalt Workshop for Couples over Forty-Five

Stella Resnick & Alan Kishbaugh

This weekend is for couples who want to address the deeper issues and opportunities made available by their personal maturity and commitment to longevity as a couple.

Some of the issues participants will explore include looking at the connections between intimacy and privacy, between generosity of spirit and the ability to set boundaries, between enjoying a fulfilling sex life and being able to share other pleasures beyond the sexual. Each couple will work to enhance insight and awareness and refine the skills that each partner needs for deepening their love, openness, appreciation, affection, lustiness, humor, and spiritual connection. Participants will work with gestalt, breathwork, exercises in empathy, nonverbal and verbal communication, affectionate touch, and sensual enhancement.

The workshop leaders are married and have been together for over fourteen years.

$380 (per participant)

Fun with the Violin: For Adults Who Always Wanted to Play the Violin and Never Have

Diane Egli

Are you one of the many adults who always wanted to play a musical instrument but never have? Or maybe you used to play but haven't since childhood. This workshop is an opportunity to learn to play or re-play the violin and have fun with the learning process.

Participants will increase their awareness of how it feels to learn a new skill —the challenge, the excitement, the frustration, and the success of accomplishment. The workshop will include various activities designed to enhance violin playing/fiddling, such as movement, music, and rhythm exercises. There will be time for listening to various types of music such as classical, jazz, and bluegrass, and we will do some music meditation and visualization.

Recommended reading: Shinichi Suzuki, *Nurtured by Love* (Banner); Holt, *Never Too Late* (Pinchpenny Press). $380

Creative Bonding: Changing Destructive Detachment

George Kohlrieser

Recent medical and psychological research validates the idea that "no man is an island", and that bonding behavior to people, pets, places, things, and goals is central to physical, psychological, and spiritual well-being. Disruption in the bonding-grieving cycle can lead to destructive detachment, victimization, and chronic loneliness, which can shorten one's life and limit the quality of genuine aliveness.

Through presentations, guided imagery, emotional release, and group process, participants can explore, reinforce, or establish new and more effective ways to keep the bonding process alive and healthy.

Recommended reading: Lynch, *The Language of the Heart*; Bowlby, *Attachment and Loss, Volume 3* (both, Basic Books); and Steindl-Rast, *Gratefulness* (Paulist Press). $380

Psychic Self-Defense

Elizabeth Stratton

As most of us know from our own experience, working with or around people who are depressed, hostile, or anxious can affect our own moods and feelings. We are constantly affected by the emotions and thoughts of those around us, as well as by the accumulated moods of the environment in which we live and work. We can also be affected by the illnesses of people we are close to, sometimes to the point of actually manifesting their symptoms ourselves.

During this weekend we will have the opportunity to explore our psychic boundaries and discover how and when they can overflow into areas that cause emotional confusion. We will learn how to release negativity and strengthen boundaries that can help us to be less vulnerable in the future.

Recommended Reading: Stratton, *Psychic Self-Defense* (Video: To order call 212-410-7340). $380

July 31–August 7

A Gentle Trip in the High Sierra

Maurica Anderson & Les Wilson

For workshop description see Wilderness Programs, page 51-52. $715

Week of August 1–6

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 21-23. $740

Gestalt Practice

Christine Stewart Price & Guest Leaders

For workshop description, see June 6-11. $740

Spiritual Healing: Laying On of Hands

Maria Lucia Sauer Holloman

This workshop will present practical methods for using the hands as instruments of physical and spiritual healing. The emphasis will be on intentionality and personal clarity as fundamental tools in any healing art.

Maria Lucia Sauer Holloman studied and lived at Esalen for nine years. She currently studies with healers in Brazil and has a private practice in Rio de Janeiro where she applies Brazilian and North American approaches to healing.

C.E. credit is available for nurses; see pages 53-54. $740

Caring and Conflict

Joel Dweck Isaacs & Anne Clark Isaacs

The leaders write: "Our goal in this workshop is to help each person touch their deepest place of longing to be whole. Starting from this inner place, we will strive for group interactions of the same quality. Together, participants and leaders alike, the risks we take in knowing and revealing ourselves can create an intimate community.

"Feelings can provide self-knowledge, depth, and pleasure, especially when they flow freely. Relating to others is most gratifying when feelings are expressed openly and directly. We will work to realign the point of balance where the desire for contact and love is often countered by the fear of being engulfed or abandoned. We will explore ways to expand our options beyond isolation or losing oneself to be close."

The leaders have worked together for over a decade, sharing a commitment to relationship and community. Their training in numerous disciplines allows them to tailor each workshop to the needs and desires of the participants. Reichian emotional release, group process, play, nurturing, confrontation, and healing energy will all be used. When asked to characterize intimate relationship, one of them exclaimed, "It's heaven and hell!" This workshop aims toward easier access to heaven and shorter time in hell. $740

The Application of Altered States

Ronald Wong Jue

This workshop is for psychologists and health professionals who are interested in integrating transpersonal dimensions and strategies into their clinical practice. Participants will explore: how to move into a state of consciousness that allows the client a deeper awareness of his or her dynamics; the functionality of trance and the clinical application of altered states of consciousness in working with repressed memories; accessing spiritual resources of the client.

Utilizing David Bohm's theory of explicate and implicate order and Karl Pribram's holonomic theory to explain the phenomenology of trance, participants will delve into subjects ranging from myths and dream metaphors to shamanic journeys. The integration of this material into ordinary consciousness will be addressed. The final experiential portion of the workshop will focus on the healing of the inner child and parental introjects. These components of the psyche and their healing are important considerations in working with co-dependency, incest, rape, and addiction. Resource materials will be provided.

C.E. credit is available for nurses; see pages 53-54. $740

Weekend of August 6–8

A Weekend with Seymour Carter

For workshop description see May 16-21. $380

When Drummers Were Women

Layne Redmond

This century has seen a vast unearthing of the images of the Great Goddess and her priestesses. Throughout the ancient Mediterranean world, she is portrayed with her tambourine or frame drum. The frame drum is one of the oldest, most primal instruments and was played predominantly by women with their bare hands. A powerful trance inducing instrument, it was used in the religious rites of many goddesses, including Inanna, Ishtar, Cybele, Hathor, Isis, Sekmet, Aphrodite, Demeter, and Artemis.

This weekend will focus on hand drumming techniques and their relationship with the elements of earth, water, fire, and air. Working in a circle and using the force of gravity, participants will practice synchronizing with the energy of the earth and radiating a group pulse. These rhythmic rituals are an ancient technology for accessing higher levels of awareness and releasing a deeper feminine energy.

This workshop is for women only. No prior experience with frame drums is necessary. Drums will be provided. $380

A Weekend with Ilana Rubenfeld

This workshop will provide an introduction to the Rubenfeld Synergy™ Method, a healing system that uses gentle touch, movement, gestalt practice, creative imagination, music, and humor.

Memories and emotions stored in the body can result in energy blocks and imbalances. Through exercises designed to contact, release, transform, and balance these cellular patterns, participants can freely explore their innate healing potential. The atmosphere is one of acceptance, caring, and laughter, encouraging participants to move toward integration, empowerment, freedom, and new possibilities.

Participation in this workshop fulfills one of the requirements for acceptance into the Rubenfeld Synergy™ Training Program.

Recommended reading: Rubenfeld, *Twenty-Five Years of Simple*. For more information contact The Rubenfeld Center, 115 Waverly Place, New York, N.Y. 10011. $380

A Workshop on Rudolf Steiner and Life Stages

Robert & Ellen McDermott

This workshop will provide an opportunity to explore biographical themes through discussion and clay exercises.

The leaders will discuss Rudolf Steiner's spiritual-scientific description of the human being (physical, etheric, soul, and spirit), and his detailed accounts of the seven-year stages of life. The group will then explore the soul mood, tasks, and opportunities of each one of the seven stages. The clay exercises will allow for artistic experience and expression of the themes which emerge in conversation. $380

Intuition and Perception: Extending the Boundaries

Keith Harary & Darlene Moore

Most of us have had experiences in which we appeared to be aware of information that was not immediately available to our five familiar senses. Such experiences usually emerge spontaneously and can range from simple hunches, to feeling in touch with a loved one at a distance, to premonitions in which we seem to be inexplicably aware of impending events. Labeling such experiences as "psychic" does not explain them, but makes this fundamentally normal aspect of human awareness appear to be some sort of occult or supernatural process. Yet, such experiences most likely emerge out of a deep interconnectedness between consciousness and the physical world that is entirely natural and independent of any single philosophical or religious system.

Specific techniques of extended perception will be taught in order to allow this capacity to become a consciously available resource in everyday life, rather than a strictly spontaneous phenomenon. Starting with the basics of learning how to manage mental impressions, participants will practice separating their most relevant feelings and images from various forms of "mental noise" in a variety of extended perception scenarios. A more advanced technique that involves using your own "mental noise" to help guide your intuition will also be taught so you can develop your own inner language for processing intuitive information. $380

Week of August 8–13

Movement, Touch, and the Healing Process

Patrick Douce

This workshop will approach the concept of a free, effortless body through Moshe Feldenkrais's work in movement and touch. Balinese and other Indonesian systems of working with the human body's energy field will broaden the Feldenkrais work.

Participants will be introduced to the complexity and simplicity of the spinal column. They will use soft, conscious movement to increase their sensitivity for safe, hands-on explorations. Moving away from the notion of a straight, stiff, rod-like back, they will find that posture and overall flexibility of the spine improves.

This program is designed for both beginners and professionals interested in movement and touch. Individuals with chronic tension or stress, and those with lower back, neck, shoulder, or hip pain may find alternatives through learning more about the human body's possibilities. $740

Five Days with Ilana Rubenfeld

This workshop introduces the Rubenfeld Synergy™ Method, a holistic system developed over the past twenty-five years that integrates body, mind, emotions, and spirit for healing of self and others. This blend of gestalt practice, Alexander Technique, Feldenkrais® exercises, and Ericksonian hypnosis will be utilized as a gateway to contact, express, and work through deep feelings and memories locked in the body. Group exercises and individual demonstrations will incorporate gentle touch, movement, music, and humor. Key issues will be:

- Surviving the wounds of a dysfunctional family
- Healing the inner child
- Evoking innate healing potential
- Interdependence between emotions and posture
- Dreams and body metaphors that reveal life patterns
- Playfulness and humor
- Tools for self-care

This workshop fulfills one of the requirements for acceptance into the Rubenfeld Synergy™ Training Program.

Recommended Reading: Rubenfeld, *Twenty-Five Years of Simple*. For more information contact The Rubenfeld Center, 115 Waverly Place, New York, New York 10011. $740

Creative Arts Center at Esalen

Arts Center Staff

Everyone has a drive to create — to be original, inventive, whimsical, resourceful. Located in The Barn at Esalen, the Creative Arts Center is a place for individuals to explore their imagination and their playfulness. It is a growing resource that is constantly evolving — a place that invites you to express your own creative instincts and become the artist that you've always imagined was hiding somewhere inside you.

Your time at Esalen will be spent utilizing a variety of art media including painting, working in Big Sur clay, pit firing, drum making, dance/movement, structural mask-making, ritual, drumming, and creative group work.

Join the Arts Center staff as they help you experience the delight of moving from observer to participant — become the musician, the dancer, the actor, the painter, and the sculptor. Let your imagination get the best of you.

No previous art training is required.
$740

Awakened Mind: Brainwave Training Intensive

Anna Wise

The Awakened Mind is a state of consciousness that releases deep inner resources, capabilities, and powers that often lie dormant or inaccessible. This workshop offers intensive brainwave training to help you learn to develop the intricate combinations of brainwave frequencies that underlie optimum mental states. Biofeedback monitoring combined with different methods of meditation, visualization or "sensualization," and deep psychophysiological relaxation will be used to help you learn to master your own brainwaves, with an emphasis on greater creativity, reduced stress, and deeper self-awareness.

Participants will investigate the difference between the "state of consciousness" and the "content of consciousness" and learn how to use each to affect the other. We will look at repressed memory retrieval, the benefits and pitfalls of unconscious "radar," using the content of the subconscious for self-healing, and discuss the brainwave patterns of higher spiritual states of consciousness. The leader will discuss the differences between meditation, hypnosis, prayer, contemplation, visualization, relaxation, and concentration. The interrelationship between brainwaves and the human energy system, specifically the kundalini process, will also be explored.

Throughout the workshop the Mind Mirror EEG will be used to demonstrate brainwave patters, and Electrical Skin Resistance Meters will be used to measure the depth of arousal and relaxation of your autonomic nervous system.

C.E. credit is available for nurses; see pages 53-54. $740

Weekend of August 13–15

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 21-23.
$380

Writing and the Act of Creation

George Leonard

Participants will be encouraged to break through ego-barriers and cultural conditioning that inhibit expression. In so doing, they will have a chance to experience the creativity that is inherent in all of life. There will be little in the way of theoretical discussion and no critiques of past works. Simple movement exercises will serve to reduce stress, free the mind, and focus the will. Participants will have the opportunity to write furiously in the here and now and to get immediate feedback. Before the weekend has passed, they in all probability will have completed a short article or fictional work and will have experienced some of the joys and heartaches that accompany publication. Bring pencils, pens, or portable typewriters — and plenty of paper.

Recommended reading: Strunk & White, *The Elements of Style* (Macmillan); Leonard, *The Silent Pulse* (Dutton) and *Walking on the Edge of the World* (Houghton Mifflin). $380

Rekindling the Spirit in Work

Howard Schechter & Barbara Lee

"Rekindling the Spirit in Work" is about reconnecting with yourself and the work you do. Through creative exercises and sharing with the group, you can gain clarity about your goals in work, the skills required to reach those goals, and a deeper awareness of your strengths. The process can help you confront and dissolve major blocks to rewarding work and helps integrate who you are with what you do. This process is far more effective than narrowly focused vocational perspectives. The emphasis is on the question, "Who is working?" From an identification with our highest self, what we do can flow more easily and be a direct expression in the world of who we are inside.

This workshop is for people who are beginning new careers, in transition, dissatisfied, or simply bored with their work. Participants often come away with a sense of clarity and purpose, and seldom feel the need to make radical shifts in their job or profession. Rather, the subtle inner adjustments of identity, attitude, and perspective create greater job satisfaction and offer direction for taking the next steps in work.

C.E. credit is available for nurses; see pages 53-54. $380

Therapeutic Touch

Janet Quinn

Therapeutic Touch (TT) is an approach to healing that can be learned by anyone with the intent to help. It is a derivative of the laying-on of hands, but need not be practiced within a religious framework. Beginning with the basic assumption that all human beings are energy fields, TT is a powerful tool for actualizing the innate healing capacities of both recipients and providers. Clinical research demonstrates that TT can decrease anxiety, increase human hemoglobin levels, decrease pain, and increase the rate of human wound healing, among other beneficial effects.

The practitioner of TT embarks on a journey to empower the healer she/he already is, and, in the process, to be healed. The work of remembering how to care, how to connect in unconditional love and compassion, and how to heal is perhaps our only hope for personal, community, and planetary survival.

This workshop will explore the scientific, theoretical, and clinical foundations of TT. It will blend both didactic and experiential learning into a balanced, grounded approach to this new version of an ancient healing art.

Recommended reading: Macrae, *Therapeutic Touch: A Practical Guide* (1987,Knopf)

C.E. credit is available for nurses; see pages 53-54. $380

Relationships: Turning Toward Joy

Mariah Fenton Gladis

Creating stable and fulfilling relationships is a challenge that everyone faces. To be successful, human relating must be understood and accepted as an activity, an ability that requires movement, purpose, emotional capacity, and extensive contact skills. People often believe that good relating evolves naturally, but they discover in the routine of living with families, friends, and lovers that, in truth, they have not been adequately prepared — by their family backgrounds or society — to meet the demands of loving relationships.

This workshop will focus on the nature and basic requirements of healthy relationship. It will offer participants opportunities to access their abilities and disabilities, to develop awareness, and to practice risking positive action with others. It is for anyone who has "hit the wall" in a relationship or who has experienced being stuck at some seemingly impenetrable contact boundary and wants to break through. Particularly helpful for adult children of dysfunctional families, ACAs, and human relations professionals, this experiential and didactic workshop will blend individual and group gestalt work, spiritual healing, body work, and personal metaphor. $380

Week of August 15–20

Living Dance

Anna Halprin & Jamie McHugh

In early times, dance was the mother of all art forms and a way for people to connect with the natural world, integrate as a community, and affirm personal and tribal values. Ancient peoples expressed the most important experiences of life not with external materials, but with their own bodies. They danced to make sense of the mysteries of their existence — to celebrate victory, mourn loss, bring rain, initiate the young. Today, in an everyday world set apart from nature, people still need to tap into the deep resources of their bodies, moving and dancing to renew, inspire, teach, create, heal.

Through an approach Anna Halprin calls the Life/Art Process, participants will create dances from their own lives, deepening their life experience through expanded art expression. This workshop will range from structured practice to spontaneous, dramatic, and zany group interactions. Visualizations, music, and outdoor environments will be incorporated.

This workshop is open to everyone. Potential students for the Tamalpa Trainings may find this a valuable orientation. For information on recommended reading and videotapes, contact Tamalpa Institute, P.O. Box 794, Kentfield, CA 94914. $740

Polarity Massage Intensive

Deborah Anne Medow

Polarity massage is a system for balancing the currents of life forces which naturally flow through the body. It is a holistic approach to healing whereby the practitioner and recipient work with thoughts and attitudes, nutritional needs, polarity yoga exercises, and the polarity massage session itself.

Participants in this five-day workshop will be instructed in basic concepts of the polarity system as applied to the human energy field through the medium of massage. Emphasis will be on theory, polarity points and counterpoints, energy balancing methods, nutrition, and polarity yoga. Three-hour class sessions will be held in the mornings and afternoons. Evenings will be for practice and occasional group meetings.

This workshop is designed both for the interested layperson and the professional body work practitioner, and serves as a good review for anyone who has previously taken a polarity workshop.

C.E. credit is available for nurses; see pages 53-54. $740

Chakra Psychology

Nancy Rosanoff

The chakra system is generally known to be an ancient Hindu concept of spiritual energy centers located along the spine, which are awakened or energized as individuals progress spiritually. This course can give participants a modern understanding of how to use the chakras as guides in their quest for psychological and spiritual development.

Awakening the chakras allows people to observe the interaction between the body, mind, and spirit. The chakras can thus become tools to balance daily life within the context of a greater spiritual reality, with such practical applications as: enhancing self-understanding, improving loving relationships, changing unwanted behavior patterns, and unblocking creative energy.

Participants will work with their chakra spirit guides, yoga stretches, chants, meditation, breathing and awareness exercises, drawing, and writing to explore their chakras and themselves, open blockages, and help heal past pains.

C.E. credit is available for nurses; see pages 53-54. $740

The Soul's Theater: Improvisation, Storytelling, and Play

Corey Fischer

This workshop will address the soul's hunger for images that nourish. Individuals will explore their own lived experience as a vital source of creativity.

A major vehicle for this work will be improvisation — entering into the unknown with the innocence of "beginner's mind." Our intention will be to create a community of trust that will enable us to risk giving up our internal censors.

The work will include solo and ensemble experiences. There will be theater games, guided fantasy, free writing, storytelling, vocal and physical exploration to locate the stories, dreams, memories, and voices that are inside us. In this way, we will seek to restore value to that which has been ignored, suppressed, and neglected.

As the workshop unfolds, issues of form and structure will also be addressed in order to understand how personal material can be shared through performance.

No previous theatrical experience is necessary. Workshop is limited to 12 participants. $740

Creating Exact Moments of Healing

Mariah Fenton Gladis

Adult children of alcoholic, dysfunctional, or abusive families (ACAs) must walk a road of recovery that requires determination, lifelong commitment, and the creation of specific moments of healing. This workshop offers participants an opportunity to take a major step toward health, helping them define a plan for the necessary moments they must create so they can move forward, transforming their personal history from one of liability to one of strength and wisdom. Focus will be on the promotion of healing in four fundamental relationships.

- With oneself: developing awareness, freedom from addiction, and healing of the body and soul from the residual effects of chronic trauma

- With others: improving one's capacity for moving out of isolation and into direct, open communication and trust; expanding intimacy skills while securing healthy boundaries;
- In the world: moving away from chaos and deprivation towards stability and abundance
- Spiritually: searching for the meaning of one's history and accessing that part of the self that can utilize universal blessings.

This workshop will be experiential and didactic, blending individual and group gestalt work, music, spiritual practices, and body work. A step-by-step recovery process developed by the leader will be incorporated throughout the workshop. The atmosphere will be one of trust and mutual support. This workshop is also appropriate for professionals who work with ACAs. Please bring a mirror and photographs of yourself at all ages.

C.E. credit is available for nurses; see pages 53-54. $740

Weekend of August 20–22

Psychedelic Politics and the Shamanic Ethos: A Weekend with Terence McKenna

Social responsibility and the personal quest for encounter with the Transcendent Other — are these concerns hopelessly opposed or part of the same intellectual and emotional enterprise? If there is to be a new era of social reform and tolerance for exploration of inner space, what obligations and opportunities does it imply for the individual and the community? Can psychedelics provide answers or lead to new approaches to the dilemmas posed by a toxified and over-populated planet ruled by capitalists and crypto-fascists? What would a world look like that actually took seriously the commitment to the ideal of a universal right to "life, liberty and the pursuit of happiness." Join us and help in defining the end of the millenium agenda of the Archaic Revival. $380

Spirit and Body

Brother David Steindl-Rast

For many who come from a Western religious tradition there seems to be a tension — often a painful tension — between body and spirit. And yet, for the biblical tradition — Jewish as well as Christian — embodiment of the spirit is characteristic. Many of us have discovered the joy of spirit-in-the-body. This joy can be even greater when we find that we have in this very experience rediscovered our roots.

During this weekend at Esalen, Brother David will explore and discuss with participants some unexpected aspects of an ancient tradition and an ever new joy. $380

A Weekend with David Schiffman

The purpose of this workshop is to create a more positive and open-ended self-concept. Through the use of structured risk-taking situations, gestalt, role-playing, fantasy, and group process methods, participants can accept or transcend the self-imposed boundaries from which they approach the world. Emphasis is on searching out personality strengths, individual capacities, and latent powers as a means of achieving productive functioning. $380

Facial Communication

Lillian Lesefko

Your face is your identity, the external manifestation of your inner personality. The face can also be viewed as a topographical map of your life experiences. Learning to interpret the clues shown on the face can give you insight into your own psychological process as well as the health and character of others.

Based on the ancient science of Chinese facial analysis, derived from Chinese medicine, this workshop will introduce Oriental wisdom combined with modern research and techniques. Participants will learn how to evaluate the health indicators of the face, the genetic structure, and the traits and emotional issues often associated with these markings.

During this workshop, participants will expand their self-knowledge by attempting to unmask their real selves, learn to profile others, and explore ways to achieve their "Golden Path" in life.

C.E. credit is available for nurses; see pages 53-54. $380

Week of August 22–27

Accepting Life's Transitions: Letting Go–Moving On

Mary Goldenson (Devarani)

For workshop description see May 7-9.
$740

A Week with Seymour Carter

For workshop description see May 16-21.
$740

Dancing on the Body: Massage in the African Tradition

Deborah Harrell

Whosoever knoweth the power of the dance dwelleth in God. —Persian Dervish Poet

African culture teaches us a great deal about surrendering to the harmonizing forces of life. To dance, to feel ecstasy, to release repressed tensions and abandon self-consciousness brings the mind and body into the present moment. This workshop will explore ways to surrender to higher dimensions of the spirit through African dance, rhythm, massage, and centering exercises.

Participants will work toward experiencing massage as a dance on the body. By learning to direct awareness to the flow of the body's powerful spiritual force, it is possible to become a vehicle through which energy moves, allowing the fingers to travel intuitively to areas which need healing.

Drawing on ten years of teaching experience in holistic medicine, body work, and dance, Deborah Harrell has developed a self-healing framework in which participants "dance from within," and can feel fluid and centered while performing different massage techniques. Participants will learn exhilarating African dance movements with drumming accompaniment, Mid-Eastern dance, movements which invoke animal forms, breath work, and centering exercises which calm the mind and still the body.

The techniques used in this workshop are useful to somatic practitioners, psychotherapists, and anyone working on self-healing and spiritual development.

C.E. credit is available for nurses; see pages 53-54. $740

Living a Spiritual Life in a Practical World

Judyth Weaver

This workshop will focus on the practice of everyday living and the integration of body, mind, and spirit into our daily lives. Participants will be encouraged to look at ordinary activities through the lens of spiritual practices.

Traditional meditations such as Zazen and Vipassana, and non-traditional forms such as sensory awareness and inner movement, will be used. The group may spend one day in "noble silence" as an alternative to speaking, and might also engage in the Chinese energetic practices of T'ai Chi Ch'uan and Qi Kung.

Using our breath as a guide, participants will focus on fully living one moment at a time, exploring these experiences and investigating their creative applications in our lives. We will take time to process them and their effects on both ourselves and others. Such explorations can help us decide which practice we might want to include in our daily lives to experience a deeper sense of wholeness. $740

Weekend of August 27–29

Weekend Massage Intensive

Brita Ostrom & Arthur Munyer

For workshop description see May 21-23. $380

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 14-16. $380

The Intelligence of the Heart

Joseph Chilton Pearce

The leader writes: "The intelligence of the heart is the only force that can pull the garments of the self together; it is the nurturing power so many of us missed right from the beginning of life, that unconditional love which assures us of the evolutionary progress nature intended."

The heart's intelligence is designed by nature to unfold from birth and to peak at adolescence, but unfortunately our cultural bias prevents most of us from activating it. For over 30 years, Joe Pearce has been studying the latest research on how the human intelligence unfolds, while at the same time developing his own inner awareness.

In this workshop, Pearce will share his findings about the three-part human brain, how each brain has its own language, its own developmental cycle, its own purpose, and how the three brains can only be held in balance by the heart. To understand the expanding capabilities of the human brain as a child grows up will give participants a deeper appreciation of their own developmental cycle and that of their children. Pearce will share new research into the actual physiological connection between the heart and brain, and propose that this connection can be made at any time in life.

Through discussion, meditation, and contemplation, participants will work to understand more deeply the significance of his or her own connection to the heart and how to deepen that connection. $380

Reconnecting with Living Nature: New Science, Intuitive Experience, and the Resacralizing of the World

Rupert Sheldrake

Science has done much to alienate us from our direct, intuitive experience of nature. But now science itself is transcending the mechanistic paradigm and pointing toward a new sense of a living world. The cosmos is no longer like a machine running down; it is more like a developing organism with an inherent memory, and so is our planet, Gaia. The old idea of determinism has given way to a recognition of indeterminism and chaos.The laws of nature may be more like habits. Times and places have qualities, such as those traditionally recognized through seasonal festivals and pilgrimages.

In this workshop we will discuss some of the implications of the new animism for our own lives – for the greening of politics, economics, and religion, and for the resacralizing of nature. We will explore our own relationship with nature through direct experience outdoors; by calling to mind long-forgotten moments of insight; and through practical ways of reconnecting with the living world around us.

Suggested reading: Sheldrake, *The Rebirth of Nature: The Greening of Science and God* (Bantam). $380

Healing the Healer

Peter Finkelstein

Working in the field of health care brings the practitioner into contact with sorrow and death. And although health care professionals accumulate great emotional burdens, many do not pay enough attention to staying whole, integrated, and non-depressed while doing this work. Often, in fact, institutional arrangements foster the opposite: isolation, dehumanization, withdrawal. Hence, it remains for the practitioner to find a personal approach in which to process sorrow, frustration, and fear, both wisely and well.

The heart of this workshop will be the telling of stories from the world of health care. Through such telling we can reveal and heal those sometimes invisible wounds that interfere with our own growth and ability to continue helping others. Dream interpretation, didactic material, and group process may all be used to deepen the experience. Special attention will be given to creating an atmosphere of trust. $380

Week of August 29–September 3

Big Sur Wilderness Experience

Steven Harper

For workshop desription see May 21-23. $740

Vision Painting

Helen Malcolm-Neeb

Vision painting is a transformative adventure recreating aspects of your life spiritually, professionally, and physically. Through meditation and guided visioning you can explore the many layers of self that motivate your life. Subconscious symbols and dream images are evoked on the path to the inner self. The painting becomes the process of the hand following the emotions and the heart, creating from your highest potential a personal map of the future as you would like it to be.

This is an opportunity to affirm the spirit within from a place of play, creativity, and strength. Beginners and artists are welcome. Create a vision of your future as you want it to be.

$740 (plus $20 materials fee paid directly to the leader)

Recovery for Adult Children and Co-Dependents

Julie Bowden & Richard Balaban

This weeklong journey will be a healing of the "child within" in an atmosphere of safety and respect. Experiencing and integrating the past allows us to live in the present, no longer tyrannized by previous pain and outmoded behaviors. We can be freed to exist more fully in relationship with ourselves and others. Issues specific to both men and women will be explored. Treatment providers and people in all stages of recovery are welcome.

C.E. credit is available for nurses; see pages 53-54. $740

Couples in Creative Dialogue: Creating New Worlds of Experience

Paul Lounsbury & Nancy Winston

This workshop is for couples who as individuals want to expand and enrich the spontaneity of their interaction. We will investigate certain patterns of unconscious interaction that generate and maintain limiting and defining forms that relationships can embody. Rather than open us to the creative originality inherent in both people, these systemic patterns distance us from vital emotional contact that engenders spontaneity and freedom.

By investigating these interactions from a systemic perspective using principles and techniques from Ericksonian hypnosis, we will seek to disrupt the more confining patterns and mobilize the unconscious resources needed to construct new forms of behavior. The goal will be to help couples create more satisfying and original interaction and develop a more flexible range of connections that lead to deeper forms of intimacy. Group interaction, structured trance experiments, and discussion will support the workshop process.

Prerequisites are a willingness to expand your tolerance for closeness and distance, and an openness to experience humor in ways you may never have before. $740

Healthy Eating

Jane Miletich, Grace Stern Swanson & Robert Swanson

One of life's important decisions is choosing what we put in our bodies. But what is the optimum dietary program? There is special interest research to support almost any position. What we don't know is monumental, but evidence suggests that holding on to cultural dietary habits and myths may be hazardous to our health.

In this workshop, we will practice dietary methods designed to cleanse the system and allow each individual to make clear, responsible choices about what to eat. Our food is harvested from the Esalen farm and other local organic farms, and delivered daily to our specially designed kitchen where we will practice a "gourmet" approach to health. Join in on the harvesting and get hands-on experience preparing cooked and raw food dishes in a variety of ways. Fasting and various dietary preferences such as macrobiotic, living foods, and Ayurveda will be discussed and explored.

The beauty of the Big House will set the stage for a culinary celebration.

Recommended reading: Schaeffer, *Instinctive Nutrition* (Celestial Arts); Shelton, *Fasting Can Save Your Life* (Natural Hygiene Press); Cousens, *Spiritual Nutrition and the Rainbow Diet* (Casandra); Robbins, *Diet for a New America* (Stillpoint).

$740 (plus an additional $50 fee for organic produce paid directly to the leader).

Weekend of September 3–5

Accepting Life's Transitions: Letting Go–Moving On

Mary Goldenson (Devarani)

For workshop description see May 7-9 $380

Inner Sound and Voice

Jill Purce

This workshop will teach practical explorations with sound for healing and the transformation of consciousness. By liberating the voice, it is possible to make contact with deep levels of the self and release an untapped source of energy.

Participants will work with the psychophysical effects of breathing, chanting, mantric and sonic meditations, learning to tune and listen together, moving from the intuitive level into meditative states. Breath and sound will be developed so that different parts of the body-mind come into resonance to give sonic massage, and to heal and tune the chakras and subtle body. Participants will be taught ways to find their own note and hear inner sound, entering directly into the subtle dimensions of sound by the magical voice practices of traditional cultures including trance music, Mongolian and Tibetan overtone chanting, and other methods. $380

Endarkenment

Will & Ailish Schutz

Sometimes in our search for enlightenment we become humorless, and our search becomes tedious. Growth demands a respite from intensive struggle.

This workshop can provide a vehicle for the turn downward. We shall explore: how to establish and maintain meaningless relations; what to worry about while meditating; advanced covert blaming and inducing guilt in loved ones; how to become the most sympathetic victim/martyr in your social group; guilt without sex.

This approach, similar to Feldenkrais's "live the disasters" and the "homeopathic principle" (Will Schutz, *Body Fantasy*), can be as valuable for attaining enlightenment as the direct route — and more fun. In addition, participants will have an opportunity to explore, play with, and celebrate the shadow — that part of ourselves we usually hide.

$380

Machine Dreams and Technoshamanism

Britt Welin & Ken Adams

Was Jimi Hendrix a shaman? Can pulsing light and sound heal the body and increase our intelligence? Is information immortal? What unexplored realms of spirit will we encounter with amazing new forms of computer and electronic hypermedia?

New myths will be needed. New mysteries will be encountered. How can ancient models of mind such as shamanism, Hinduism, or voodoo help us comprehend silicon-based consciousness? Why are neuro-enhancers crucial tools for so many computer innovators? Can humans share an erotic relationship with a machine being? Are Earth spirits at play in fields of photons and electron spin?

A neo-psychedelic subculture is co-evolving with new technologies to reveal glimpses of exotic futures. Participants will explore these realms in this workshop and demonstrate experimental approaches to shamanic method with "machine allies" and their collective Dreamtime Matrix. Join the leaders and help explore their creative partnership devoted to psychedelic applications of videography and computer arts. $380

Week of September 5–10

Life Energy Process^{SM}

Stephano Sabetti

The Life Energy Process (LEP) is a spiritually-oriented approach to self-development and professional growth based on Eastern and Western energy dynamics. Specially designed subtle and intensive movements (microments) can increase energy flow and lead to the discharge of non-essential processes in your body (e.g. repressed emotions, chemical toxins, etc.). Each of us has an energy frequency that can be felt when attuned through LEP. This unique vibration helps us center and ground ouselves as well as find clearer direction and meaning in daily life. Each participant will have a chance to feel their unique energy process and explore it through process inquiry.

Life Energy Process includes: dance, theater, massage, pool work, and various other forms. The workshop is of particular interest to professionals and laypersons who are excited by the integration of theory, pleasure, and hands-on application of energy concepts.

$740

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Five-Day Massage Intensive

CC. (Carl Chase) & Kathleen O'Shaughnessy

This workshop is for those individuals who are just beginning to explore touch as deep communication. The central theme will be primary approaches to full-body massage, which the leaders will introduce through demonstration and experiential exchanges. Self-awareness through movement, sound, and breath will be used to enhance the senses. Discussion will offer insights into various approaches to body work and how they address both the physiological and emotional body.

C.E. credit is available for nurses; see pages 53-54. $740

The Writer's Way:
A Personal Adventure through Writing

Nancy Bacal

We all haves stories that are aching to be told, but when asked to translate them onto the page, it is not uncommon to experience shame and self-judgement. This is an invitation to anyone with an open heart to gather together and mine the reservoir of personal experience. Beginning with a series of writing exercises designed to bypass the "critic", we will use the pen to lead us onto our own path. Daily excursions on the page will help us transform the burdens of our lives into story, the unwanted voices into characters, the failures and successes into material. Guidance will be specific enough to excite the imagination, loose enough for each of us to experiment with imagery and remain open to surprise.

This workshop offers a supportive and stimulating environment for the non-writer, the occasional writer, and the professional. The schedule will include writing in and out of the group, movement, meditation, reading and discussion of pertinent material. The intention will be to coax the mind out of its cycle of expectation and disappointment into a positive, functioning relationship with our work.

Recommended reading; Needleman, *Work of Craft;* and Beck, *Everyday Zen.* $740

Organizations of the 1990s:
Managing with Heart

Maggie Seeley & Thom Allena

Human needs, environmental values, and spiritual concerns are finally being acknowledged as integral parts of organizational life. "Corporate soul" is a new buzz term in management circles and signifies the need for organizational life to become more human and cooperative. People are motivated to make a difference, and in today's corporate world these differences now consist of psychological and spiritual considerations as well as economic concerns.

Limekiln Campground

KAREN PREUSS

Organizational leaders now practice "power with" rather than "power over" employees and use quality circles, teamwork, and a "win-win" ethic as conflict resolution techniques. Employee ownership incentives are helping employees find their work more satisfying, productive, and profitable. Now that organizational life has been give a "heart," new ideas are constantly evolving to change the way management operates.

This workshop will provide tools, techniques, and experiential work for those who wish to:

- Improve their leadership effectiveness and organizational vision
- Find more intuitive ways to develop a "kinder, gentler" empowering management style
- Learn to balance profitability and productivity with human concerns
- Express their personal vision by working "spiritually smarter" rather than through workaholic or technoholic strategies
- Learn ways to integrate humor, creativity, and play as part of a more productive environment
- Experience team building and partnership models based on the integration of masculine and feminine behaviors
- Examine theories X, Y, Z, then create a new management paradigm
- Create a workbook and develop a personal plan of action

This workshop is for leaders, managers, directors, supervisors, and other people who wish to work "spiritually smarter" and improve their own and their organization's consciousness and business practices.

C.E. credit is available for nurses; see pages 53-54. $740

Self-Acceptance Training: Basic

Richard Olney & Heather Burch

This workshop is largely experiential; no time will be given to theoretical or didactic considerations. Self-acceptance training is a transpersonal practice that follows an educational model rather than a medical model. It is defined as "the experiencing of whatever I am in a given moment, without the inhibitions of self-judgement, self-criticism, or self-evaluation." The goal of this work is to reach the inner self, the inner teacher, and to feel alive and real. Although its practice includes devices drawn from gestalt, bioenergetics, mythic fantasy, eidetic imagery, and hypnosis, it is also a philosophy, a value system, and a view of the individual's relationship with the universe.

Self-acceptance training is a holistic approach which emphasizes body awareness, emotional charge and discharge, and cognitive examination of the individual's "pretends" and illusions that obstruct self-acceptance.

Limited to 25 people. $740

Weekend of September 10–12

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach

Patrick Douce

The work of Moshe Feldenkrais is based on the natural process by which we learned to move as children. During this workshop, soft, easy, gentle movements will be used to increase awareness of the body and to improve the ease and ability of movement. Special emphasis will be placed on the difficulties in movement that arise from chronic conditions such as lower back and neck pain, shoulder pain, tension in the neck and shoulders, and knee injuries. Such conditions can be improved by approaching the difficulties as problems in learning rather than as therapeutic troubles. Situations which were "incurable" become "re-educable." Workshop participants will also be introduced to methods for improving their ability to sense each other's bodies through touch and massage.

Although this workshop is valuable for anyone interested in learning more about his/her body through direct experience, it may be of special interest and benefit to dancers, athletes, doctors, nurses, physical therapists, psychologists, health care professionals, and elderly citizens who may discover new ways of moving with ease and increased flexibility — painlessly and immediately.

C.E. credit is available for nurses; see pages 53-54. $380

Spriritual Survival in Corporate America

Jerry Johnson

Bill Moyers recently said he is devoting his time and broadcast coverage of the '90s to the spiritual pursuit of increasing numbers of Americans. His statement comes at a time when many of us who value a spiritual life are questioning whether it is possible to continue working within a context of traditional corporate values.

This workshop will carefully and playfully examine the choices open to those whose working life brings them inside companies, corporations, and institutions. We will explore the following:

- What is my own spiritual practice and what do I mean by a "spiritual life"?
- How do I identify differences between spiritual and religious?
- Is conflict between my job and spiritual life inevitable?
- How can I create a better work environment without compromising who I am ?
- Can a corporate job accomplish my agenda?
- How can my spiritual values survive and thrive inside a company?

This workshop is designed for those who have serious questions about continuing to work within corporate sturctures, but who haven't yet given up hope. $380

Rituals of Transformation

Paul Rebillot & Audrey Savage

People are continually approaching thresholds, transition points from one state or condition of being to another. To live is to change. The tendency, however, is to resist change, to cling to the familiar, to remain stuck at the threshold. This tendency is the source of much stress and pain that people experience in life.

A ritual does not make a change happen. Instead, it awakens within the psyche the archetypal pattern of change; it teaches the participant how to change. By acting out the ritual, people learn, not only in their minds but in the feelings of their hearts and the movements of their bodies, the process of transformation. Rituals can both prepare people for change as it happens in the course of their lives, and help heal the passages that were not completed in the past.

During this workshop, group members will look at what they want to heal and transform in their lives, what they need to say good-bye to in the past, and what new steps they need to take in order to cross their present threshold. Sub-groups will work together to design and enact individual rituals in order to support and help their healing process.

Just as the body can move from one position into another, so can the full being; hearts can move, minds can move. The basic tenet of ritual is that one can trust the body to show the appropriate path, that way so supported by the full being that doors seem to open before one. Joseph Campbell said that when someone can discover his or her authentic path, this way seems to be blessed by magic. To find this way is the work of "Rituals of Transformation." $380

New Maps for the New Millennium

Ralph Blum & Bronwyn Jones

Homo sapiens is completing its tour of duty and preparing to bow out. Waiting in the wings to take its place is a new species characterized by enhanced knowing and broader wisdom. The old maps are out of date and we are all cartographers now. We must create "New Maps for the New Millenium."

What matters now? Do the old concepts still apply now that we have entered a critical period of detoxing, cleansing, and realigning? We must identify the ways we disempower ourselves, find the means to reclaim our power, and work towards making ourselves whole.

The goal of this seminar is to provide insights into the workings of the Runes as a training tool for the intuition, and to engage in experiential, hands-on exercises to ground participants in the use of the Oracle. Using the Runes as "a compass for conduct," we will examine major themes such as healing, initiation, shifting your archetype, and the issues of will and resolution. Together we will explore what it means to become an oracular individual as we prepare ourselves to enter the twenty-first century.

This course is open both to beginners and advanced students of the oracular tradition. Recommended reading: Blum, *The Book of Runes* or *The RuneCards* (both, St. Martin's Press). $380

September 10–19

Painting Experience with Michell Cassou & Stewart Cubley

For workshop description see Special Programs, pages 50-51.

$1500 (plus $30 materials fee paid directly to the instructors)

Week of September 12–17

Five-Day Lomi Intensive

Kathryn Lydecker, Johanna Putnoi & Robert Sanoff

For workshop description see May 2-7. $740

A Confluent Somatic Approach

Steven Vasquez

This workshop is about the nuances involved when illness, injury, or pain become resolved beyond the conventional expectations of medical science. Information from people who beat the odds of recovery from "terminal" illness, "incurable" diseases, or difficult injuries will be reviewed. The role of belief, attitudes, and relationships in affecting the body will be experientially explored.

This confluent somatic approach synthesizes medical research, cross-cultural concepts, ancient spiritual practices, and modern psychology. It combines methods drawn from Ericksonian hypnosis, Focusing, and family systems theory, with hands-on work to reduce physical symptoms. Abstract concepts like state-dependent memory, psychoneuroimmunology, and chakra systems are broken down into practical applications.

Workshop material will be experiential and didactic. Processes for tracking unconscious personal myths that underlie medical conditions will be demonstrated. Complex medical jargon, psychological processes, and esoteric energy methods will be simplified into functional uses than can affect health recovery in conventional psychological and medical settings.

Recommended reading: Siegel, Peace, *Love and Healing* (Harper & Row); Chopra, *Quantum Healing* (Bantam); Rossi, *The Psychobiology of Mind-Body Healing* (Norton).
$740

Apprenticeship to the Earth with Little Bear Nason & Steven Harper

The purpose of this workshop is to reawaken participants to the spirit of the Earth and their intimate connection to all of nature. Working with Native California Indian traditions and contemporary somatic awareness practices, the group will apprentice to Earth's wisdom, seeking to enfold themselves in the forgotten arms of the landscape in order to rediscover and reinhabit the earth as modern twentieth century indigenous natives. While the Native American way of life cannot be learned in a short time, this program is designed to give participants a comprehensive overview. In addition, the group will investigate how these ancient ways can be incorporated into daily life.

Little Bear will share his peoples' way of obtaining harmony and balance with the Earth through ritual, stories, dance, and ceremonies. Much of this workshop takes place in direct contact with nature, outdoors on day hikes, and at special spots along Big Sur's spectacular coast. This event marks the first time the Esselen Indians have taught on their ancestral homelands at Esalen Institute.
$740

The Hero's Journey

Paul Rebillot & Audrey Savage

Paul Rebillot writes: "Again and again in my work with people I have seen the suffering and confusion caused by our society's lack of significant rites of passage. Without shamans or ritual masters to guide them, modern women and men must find their own lonely and usually traumatic paths from one stage of life to another — whether it be a child's discovery that there is no Santa Claus, an adolescent's awkward approach to puberty, an adult's marriage or divorce, or a change of career. Every change requires a movement from one level of being to another.

"Seeing this need, I created a rite of passage universal enough to allow people to discover the pattern of change, whatever that change might be. That patterns is exemplified in the myth of the hero. The new stage of life that is to be reached calls forth a heroic action on the part of the person taking the journey. At the same time, as soon as a new goal begins to emerge, all of the resistance to that goal emerges as well. I call these two forces 'the hero' and 'the demon.' In order for the new state of being to be realized, these two forces must discover how to communicate with each other and how to work together. The old forms must fall away so that the new form can emerge.

"My purpose is to give people a chance to experience a rite of passage so that they can enter the changes in their lives with a sense of joy and greater context. My hope is that through this process people will awaken to their own creative genius and enter into the drama of their lives with imagination and delight.

Recommended reading: Campbell, *The Hero with a Thousand Faces* (Bollingen, Princenton Univ. Press) and *Myths to Live By* (Bantam). $740

Weekend of September 17–19

Ishta: The Yoga of Empowerment

Rod Stryker

For workshop description see June 13-18.
$380.

Poetry Workshop: Writing New Poems

Sharon Olds

This is an intensive workshop for the writing of new poems in an atmosphere of encouragement and adventure. The focus will be on the new poems written during the weekend and where they can lead us. There will be individual conference times as well as group meetings. The goal will be to help each other bring forth something fresh and alive from deep inside. Beginners as well as experienced writers are encouraged to apply.

Sharon Olds teaches in the Graduate Creative Writing Program of New York University. She has been given a San Francisco Poetry Center Award, a National Book Critics Circle Award, a Lamont Award from the Academy of American Poets, and grants from the NEA and the Guggenheim Foundation.

To apply, please send a letter with your name and address and between three and five pages of your poems, typed (no dot-matrix, please). Do not include a SASE; applications will not be returned. Please send them to Sharon Olds c/o Esalen Institute, Big Sur, 93920. Your poems must be received no later than August 1, 1993. Participants will be notified of their acceptance into the workshop on August 20, 1993.

Recommended reading: Poetry by Sharon Olds: *Satan Says*; *The Dead and the Living*; *The Gold Cell*; and *The Father*. $380

Week of September 19–24

A Week with David Schiffman

For workshop description see May 9-14.
$740

Cortical Reeducation* and Integrated Awareness

Harriet Goslins & Lansing Barrett Gresham

The basic relationship between our emotions and our behavior can cause specific body locations to remain chronically contracted in alliance with specific emotional inhibitions. The choice *not* to make a certain movement can be an attempt to avoid re-experiencing the painful emotion that that particular movement elicits.

Anger, grief, shame, and fear seem to have predictable locations in the body, regardless of personal and cultural differences. A direct route to releasing these mental and emotional repressions, blocks, and denials is through specific movement patterns that can release obstructive habits. If you can't make the movement, then you inhibit the behavior connected with it.

Participants will do floorwork to facilitate this reclaiming process.

C.E. credit is available for nurses; see pages 53-54. $740

Couples' Group: The Truth

Will & Ailish Schutz

This workshop is for couples, mainly, and for individuals — those in a couple, formerly in a couple, or who want to be in a couple. It is only for those who are willing to tell the whole truth. The leaders will use a symphony of methods, old and new, tested and spontaneous, from problem resolution to massage.

Recommended reading: Schutz, *Profound Simplicity* and *Joy: 20 Years Later* (Ten Speed Press). $740

Self-Acceptance Training: Advanced

Richard Olney & Heather Lynne Burch

This workshop is basically experiential, but time will also be given to theoretical and didactic material of interest to professional therapists. Please refer to September 5-10 for complete workshop description.

Please note: Due to the time given to the didactic material in this advanced workshop, not everyone will have a chance to work personally with the leaders. $740

September 21–25

Path of the River: A Rogue River Journey

Steven Harper

For workshop description see Wilderness Programs, pages 51-52. $700

Weekend of September 24–26

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 14-16. $380

Weekend Massage Intensive

Vicki Topp & Esalen Massage Staff

For workshop description see May 21-23. $380

Yom Kippur: The Other Side of God

Rabbi William Cutter
& Cantor William Sharlin

This weekend will include observance of the Jewish Day of Atonement, reflection of the year just past, and the work of personal purification and repentance. Prayer, meditation, music, and discussion will occupy us from sundown on Friday through the end of the day Saturday. **Kol Nidre will be at 7:00 P.M. on Friday**; Ne'ilah (the concluding service) will end by dinner time Saturday evening when we will enter the New Year in ways both traditional and innovative. The Sunday morning workshop will include reactions to the experience and sharing of New Year stories.

The prayers will include traditional liturgy treated in a non-traditional way, and innovative text combined with music of generations past and present. Discussions in smaller groups will occur throughout, as will meditation and time just to be alone. Although the Yom Kippur experience itself will be "devotional," non-Jewish participants are welcomed. Fasting and personal restriction characterize the traditional Yom Kippur observance, but participants may choose to experience this holiday in their own way, with their own commitments. $380

Transpersonal Medicine

Jeanne Achterberg & Frank Lawlis

The concept of transpersonal medicine has been coined from two fields of study, transpersonal psychology and medicine. Transpersonal medicine is healing from beyond the self, and recognizes that there are many resources beyond what we consider our consensual reality. This definition honors the integration of many eras of health care, expanding to include the ancient practices of shamanic work as well as the contemporary frontiers of psychoneuroimmunology and imagery.

This workshop will present many of the doors to alternate realities and specific avenues for accessing the wisdoms that lie just beyond the boundaries of the limits of self. Altered states of consciousness, ritual, advanced imagery techniques, the experience of community through joy and transcendance are the basic topics for presentation. The workshop is designed to be primarily experiential with clinical applications for dealing with physical and mental problems from a professional perspective.

C.E. credit is available for nurses; see pages 53-54. $380

Week of September 26–October 1

Golf in the Kingdom: An Exploration of the Inner Game

Stephen Cohen, Fred Shoemaker
& John Allen

For workshop description see May 23-28. $740

Embodiment and Vision

Laura DeNuccio (Ma Prita)

For workshop description see June 20-25. $740

Process Work: Working with the Dreaming Body

Nisha Zenoff

Process Work, developed by Dr. Arnold Mindell and his associates in Zurich, is grounded in the belief that all of life's events and experiences have the potential for being useful and meaningful. Nature makes no mistakes — even the unexpected, unusual, and nonsensical occurrences in our lives, if observed and explored, can provide us with valuable information. Process Work provides us with the tools for exploring and working with a wide range of human experiences, including: chronic symptoms, dreams, movement, relationships, and groups. Based on the theory of the "Dreambody," the body is seen to mirror dreams, myths, and fantasies. In effect, the body is a dream trying to happen.

A compassionate atmosphere will be provided for participants to gain skills for working on relationship issues, physical symptoms, and dreams. The focus will be on:

- The basic foundations of process work
- The practical skills needed to apply process work concepts to one's personal and professional life
- Ways of bringing creativity and a sense of play into the serious business of being alive.

This workshop will include discussion, demonstration, and experiential work.

Recommended reading; Mindell, *Working with the Dreaming Body* and *Working on Yourself Alone* (both, Arkana). $740

Coyote Dance

Alberto Villoldo

Every night when the moon is full, Spider Woman sifts through the sands searching for coyote bones, and when she has assembled a full white skeleton and spun her silver threads through it, she blows her breath softly over each *rib, each thigh and leg bone, until the flesh grows crimson and then furred like the desert sand. She then sings the song of life until it's tail twitches and the coyote leaps into the air and bounds off into the dunes laughing like the morning wind.*

This workshop will gather people together to collect those parts of themselves that are enduring, the whitened bones that Spider Woman gathers, and spin the web of life around everyone's true life-force. The Soul-Mending way will be explored through storytelling, magic theater, and ritual movement.

The Soul-Mending Way has been used for millennia by medicine peoples of the high Andes for healing ancient soul wounds and to quantum leap into their destiny, into who they are becomming. The groups will be immersed in the five rites of passage of the Soul-Mending Way.

Emergence: Renewal and regeneration

Passage by Fire: Purification and transformation through humanity's most ancient rite of passage

Provenance: Return to the Mother-Goddess and claiming the Earth as mother and Sun as father

The Luminous Warrior: Life/Death/Life – achieving the impeccability of the warrior who has conquered death

Deliverance: Return to the Father – surrendering the self, letting go, returning home.

These mythic passages will be translated into contemporary journeys of transformation. In selective trance states unique to shamanism, we will discover realms not bound by ordinary time, domains where there are no causes, only effects, and where one can hear the voices of the ancient ones in the wind, heal one's past, and summon one's destiny. $740

Weekend of October 1–3

A Weekend with Marianne Williamson

"Love is what we were born with. Fear is what we learned here." —*A Return to Love*

Take a spiritual journey with Marianne Williamson, lecturer and best-selling author of *A Return to Love*, as she teaches the basic principles of *A Course in Miracles*, a self-study system of spiritual psychotherapy, and discusses their application to daily life. Topics covered will include relationships, health, and career. The weekend will focus on the relinquishment of fear and the acceptance of love back into our hearts. Living the good life has nothing to do with accumulating possessions or status or power; it has to do with understanding ourselves and serving others in order to expand the fund of love in the universe.

Participants will spend a thought-provoking weekend examining some key issues in the *Course of Miracles'* philosophy: forgiveness, relationships as assignments, and healing of our personal wounds.

Recommended reading: Williamson, *A Return to Love*.

Please note: This workshop is expected to have a very large enrollment. $380

Week of October 3–8

Making It Float

Robert Hall

For workshop description see June 20-25.
$740

Gestalt Practice

Christine Stewart Price & Guest Leaders

For workshop description see June 6-11.
$740

Biodrama

Lorenzo Ostuni

Everybody's life is a journey that passes through the doors of birth, love, and death. Biodrama, an Italian method that synthesizes three-thousand years of philosophy (Egypt, Hebraism, Greece, Rome, and Italian Renaissance) and modern philosophy, is an individualized ritual experience in which each group member symbolically passes through these stages. It employs dream work, body language, poetry, imagery, symbols, and music; it is both contemplative and experiential. The goal is to develop a deeper awareness of the emotions of life and love through a creative relationship with the group, and a deeper renewal of the self through a broader awareness of one's inner life.

Each participant will experience the two-part nature of Biodrama. The first part consists of the journey of the protagonist, helped by a team of Biodramatists, through the three stages of life. In the second part, Lorenzo Ostuni will interpret each participant's ritual journey.

This workshop will be conducted in Italian and English. $740

Awakening Vision through Conscious Photography

Jeff Berner

Here was room for the imagination to work.
—Mark Twain

Whether you are starting out in photography, or are an advanced beginner, explore nature, people, and wildlife through the "mirror with a memory." Jeff Berner will show you how to follow the path of photography as a meditation, a hobby, a sport, and an art. Without using technical jargon, he will also explain how to make your camera serve your personal vision.

As the author of five books in the field, including *The Nikon Touch Photography Guide*, and *The Photographic Experience*, the leader will help discover each individual's talent and provide a continuous flow of "Aha!" experiences with an informal, spontaneous teaching style. Turn looking into really seeing — and snapshooting into fine photography.

Easy-going assignments include: Looking at Seeing, The Psychology of Lenses, The Selective Eye (Composition), Depth of Field, A Still Life is Still Life, The Click that "Kills," Creative Accidents, Visual Meditation, and Uses of Color. There will be creative critiques of each participant's work, in private consultation, and/or in the group. We'll shoot and talk by day, and show and tell by night.

This workshop will emphasize the use of color slide film. Bring 4-10 rolls of 36-exposure slide film rated ISO 100, 200 and/or 400, plus $7 per roll for overnight processing in Monterey. Any working 35MM SLR camera will be adequate: recent Pentax, Minolta, Maxxum, and Nikon models are recommended. The final evening will feature a group celebration of the projected results in a multi-media show with music.

You can call Jeff Berner to discuss the workshop at (707) 878-2000, weekdays, 9AM to 3PM only. $740

Weekend of October 8–10

The Vision & Practice of Human Transformation

George Leonard

For workshop description see June 11-13.
$380

Introduction to Gestalt Practice

Christine Stewart Price & Guest Leaders

For workshop description see June 6-11.
$380

Psychoneurimmunology and Its Implications

George Solomon & Margaret Kemeny

The rapidly developing field of psychoneuroimmunology (PNI) is concerned with the nature of complex interactions between the central nervous system (CNS) and the immune system. The central nervous system mediates stress effects, coping, emotions, and other psychological processes that, by way of the immune system, affect the onset and course of many diseases.

The leaders will present a didactic and interactive workshop which will describe the immune system, how it works, and how it is regulated. They will discuss human and animal research on the effects of stress and other experiential factors on immunity and on immunologically-resisted and mediated disease, including bacterial and viral infections, cancer, autoimmune disease, allergies, and AIDS. The as-yet poorly researched area of interventions, including psychotherapy, on immunity and disease will be discussed. Some of the possible mechanisms underlying traditional and alternative healing systems and placebo effects will be explored.

Participants, whether health or mental health practitioners concerned with the clinical relevance of the field, or individuals who are concerned with maintaining or improving their own health, will be encouraged to set goals for their own particular health needs.

C.E. credit is available for nurses; see pages 53-54.
$380

The Art of Leadership: Excellence in Business, Management, and Communication

Ron Alexander & Bruce Gregory

"In the Beginner's mind there are many
Possibilities
while in the Experts mind there are few."
—Suzuki

This workshop is for executives, managers, and other people who are committed to improving their communication and leadership skills. The focus of the workshop will be on:

- Conflict Resolution
- Dealing with the blocks that prevent executives from feeling secure and clearly articulating their vision
- Developing trust with those who feel threatened or intimidated
- Discovering and addressing blind spots in self-esteem
- The development of creative strategies for building support systems that facilitate the transformation of visions into realities.

Some of the group processes will include giving and receiving feedback on communication and leadership styles, role-playing, problem-solving exercises for real life work situations, and exercises for learning to use the unconscious to solve problems creatively.
$380

A Workshop for Women of Experience: Mid-Life and Beyond

Lenore Lefer & Anne Yeomans

The gifts of woman are many. They have too often been undervalued and made invisible until we cannot see them ourselves. Today, more than ever, the earth needs these gifts.

This is an opportunity for women in mid-life and beyond to come together to explore the issues that are on our minds and in our hearts. What are the challenges we each face? How can we support each other in reclaiming and honoring our passion, our tears and our outrage, our laughter, and our beauty? How can we express our deepest values at this time in our lives?

The workshop will include time to speak and tell our stories, and time for silence. Each day will include periods of hatha yoga, walking meditation, and group process.

Themes to be explored include:

- Cultural perspectives on the older woman
- Issues of loneliness and companionship
- The wisdom of the body
- Sexuality and intimacy
- Menopause
- Power and self-expression
- Self-care in the midst of responsibilities
- Spiritual questions of mid-life

It is our hope that these days together will strengthen our trust and renew our spirit, so that we can return to our lives with more joy, more tenderness toward ourselves and others, and more boldness in living all that is important to us.
$380

Week of October 10–15

Rituals for Healing

Jeanne Achterberg & Frank Lawlis

For workshop description see May 2-7.

Experiencing Esalen

Experiencing Esalen Staff

For workshop description please see May 14-16.
$740

Clinical Program for Professionals: Integrating Gestalt, Self Psychology, and Mind-Body Healing

Ronald Alexander & Bruce Gregory

This five-day training program will combine didactic discussion with experiential exercise, supervision of therapist-client dyads, and clinical demonstrations. A full spectrum of treatment cartography will be used to clarify how gestalt, self psychology, and mind-body healing can be effectively integrated to address early developmental trauma, narcissistic issues of the self, and contact boundary disturbances. Emphasis will be on:

- Improving skills of diagnosis
- Formulation of treatment plans that attend to the transition points of the healing process
- Improving intervention skills as they relate to handling resistance, the nurturing of the real self, and facilitation and activation of unconscious healing processes through the use of mirroring, pacing, and the language of mind-body healing.

Particular attention will be paid to assisting therapists to become more aware and effective in dealing with countertransference and projective identification.

Recommended readings: Masterson, *Countertransference and Psychotherapeutic Technique* (Bruner Mazel); Erickson & Rossi, *Hypnotherapy Casebook;* and Polster, *Gestalt Therapy Integrated* (Brunner Mazel).

C.E. credit is available for nurses; see pages 53-54.
$740

The Medicine Wheel Way

Carol Proudfoot-Edgar & Bob Edgar

This workshop will draw on the Native American Medicine Wheel ceremonies and teachings as resources for personal growth and renewed experiencing of ourselves within the larger web of the natural world. Just as Western psychological theory provides a framework for describing human stages of development, the Medicine Wheel offers a map for self-individuation. Both systems embody steps for healing. A primary difference, however, is that the Medicine Wheel way of living views humans as sacred beings and maintains that each individual must find their own path for "walking with beauty in the world."

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The Medicine Wheel way illuminates the relationship of all things, each direction on the wheel having its particular meaning and pointing to aspects needed for fuller integration and individuation. Ceremonies and rituals mark the passage of seasons and significant events of individual and group life, and connect the individual to the great mystery of life.

This experiential workshop will use these ancient teachings while providing a supportive means for participants to continue their process of self-development and to deepen their relationship with the natural world. Activities will include: learning the Medicine Wheel and making medicine pouches, learning about shamanism and using the shamanic journey method for finding power animals and spiritual teachers, and drawing upon ancient, ancestral knowledge available to all of us. We will be drumming, rattling, and chanting throughout our time together. Participants are encouraged to bring journals, a bandana (to cover your eyes), drums, and rattles (if you have them).

Please note: This workshop has a sequential structure in which each session builds on activities from the previous one. Participants are requested to be present for all sessions and to arrange for massages or other non-workshop activities between session breaks.

C.E. credit is available for nurses; see pages 53-54. $740

October 10–17

Cortical Reeducation® and the Feldenkrais Method®

Harriet Goslins & Patti Lawrence

The habitual way a person sits, stands, or moves reflects patterns that are "wired in" to the nervous system. This information can be erased or changed. By reeducating the brain-muscle connection, restrictions in movement are freed, freeing also the lifetime habits that have organized around that movement.

This work is a relearning of the ease and fluidity that was taken for granted as a child and lost somewhere along the way. Physical injury, emotional trauma, or ongoing stress all evoke a protective response from the body. These patterns, necessary at the time, remain when no longer needed, outside of awareness, and continue to cause discomfort and unnecessary limitations. Freeing them results in relief of chronic pain or tightness, a more restful sleep, and a higher energy level. By changing muscular holding patterns, the entire protective posture is altered, deeply affecting the body's habitual defense system. Thus, new movement possibilities mean new self-image possibilities.

Fears and anxieties have corresponding muscular habits. Verbal information, no matter how brilliant, or spiritual practice that fails to extinguish these muscular habits, will fail to totally eliminate the toxic behavior.

This workshop is for those who are physically active and fit and want to increase their skills while learning to reduce risk or injury; for the sedentary or those dealing with after-effects of injuries; for the athlete, the dancer, and those who "live in their heads"; and for individuals who feel chronically tired and stressed and want to learn how to take better care of their neck, shoulders, and back, and for those who want to improve their posture and breathing and live with more flexibility and comfort.

This course is provider approved by the California Board of Dental Examiners, number 2586.

C.E. credit is available for nurses; see pages 53-54. $1110

Weekend of October 15–17

A Weekend with David Schiffman

For workshop description see June 25-27. $380

Self-Transformation: The Art of the Actor for Everyday Life

Jane Marla Robbins

Transforming feelings of anxiety and insecurity into feelings of self-confidence and joy is a miracle that can happen in all areas of one's life — physical, emotional, spiritual. This transformation can help us fulfill our potential for the roles we have chosen to play — whether it be child, parent, artist, shaman, charismatic speaker, sensualist, or spouse.

Some of the techniques to be explored and discussed include: the actor's physical preparation, vocal, preparation, mental and emotional preparation, spiritual preparation, relaxation, sense memory, the magic "as if", personalization, substitution, playing a character, animal exercises, overcoming self-consciousness, perfect props, unspoken mantras, speaking the truth, breathing, the inner walnut, and the psycho-physical action.

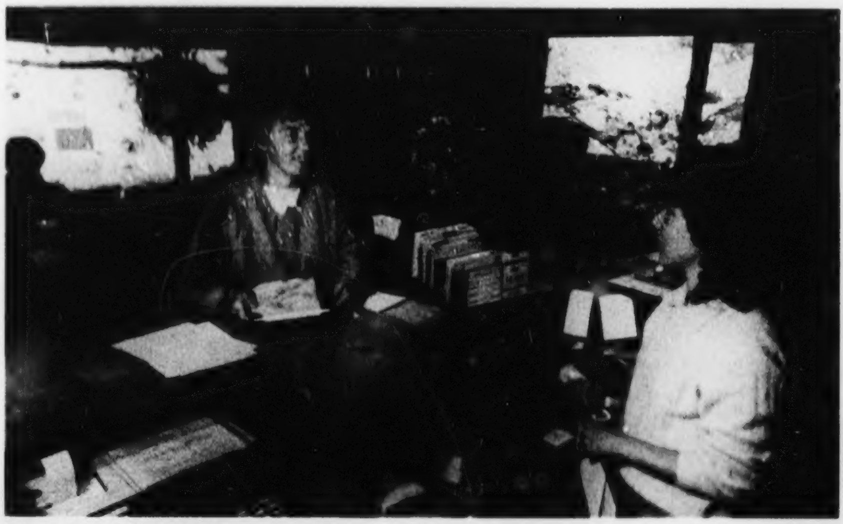
Participants can learn how to replace old fears and paranoid projections with self-manufactured pleasures and positive projections. Many "real-life" situations ordinarily fraught with worry can easily be transformed using the Actor's Imagination. The power and pleasure of being able to create a sense of well-being and self-confidence at will can be experienced by everyone, and, once it has been discovered, it cannot be easily shaken.

No previous acting experience is necessary. $380

Of Human Bondage

Kathleen Riordan Speeth

Slavery to habit, instinct, or addiction is demeaning. Reacting, instead of acting, is me-



KAREN PREUSS

The front desk at Esalen

chanical, not human. It robs us of the authorship of our own autobiographies. It lets chance write the plot. We all know the entropic sensation of being reactive. We feel it. But in the heat of the moment where is the presence of mind to act as we wish? How do we let our buttons be pushed again and again? Why does so much of what we do produce suffering for ourselves and others, and engender midnight regrets?

To be able to act we need a presence. We need aware subjectivity. To be conscious of one's own mind and body from moment to moment, in the eternal now, is to know what's going on without being fooled by the accretions of the past. We also need insight into the jumble of emotional associations that distort perception. The goodness of our outward deeds depends upon the depth and clarity of our inward consciousness. To the degree we see without distortion, we cease to be a victim of the past and even present circumstances and become the creator of our own actions.

This workshop explores the structure and function of personal unfreedom. Through discussion, journaling, Gestalt, and structured interaction, we will explore the emotional fetters that make each of us toys of circumstances when each would prefer to be free to act with authority. We will practice, with the help of Spinoza and other masters of wisdom, certain possibilities for breaking out of human bondage and moving into reality. $380

Living Better with Chronic Pain and Illness

David Levenson & Dayle Sarasohn

Caring for yourself is a rewarding and valuable experience, but it can also be a lonely one. Communication with your doctors, health care workers, and significant others becomes important in order to receive the support and assistance you need. Developing certain skills and having the proper attitude can help relieve physical and emotional distress and enhance the healing process. This workshop invites you to open your mind and heart to the healing capacity within yourself in order to reduce pain and improve the quality of your life.

The leaders will review each participant's health concerns and their past and current treatment. The full impact of pain in each person's life will be discussed — how it affects homelife, worklife, relationships, and social interactions. Self-hypnosis, imagery, and meditation will be used and explored to help control the pain and heal the body. These methods will be used throughout the workshop, while directing each person's caring and compassionate nature where it is needed — toward the self. This focus will not only help you feel better physically, but can help you overcome the harsh self-criticism, guilt, and shame that often accompanies chronic pain.

Health care professionals, families, and others dealing with issues of pain and illness are encouraged to attend.

C.E. credit is available for nurses; see pages 53-54. $380

Week of October 17–22

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 21-23 $740

Conscious Loving: A Body-Centered Approach to Relationship Transformation

Gay & Kathlyn Hendricks

Relationships are the primary arena in which our deepest selves are either concealed or revealed. This workshop is designed for people in close relationships and professionals who counsel couples. Participants will work on the transformation of present relationships while exploring the seven major principles of conscious loving: commitment, learning to love yourself, learning to feel, claiming creativity, learning to tell the microscopic truth, keeping your agreements, and learning to live more consistently in a state of positive energy. This workshop has two major purposes: 1.) to expand the experience of love past previous limits; and 2.) to learn to rest in the essence that underlies persona.

Using video analysis, participants will learn to use the "Five Flags," the five nonverbal signals which reveal stress points in relationships. Based on the leaders' experience with over 1500 couples, they will introduce breath and movement techniques that accelerate the process by which people in close relationships can attain their goals. Participants will learn techniques designed to make it easier to tell the truth, and take healthy responsibility for feelings and issues.

Among the tools to be used: video feedback, movement processes, breathwork, and dyadic communication activities. Reading *Conscious Loving* (Bantam) before the workshop is highly recommended. $740

Intermediate and Advanced Massage Intensive

Peggy Horan & George King

This workshop is directed towards those individuals who have had basic massage training, have been in practice for awhile, and who feel themselves wanting to expand beyond their present edges into new territory, and perhaps to add to what they are doing with specific complex areas such as the neck and low back.

A portion of the format will include the basic Esalen style of long, integrative strokes and methods for deep contact with the recipient, which we will then trim down to detail.

C.E. credit is available for nurses; see pages 53-54. $740

Sanctuary

David Schiffman & Susan Kuttner

This workshop is designed for people who are facing change. It will be a time to pause and step away from the deadlines, demands, distractions, and interruptions of everyday life.

Together we will create a mood of sanctity, balance, and peace for reflecting and acting on our own deepest concerns. It will be a chance to knowledge and restore our most essential personal resources.

The week will be an opportunity to come back to your own heart in the company of kindred spirits. We will gather strength and clarity for making simple, effective plans for dealing with changes and uncertainties.

The pace will be gentle and restorative, with ample time to consider each individual's dreams, desires, and dilemmas. Our intention will be to see how we can approach the process of transition in a heartful, open-minded, and buoyant spirit. Resources and influences will be drawn from a variety of traditional psychological approaches, as well as movement, music, ritual, and ceremonial practice. $740

Weekend of October 22–24

Introduction to Vipassana Meditation

James Baraz

For workshop description see May 28-30. $380

Weekend Massage Intensive

Dean Marson & Laurie Lioness Parizek

For workshop description see May 21-23.
$380

Mythology in Film: Wisdom from the Collective Dreamhouse

Geoffrey Hill

Believing that there is much wisdom to be gained from films, Geoffrey Hill has been interpreting them for many years. He sees the cinema as the collective tribal dreamhouse in which the audience participates in the magic of cinematic shamans, and believes that the wisdom gleaned from films can produce greater self-awareness and a broader social transformative consciousness. Geoffrey Hill has introduced a new school of film criticism through his book *Illuminating Shadows: The Mythic Power of Film*.

Leaning in a Jungian, eco-feminist, progressive direction, the the leader will explore with the group the archetypal symbolism of films in a way that has meaning for the collective soul.

The following films will be viewed and discussed during the workshop: *Shane*, *Santa Sangre*, and *Brazil*. Each film will be viewed in its entirety, then a discussion will follow wherein each workshop participant will offer his or her own associations and interpretations, as if participating in a tribal dreamfest.
$380

Quantum Reality

Nick Herbert

More than 50 years ago Werner Heisenberg and his colleagues discovered a way of thinking about the physical world that has been immensely successful at dealing with natural phenomena at all scales from quark to Big Bang. Quantum theory, in the words of physicist Heinz Pagels, seems to be the Universe's "cosmic code," the correct language, or a dialect of that language, in which nature by humans can be fruitfully addressed.

Participants will examine aspects of the physical world that have been rendered transparent by this new language as well as mysteries left unsolved and explore possible applicataions of quantum thinking to other areas such as psychology and human relationships. Of particular interest is what quantum thinking might add to the issues of spontaneity, our perception of other people, and new models for human connectedness.

Recommended reading: Herbert, *Quantum Reality* (Doubleday); Pagels, *Cosmic Code* (Simon & Schuster). $380

Gender Talk: Communicating with the Opposite Sex

Mudita Nisker & Dan Clurman

If you speak English, you're using language in the same way as the opposite sex, right? Not exactly.

Men and women often use language for different reasons and consequently misunderstand each other. Many men converse to determine who's in charge — who's one-up and one-down. Women, on the other hand, create intimacy by talking. Understanding men and women's differing conversational styles is a crucial first step to bridging the gender gap.

This workshop will use information and practices from linguistics, Eastern philosophy, systems theory, and critical thinking. Using discussion, demonstration, and role-play, participants will explore certain skills that can help bring men and women together:

- Sending clear, concise messages that invite cooperation
- Sharing feelings that are difficult to express and still maintaining good will
- Improving listening skills even in tough situations
- Identifying assumptions men and women make when trying to satisfy their own and each other's needs

The goal of the workshop will be to help individuals better identify communication "hot spots" and learn how to constructively work them out. This process can also help you discover some truths about yourself. $380

Week of October 24–29

Movement and Touch

Randy Cherner

Out beyond ideas of wrongdoing and
rightdoing, there is a field.
I'll meet you there. —Rumi

Life is movement, and movement is the essence of what it means to be alive. Whether attending to very subtle and refined movements, or everyday movements like getting in and out of a car, a fundamental shift in perception is required. The more we are able to refine our sensitivity to movement and attend to how we move, the more we experience the deeper dimensions of both our physical and spiritual life. The development of one's palpation and movement skills are interwoven with the development of one's awareness, perception, and intuition.

Life is ever changing; impermanence underlies our very existence. Aikido, Feldenkrais, and Cranial Work will guide our explorations into the domain of ever-changing life.

C.E. credit is available for nurses; see pages 53-54. $740

Unlocking our Prisons: Lessons on Freedom and Forgiveness

Edith Eva Eger

Each of us is locked in our own prison – prisons that have been built from guilt, shame, fear, grief, and many other emotions. Forty years after being a prisoner at Auschwitz, Dr. Eger returned there and realized that on a deep level she had never really been set free. Freedom, she discovered, was a complicated experience that involved letting go of guilt and shame, the fear of being truthful, and the comfort of being a victim.

This workshop will help participants explore the obstacles that have taken away an inner sense of freedom. It will be a "time-out" to acknowledge what those obstacles are and make an attempt to integrate them into the whole of your life. Participants will try to give these experiences a place where they don't *pathologize*, but *de-mythologize* their psychological existence. Main themes will include: the need for self-acknowledgment and self-examination, dealing with guilt and shame, taking stock of your life and where you want to go, and the responsibilities that freedom entails. There will be lectures, discussions, and some experiential work. $740

Proprioceptive Writing: Demystifying the Creative Process

Linda Trichner-Metcalf & Tobin Simon

"Proprioception" is a physiological term for kinesthetic sensation — feelings that originate in the body's interior. Proprioceptive Writing is a method through which inner intelligence is stimulated; meaning is approached through feeling. The originators of this method will lead participants in an experiential exploration of a simple yet richly subtle method of writing that demystifies the initial stages of the creative process.

Proprioceptive Writing is practiced to music in 25-minute sessions under stress-free conditions, either in groups or alone. This method tries to take the emphasis off writing and focus on the experience of inner hearing, activating the auditory imagination – the key to emotion and path toward feeling. Once participants relax into a listening stance, their psychological space expands and they can begin to speak through their writing with simplicity and strength. Writing becomes textured as well as cathartic. Because this process releases the writer from the painful pressure to produce form, it feels fluent, like meaning in motion. It lets you enter your own mind and forget the world.

This workshop is valuable for people who are seeking a form of written expression, a creative ritual or meditative discipline, and also for those who desire increased focus and personal meaning in their lives. $740

Experiencing Psychic/Intuitive Abilities

Anne & Jim Armstrong

Their experience with thousands of workshop participants over the past 27 years has led Anne and Jim Armstrong to believe that everyone is intuitive — that intuition is part of humankind's standard equipment. The goal of this workshop is to have everyone experience their own innate intuitive ability, using it at will, on demand. This will be accomplished through exercises and meditation, with a minimum of discussion in order to allow each individual to recognize his or her own particular syle of perception, and to trust the intuitive input one receives. Anne will use her intuitive abilities developed over the past 30 years to guide the participants in arriving at useful, accurate data.

The spiritual and ethical aspects of the inuitive /psychic process will also be addressed, as well as the leaders' belief that intuition development is the gateway to divine wisdom, and should be the outgrowth of a healthy spiritual practice. We will demystify the intuitive/psychic process, and encourage participants to use it in all areas of their lives — personal, professional, and spiritual. Real life situations presented by participants will be selected for psychic-intuitive practice. $740

Weekend of October 29–31

Singing Gestalt: Solo or Duet

Nancy Kaye Lunney

For workshop description see June 18-20. $380

Life as Art: Art as Life A Workshop with Wes (Scoop) Nisker & Nina Wise

Most of us spend our days concerned with the grocery list of life's demands, paying the bills, keeping the gas tank filled, maintaining our hairdos and boiling the water or pasta. But just below the surface of our polite and upright lives, lurks the living room dances, the singing poet in the shower, and the storytelling fool. The Hindus call life "leila," the sport of the gods. This workshop is about stepping onto the playing field. We will lift the serious veil of purpose and meaning so that our true nature, which is inherently playful, can emerge. Give up on self-transformation, forget about being politically correct or spiritually advanced, this is a come-as-you-are party!

Using stories from our lives, we will make art in a safe and supportive environment. Participants will be guided in vocal and movement exercises, theater games, storytelling, and imaginative meditations. We will create performances for and with one another by allowing the characters within us to have a voice; we will turn life into art. Bring your lipstick, your tutu, your cowboy boots, your smoking jacket, your worst memories, your favorite dance steps, and your bag of confetti. $380

Keeping a Good Relationship Alive

Gerald Smith

How to be close and vulnerable as partners, yet separate and free to grow as individuals, is a major dilemma in keeping a good relationship alive. Because each partner continues to change this dilemma is never quite resolved, but can be dealt with in ways that add to the aliveness in the relationship.

During the weekend much of the participants' time will be spent with their partners (separate from other couples). Verbal, nonverbal, and written exercises to enhance openness, support, and affection will be used, as well as developing skills that help resolve differences in ways that do not produce "scar tissue." And, since playing is an essential part of keeping a relationship alive, there will be exercises to rekindle the imagination and the willingness to play together. Limited to 12 couples $380 per participant

Living on Purpose

John Caple

"When I was growing up, " says Lili Tomlin, "I really wanted to be somebody. Now I realize I should have been more specific." This workshop is for those who want to be more specific about who they are, what they bring to the world, and where they want to go with it. It is for those who want to be somebody, and for those who just want to be. It is for those in life transitions and those who want to develop transition management skills. It is for those who want more meaning in their lives, and for those who want the lightness, freedom, and joy that a sense of purpose offers.

This workshop integrates intuitive processes and practical advice. It reflects both the vision quest of Native Americans and corporate strategic planning technology. Each participant will create a life plan with a vision, goals, and strategic intent.

Please bring a mask, hat, or other statement of who you really are — or would like to be — for a Saturday night play in the spirit of Halloween.

Recommended reading: Caple, *Finding the Hat that Fits: How to Turn Your Heart's Desire into Your Life's Work* (Penguin, 1993). $380

The Political Psyche: Merging Psychology with Politics

Andrew Samuels

An inner journey and a desire to make something practical out of passionate political convictions are linked projects. It is often said that "the personal is political," and we could add, conversely, that " the political is personal."

This *should* mean that psychotherapists and psychologists become involved in politics as an ordinary part of their normal working lives. But, unfortunately, this has not happened. The clinical office has become insulated from the political world and remains an isolated experience for both the practitioner and the client.

British Jungian psychoanalyst Andrew Samuels proposes a radical and original engagement of psychology with politics. Through the framework that he proposes, the clinical office can become a bridge *between* psyche and world rather than a source of isolation of psyche *from* the world. Innovative experiential exercises will be incorporated with seminar-style presentation and discussion for a lively exploration of such themes as:

- The political development of the person
- The father's body: a political reading
- The depth psychology of the market economy
- The political clinic: countertransference and politics
- Political problems of the mythopoetic men's movement

Participants will also work in small groups, pairs, or in active imagination. $380

■ SPECIAL PROGRAMS

The prices quoted below for these longer programs are for standard accommodations or bunk bed rooms (when available) as described in "Ways of Being at Esalen," pages 9-10 . Scholarships are also available; please see "Scholarship Information" on page 9.

May 23–June 18
Certification in Clinical Hypnosis

Marc Lehrer, Maggie Phillips, Norman Katz & Adam Burke

This course is a synthesis of Ericksonian and Direct Hypnosis, Neurolinguistics, and Biohypnotic Monitoring. It satisfies the hypnosis course requirements for the MFCC and complies with the California State Requirement for Hypnosis Certification. It is designed to help develop hypnotic skills for counseling, medicine, nursing and other health areas, education, and body work. This program is also an opportunity for personal growth and transformation for anyone interested in hypnotic phenomena and the uses of suggestion in daily life.

Hypnotic suggestion, advanced imagery, and relaxation methods will be explored. There will be daily presentations, numerous practice sessions, video examples of Erickson and other practitioners, and extensive written support materials. A hypnosis library will be available for in-depth learning of advanced topic areas, and there will be an opportunity to explore personal goals with trance and biofeedback equipment.

The scientific basis of hypnosis as well as the ways hypnosis can be applied will be emphasized. Topic areas will include: induction methods, hypnotic testing, symptom and habit removal, individual and family counseling applications, pain control and psychosomatics, non-verbal and pendulum methods, biomedical hypnotic monitoring, metaphor and story-telling methods, hypnosis with children, regression and uncovering, redecisioning and reframing, self-concept enhancement, stress management, fears and phobias, early trauma, hypnotic dream programming, imagery conditioning, NLP methods, enhancing performance in sports, music, and sensation, self-hypnosis methods, teaching self-hypnosis classes, and other topics related to therapy, health, and personal growth. Selected ongoing exercises drawn from aikido, Feldenkrais, movement, massage, and shamanistic traditions will complement the traditional topic areas.

Since each of the leaders will present for a number of days, there will be an opportunity to model different ways of deepening your own hypnotic potential, trance induction, and utilization skills. This month-long experience with various faculty members gives each participant an in-depth opportunity to develop vivid personal imagery, make lasting self-suggestions, and relate more completely with the unconscious mind.

The certification offered through this program is equivalent to a University modified tutorial course. You will complete readings, assignments, and a paper for the hypnosis certificate. Certification is granted based upon the competency demonstrated to the faculty in applying hypnotic techniques with an ethical and professional approach and satisfactory completion of all Great Western University C.E.U. course requirements. The paper and assignments are due no later than four months following the completion of this program at Esalen. Course fees for the Hypnosis Certificate are $300 (12 C.E.U.s), payable to Great Western University upon beginning the program at Esalen. It is also possible to obtain four transcripted Graduate Psychology courses rather than C.E.U.s (requires additional fees to Great Western University and you must have at least a B.A. degree). Contact Marc Lehrer, Chairman, Dept. of Psychology, Great Western University (415) 397-4929 for further details.

Space is limited so early registration is recommended. Reading lists and information about certificate and graduate credit will be sent upon request or registration.

C.E. credit is available for nurses; see pages 53-54.

Standard accommodations: $3150
Bunk Bed Room, if available: $2225

(Plus $300 fee for those who want certification, payable to Great Western University).

June 27–July 5
Language of the Drums: African Percussion, Chanting, and Dance

Babatunde Olatunji & Friends

Nigerian musician Babatunde Olatunji has been bridging the gap between American and African culture for thirty years. In this workshop he will show how drum sounds and rhythms communicate, stimulate, and pace the activities of traditional African life. He will teach the consonants of the Yoruba language, reproducing its sounds on drums and through chants, body percussion, and dance.

This workshop is for dancers, percussionists, musicians, and anyone who wants to speak the language of the drums. Drummers can experience the dance and dancers can experience the drums. Bring a drum if you have one.

Please note: This has always been a popular workshop with lots of people drumming and dancing in a small area. The energy runs high; be prepared for a crowded, exuberant atmosphere.

Standard Accommodations: $1150
Bunk Bed Room, if available: $875

August 20–27
Hoffman Quadrinity Process

This is a comprehensive seven-day program focusing on healing the wounds of childhood, letting go of negative behaviors, experiencing forgiveness, acceptance, love for self and others, and learning to live from your spiritual essence. This process seminar in the Big House at Esalen is well-suited for executives, leaders, and entrepreneurs.

For more information, cost, and to apply, please call the Hoffman Institute: (510) 654-2448.

September 10–19
Painting Experience with Michell Cassou and Stewart Cubley

It is rare for most people to use painting for its qualities of inner adventure and self-discovery, to paint purely for the process of exploration, not for the result.

The purpose of this workshop is to provide a setting to explore the self through painting — to discover in form and color a powerful tool for uncovering and dissolving blocks to emotional and spiritual expression. Participants will be given the support and stimulation to develop a natural way of painting based directly upon feeling. The work takes place in an authentic studio setting with large white surfaces to confront the creative void, along with a rich spectrum of colors and brushes. The workshop may be of interest to persons involved in a wide variety of disciplines, including art, education, counseling, and meditative practices. No prior experience in painting is necessary. Please bring a smock.

For further information about this workshop, contact: The Painting Experience Studio, 2101 20th Avenue, San Francisco, CA 94116; (415) 564-8515.

$1500 (plus $30 materials fee paid directly to the leaders)

Massage Practitioner Certification Program

Esalen offers a California state-approved massage program. Upon completion of a 130-hour massage practitioner workshop, and after giving 30 additional massages elsewhere, graduates will receive their certificates. Workshops for certification are offered twice a year. This program provides at least 130 hours of instruction, including anatomy, supplemented by study in body-mind disciplines such as yoga, movement, and gestalt awareness work, fulfilling the state requirement.

Healthspring Outreach and Education

The Healthspring project offers education and referrals that extend Esalen's work in the healing arts and sciences to the outside world. It is an independent service-oriented program of Esalen teachers and their associates.

Healthspring offers a global referral system, linking visitors to Esalen with centers, body workers, teachers, and counselors from their home area. Esalen teachers are also available and may be contacted directly or through Healthspring.

The Healthspring library offers books on health and healing, body work, somatic studies, psychology, nutrition and related studies, which may be borrowed by students for a given period while at Esalen. Donations of appropriate books are greatly appreciated.

For access to this program, write to Laurie Lioness Parizek at Esalen, c/o Healthspring.

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The standard refund policy reflects the fact that few of these expenses can be recovered.

To reserve a space in a wilderness workshop, we require a deposit of $200. The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your nonrefundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your deposit is forfeited.

April 30–May 8

Big Sur Wilderness Journey: From Esalen to Tassajara Zen Mountain Center

Steven Harper & Guest Leader

Nature can provide opportunities to stretch one's limits and explore one's inner wilderness. By living in a natural environment it is possible to expand and realize a deeper sense of self and richness of being.

The group will spend a day and a night at Esalen, leaving the next morning to hike through the Ventana wilderness. Participants will travel "light," with instruction in minimum impact camping, ecology, geography, and cultural history of the area.

Wilderness will be a mirror and primary teacher as the group lives simply and in direct contact with nature. Participants will explore their feelings and sensations as they emerge, using gestalt awareness practice and group process. Taking inspiration from natural and native purification practices, they will create a time of cleansing and contemplation, culminating in a 24-hour period alone. The group will hike on to Tassajara Zen Mountain Center, deep in a rugged wilderness valley with natural hot springs, for their last night together. Meditation instruction will be available at Tassajara for those who wish it.

Backpacking experience is not necessary, though participants should be prepared for the challenge of vigorous physical activity. More information will be sent upon registration. $675

July 9–16

Wilderness Sanctuary: A Natural Rite of Passage Santa Lucia Mountains, Big Sur, California

Steven Harper

Sanctuary is defined as, "the most holy part of a sacred place." In this workshop we go to wilderness seeking this sacred place. With nature as our primary teacher, we follow the footsteps of more traditional and native cultures that have gone before us seeking vision, wisdom, and balance. This is a time to leave behind the way we normally define ourselves, to separate from daily life, work, family, and friends. It is a time to cross the threshold and immerse ourselves in wild nature with the barest of essentials, to enter into the unknown, to feel the mystery of life, to seek meaning, to simply be. It is a time of integration, to bring back and give back to self, to family, to community, and workplace.

Our group will spend two days together getting to know each other, creating personally meaningful rituals and ceremony, learning basic outdoor skills and safety procedures. Participants then journey forth to a "solo" spot for three days and three nights alone in the wilderness. We return to spend the next days integrating our experience into our selves, our group, and then, ultimately, our world.

Previous wilderness experience is not necessary, although participants should be prepared for the intensity of facing aloneness and the challenge of moderate physical activity. A detailed information packet is sent upon registration. $675

July 31–August 7

A Gentle Trip in the High Sierra

Maurica Anderson & Les Wilson

During this seven-day workshop in wildflower season, participants will hike eight miles to a clear mountain lake (alt. 10,000') in the John Muir Wilderness on the western side of the High Sierra. The lake is off the main trails and is surrounded by other lakes, grassy meadows, and cold streams fed by the surrounding snowfields.

MULES WILL CARRY IN ALL OF THE PERSONAL GEAR AND FOOD, so participants need carry only lunch, rain gear, and

JANNA FOURNIER

The coastline north of Big Sur

water on the hike in. The food will be exceptionally good—fresh or frozen meats, fruits, and vegetables. The group will spend the first night at the trailhead, then hike in and camp by the lake for six nights, taking short day-hikes and working with meditation, massage, psychodrama, gestalt, and gentle encounter. There will be some strenuous but optional side hikes, swimming, a sauna, and some time for doing nothing. Participants will be encouraged to concentrate on the sights and sounds and smells of the high country, on getting to know the mountains, one another, themselves, and on relaxing and laughing a lot.

Mountaineering experience is not necessary and most people are in good enough shape to make it in, but participants should be capable of hiking uphill at altitudes up to 11,000', and have a good sense of humor.

For a detailed information sheet, contact Maurica Anderson, 1112 Curtis Street, Albany, CA 94706; (510) 526-5814. Participants will meet in the Sierra on July 31. The fee includes food, wine, permits, and pack mules in and out. $715

September 21–25
Path of the River: A Rogue River Journey

Steven Harper & Oregon River Experiences Expeditions

Oregon's Rogue River provides a unique environment of dramatic variety, which is intimate and awesome, soft and demanding, yet always rewarding for those who are open to all it has to offer. The Rogue offers clear water, tall green forests, vertical walled canyons, and challenging rapids. The river is a teacher and primary metaphor. The group may draw from energy awareness, dance, meditation, and principles of aikido to enhance their experience of this majestic wilderness area.

Participants will have a choice of riding on a raft with a guide or piloting their own raft with a partner. Instructions will be offered in basic aspects of river life, such as paddling and minimum-impact river camping. There will be time to discuss the area's natural and cultural history, to hike, and to sit quietly and reflect.

River experience is not necessary, though participants should be prepared for the challenge of vigorous physical activity and to participate fully. The workshop begins September 21st at 8:30 A.M. in Galice, Oregon. There will be a pre-trip meeting the evening before at 7:00 P.M. Oregon River Experiences will supply all the necessary river rafting gear, guides, meals, and shuttle. Complete details and a personal equipment list will be sent upon registration. This is a unique opportunity and space is limited.

Due to Esalen's special arrangement with Oregon River Experiences, the following cancellation policy is in effect for this workshop: A $200 nonrefundable deposit per person will confirm your reservation. Balance is due August 7th. If you cancel prior to August 7, your nonrefundable deposit, less a $50 registration fee, can be applied to other Esalen programs, to be used within one year. *No refunds are available after August 7th.* $700

■ FUTURE PROGRAMS

October 31-November 12 1993
Integrative Body Practice (IBP) Professional Training Program

Jack Rosenberg & Beverley Kitaen Morse

November 12-December 10 1993
28-Day Massage Practitioner Certification Program

Esalen Massage Practitioners

■ CONTINUING EDUCATION FOR NURSES

Continuing Education Programs for Nurses

The Board of Registered Nursing has approved Esalen as a provider of Continuing Education for registered nurses, provider number 01152. Only those programs listed below offer continuing education credit. Workshop leaders have the final decision in applying for C.E.U. eligibility. If you need additional information on our C.E. courses or future C.E. outreach programs, please contact Sherry Sanders Galloway, R.N., Continuing Education Coordinator, (408) 667-3000.

May 2-7
Rituals for Healing
Jeanne Achterberg & Frank Lawlis
30 hours

May 14-16
Ethics in the Workplace: Living Your Values Without Losing Your Job
Sue McKibbin
10 hours

May 16-21
The Healing Crisis: Fasting as a Pathway
Michael Barnett, Grace Stern Swanson & Robert Swanson
30 hours

May 21-23
Weekend Massage Intensive
Char Pias Brenner & Kathleen O'Shaughnessy
10 hours

The Awakened Mind: Brainwave Training
Anna Wise
10 hours

May 23-28
Sports Massage
David Streeter
30 hours

May 23-June 18
Certification in Clinical Hypnosis
Marc Lehrer, Maggie Phillips, Norman Katz & Adam Burke
30 hours

May 28-30
Optimum Health: Theory & Practice
Nick Hall & Jim Loehr
10 Hours

Introduction to Vipassana Meditation
James Baraz
10 hours

May 30-June 4
Centering and Gestalt Awareness
Robert Nadeau & Julian Silverman
30 hours

June 6-11
Gestalt Practice
Christine Stewart Price & Guest Leaders
30 hours

June 6-13
Cutting the Egoic Knot: The Challenge of Surrender
Eli Jaxon-Bear
30 hours

June 11-13
Advanced Gestalt Practice
Christine Stewart Price & Guest Leader
10 hours

June 13-18
Modalities of Pressure Point Release
Arthur Munyer & Laurie Lioness Parizek
30 Hours

June 18-20
Leadership and Consciousness
Amy & Arnold Mindell
10 hours

June 25-27
Burnout: Causes and Cures
Elliot Waker Aronson & Ayala Pines
10 hours

June 27-July 2
Embodied Gestalt Practice: Body & Soul
Edward Smith
30 hours

July 5-9
Four-Day Massage Intensive
Brita Ostrom & Dean Marson
24 hours

The Subtle Art of Meditation
David Streeter
24 hours

The Power of Voice
Arthur Samuel Joseph
24 hours

July 9-11
When Success is Not Enough
Peller Marion
10 hours

Homeopathy: Medicine for the 21st Century
Dana Ullman
10 hours

July 11-16
Zero Balancing: Basic I & II
Fritz Smith
30 hours

July 16-18
Introduction to Gestalt Practice
Eric Erikson
10 hours

Body Rejuvenation
Dub Leigh & Audrey Nakamura
10 hours

July 18-23
The Body & Zen
Dub Leigh & Audrey Nakamura
30 hours

July 23-25
Freeing Our Bodies/Our Selves through Movement: A Feldenkrais* Approach
Patrick Douce
10 hours

July 25-30
Sexual Abuse Survivors: Transforming Interventions in Body, Mind & Spiritual Healing
Carolyn Braddock
30 hours

August 1-6
Gestalt Practice
Christine Stewart Price & Guest Leaders
30 hours

Spiritual Healing: Laying On of Hands
Maria Lucia Sauer Hollomon
30 hours

The Application of Altered States
Ronald Wong Jue
30 hours

August 8-13
Awakened Mind: Brainwave Training Intensive
Anna Wise
30 hours

August 13-15

Rekindling the Spirit in Work
Howard Schechter
& Barbara Lee
10 hours

Therapeutic Touch
Janet Quinn
10 hours

August 15-20

Polarity Massage Intensive
Deborah Anne Medow
30 hours

Chakra Psychology
Nancy Rosanoff
30 hours

Creating Exact Moments
of Healing
Mariah Fenton Gladis
30 hours

August 20-22

Facial Communication
Lillian Lesefko
10 hours

August 22-27

Dancing on the Body: Massage in the African Tradition
Deborah Harrell
30 hours

August 27-29

Weekend Massage Intensive
Brita Ostrom & Arthur Munyer
10 hours

August 29-September 3

Recovery for Adult Children
& Co-Dependents
Julie Bowden & Richard Balaban
30 hours

September 5-10

Five-Day Massage Intensive
C.C. (Carl Chase) & Kathleen O'Shaunessey
30 hous

Organizations of the 1990s: Managing with Heart
Maggie Seeley & Thom Allena
30 hours

September 10-12

Freeing Our Bodies/Our Selves throughMovement: A Feldenkrais® Approach
Patrick Douce
10 hours

KAREN PREUSS

September 19-24

Advanced Feldenkrais®
and Cortical Reeducation®
Harriet Goslins & Lansing Barrett Gresham
30 hours

September 24-26

Weekend Massage Intensive
Vicki Topp & Esalen Massage Staff
10 hours

Transpersonal Medicine
Jeanne Achterberg & Frank Lawlis
10 hours

October 3-8

Gestalt Practice
Christine Stewart Price & Guest Leaders
30 hours

October 8-10

Intorduction to Gestalt Practice
Christine Stewart Price & Guest Leaders
10 hours

Psychoneuroimmunology
and Its Implications
George Solomon & Margaret Kemeny
10 hours

October 10-15

Clinical Program for Professionals:
Integrating Gestalt,Self Psychology
and Mind-Body Healing
Ronald Alexander & Bruce Gregory
30 hours

The Medicine Wheel Way
Carol Proudfoot-Edgar & Bob Edgar
30 hours

Rituals for Healing
Jeanne Achterberg & Frank Lawlis
30 hours

October 10-17

Cortical Reeducation®
and the Feldenkrais® Method
Harriet Goslins & Patti Lawrence
30 hours

October 15-17

Living with Chronic Pain and Illness
David Levenson & Dayle Sarasohn
10 hours

October 17-22

Intermediate and Advanced Massage
Peggy Horan & George King
30 hours

October 22-24

Weekend Massage Intensive
Dean Marson & Laurie Lioness Parizek
10 hours

Introduction to Vipassana Meditation
James Baraz
10 hours

October 24-29

Movement & Touch
Randy Cherner
30 hours

■ WORK STUDY PROGRAM

Work Study Program is for those who are interested in an intense and complete involvement with the Esalen environment. It is a work-oriented program, emotionally and physically, and only rarely is it restful. It is not for those who wish to take catalog workshops or for those who are unwilling to be fully engaged in the work-life of the community. Participants will work 32 hours per week in one of Esalen's departments (kitchen, garden, farm, housekeeping, maintenance, or grounds) and will participate, along with staff and long-term students, in that department's program. It is necessary for applicants to be able to speak and understand English.

During most evenings and one weekend intensive, work students are together as a group exploring different practices and approaches available at Esalen, with specifically assigned leaders who will be with the group throughout the month coordinating the study schedule and facilitating many of the evening sessions.

The selection of work students is done by Bette Dingman, the Work Study coordinator, in consultation with department supervisors. Since this is a work program, preference is given to applicants who are open and willing to learn about themselves within the work context as well as within the evening and weekend study/process groups. Applicants with particular skills or physically limiting conditions are urged to mention them on the application.

First-month work students, in particular, are assigned to departments largely on the basis of community need. No work students will be assigned to the office or Gazebo School/Park until they have fulfilled a minimum of one month in one of the aforementioned departments.

The study portion of the program is usually divided into two sections each month: each emphasizes one type of growth practice, such as gestalt, meditation, Reichian work, massage or somatics work, and so forth. Participants must be prepared to stay at Esalen for the full duration designated for that particular program, assuming that they meet the standards of the Work Study Program. Two programs are planned for each month. Those scheduled thus far for 1993 include:

May 2–30

Karuna Licht will lead a month-long journey using the creative processes of art, ritual, and guided imagery as the language of the heart.

May 2–June 27

Esalen Massage Certification Program

David Streeter & Massage Staff

This two-month program will offer an ongoing, well-structured massage program that will include yoga, meditation practice, anatomy, movement, and much more. There will also be an opportunity to take advantage of the personal growth that can come from full participation in community life.

Previous experience of one month as an Esalen work scholar is required. Please see page 51 for more information on this program.

C.E. credit is available for nurses.

$1830 (two-month fee)

May 30–June 27

Marilyn Harris Kriegel will explore the possibility of relationships without blame, and work on the potentials of truth and freedom. The group will investigate the role of chemistry, choice, and commitment in our encounters with love. Gestalt and psychosynthesis will also be used.

David Streeter & Massage Staff. See May 2-June 27.

June 27–July 25

Eduardo Eizner & Guests will concentrate on emotional release work and self-awareness using gestalt, group and individual process, rituals, movement, and body work.

Dean Marson will guide participants on a somatic journey to deepen self-awareness and enhance the ability to connect with others using touch, movement, and mindfulness as the means of exploration.

July 25–August 22

Alan Schwartz will present a month-long program on struggle and freedom. Participants will compose individual histories, recognizing personal struggle as a freedom. Using gestalt group process, the group will acknowledge past damage, formulate repair, and build a supportive structure for future healing/growth. The leader will draw from energy modality and current knowledge about recovery from addictive behavior, sexual abuse (male & female), and twelve-step work.

Char Pias Brenner facilitates a month-long process of self-inquiry and renewal utilizing massage, expressive movement, meditation, and art.

August 22–September 19

Nina Wise will present a month-long program of "Motion Training," a technique that utilizes sound, movement, language, and visual elements in the creation of spontaneous performances that arise from the inner life of the actor. The work enhances the ability to integrate language and movement, respond physically to emotional impulses, and give voice in sound and language to personal truths. In addition to performance work, the leader will also use meditation practice, writing practice, and experiment with integrating spontaneity and play into daily life.

The focus of the month with *David Schiffman* will be on the theme of transition. It is geared for people who are facing major changes and would like an opportunity to create a time for sanctuary and a mood of mutual support. The intention will be to cultivate an individual style of approaching change that is heartfelt, open minded, and resourceful in spirit.

September 19–October 17

With the emphasis on the practice of massage, *David Streeter* will explore the immense inner power of the human being. He will combine the fundamental essence of Zen meditation with movement from the martial arts and yoga. These principles will then be applied to the art of massage and the art of being in the world.

Phyllis Shankman offers a month of in-depth group process/gestalt work using the creative arts, as well as meditation, massage, and movement for self-exploration and healing.

October 17–November 14

Eduardo Eisner and guests will lead a month concentrating on emotional release work and self-awareness, incorporating Gestalt practice, group and individual process, rituals, movement, and body work.

Mary Goldenson's (Devarani) program of letting go and moving on employs Reichian methods, dance, imagery, gestalt, and meditation.

Institute of Transpersonal Psychology Offers External Master's Degrees

Work students now have the opportunity to integrate their work study experience at Esalen with the external degree program of the Institute of Transpersonal Psychology. The external degree format enables students to study at any location. Work students will be able to continue the dynamics of personal growth fostered at Esalen while earning master's degrees in transpersonal studies or in transpersonal psychology.

Inquiries and applications should be made directly to ITP. Contact:

Nancy Fagen
External Program
Institute of Transpersonal Psychology
250 Oak Grove Ave.
Menlo Park, CA 94025
(415) 326-1960

Inasmuch as the Work Study Program is a complete program in itself, please do not plan to take regularly scheduled catalog workshops during your stay. Professional services, such as massage, are available at staff rates.

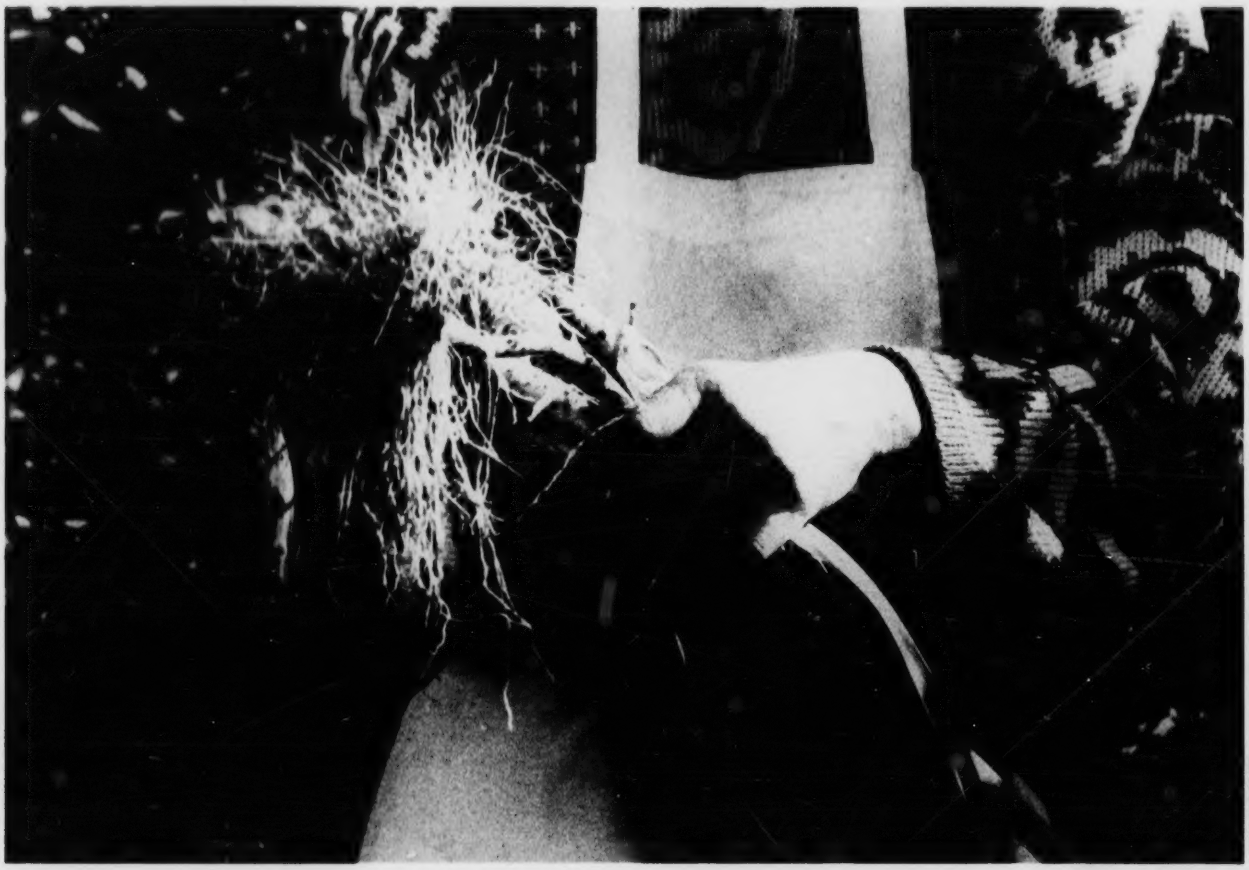
Accommodations are shared, with up to four people to a room, usually at South Coast Center, a staff complex located 1½ miles north of Esalen.

A deposit of $400 in U.S. currency is required with your application. For all programs listed before July 25th, the cost of all 28-day work study programs is $720 for the first month, $670 for the second month, and $620 for the third month. **Beginning July 25th, the work scholar fee will be $750 each month for all 28-day work study programs.** Work students may be invited to ramain for a second or third month depending on space available and community needs. There are no scholarships available for the Work Study Program.

For more information contact Bette Dingman: (408) 667-3010.

Note: *Application is not registration in the program. Registration is made only after approval of application and upon receipt of deposit. The balance of the fee is due on arrival. Of the original deposit, $100 is nonrefundable and may be transferred to other programs within one year of receipt. Please return the application form (see next page) with your deposit to:*

Work Study Program, Esalen Institute,
Big Sur, CA 93920.



KAREN PREUSS

WORK STUDY PROGRAM APPLICATION

Name ☐ Male ☐ Female

Date of Birth Occupation

Place of Employment

Daytime Phone ( ) HOME ADDRESS

Evening Phone ( ) STATE AND ZIP CODE

Date of Application COUNTRY

Do you have any physically limiting conditions which might affect your full participation in this program? ☐ Yes ☐ No

If yes, please be specific.

Which program(s) are you interested in? Please list the leader's name.

Please note: When focused programs continue with the same leader for more than one month, participants must be prepared to stay at Esalen for the full duration of that particular program.

The Work Study Program is for 28 days, beginning and ending on Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: to 2nd: to 3rd: to

Work students may be invited to remain for a second or third month, depending on space available and the needs of the Esalen community. Please indicate your availability for such an invitation.

☐ No extension ☐ One-month extension ☐ Two-month extension

Assignments to departments are made according to community labor needs. However, if you have particular skills that you're willing to use, especially in food preparation, gardening, maintenance, mechanics, construction, or housecare, please mention them here.

☐ Please check here if you have emergency medical skills (M.D., R.N., or E.M.T.) and are willing to use them during your stay.

Attach a personal statement about your interest in the Work Study Program and why you'd like to participate.

After January 1, 1993 all applicants will be required to sign a standard release from liability and assumption of risk form as a condition of participation in the Work Study Program.

Please Note: No pets allowed.

THE FRIENDS OF ESALEN

The Friends of Esalen provide scholarships to people eager to attend our workshops but unable to afford them. We believe that our programs should be available to as many people as possible. Your contribution to the Friends of Esalen funds these scholarships.

We invite you to join the Friends. In addition to knowing that you have given someone else the opportunity to experience Esalen, you will receive the *Esalen Catalog*, the *Friends of Esalen Newsletter*, and other special mailings to Friends for one year. You will be eligible to attend the annual Friends of Esalen workshop and to participate in local networking groups. We hope you feel your experience at Esalen is worth sharing and that you will join us in extending Esalen into the lives of other people.

☐ I wish to renew my membership in the Friends of Esalen; I enclose my check for the category marked below.

☐ I wish to become a Friend of Esalen; I enclose my check for a one-year membership in the category marked below.

☐ Student (to age 22)	$25	☐ Supporting Member	$100-450	☐ Group 2000	$2,000
☐ Senior Citizen (65 & over)	$25	☐ Sustaining Member	$500-950	☐ Founders Circle	$5,000
☐ Associate Member	$35	☐ Patron	$1,000		

Name Student Affiliation

Address City

State Zip Date

Please mail to: The Friends of Esalen, Esalen Institute, Big Sur, CA 93920. Contributions are tax-deductible to the extent allowable by law.

■ AUDIO RECORDINGS

The Dolphin Tape Series

Titles for this tape list are varied, ranging from a rather full selection from Carl Rogers, Buckminster Fuller, Huston Smith, Abraham Maslow, and Joseph Chilton Pearce, to the latest from Terence McKenna and Brother David Steindl-Rast. And there are a few sleepers and surprises, including several gems and jewels from unexpected sources.

There are also contributions from Laura Archera Huxley and from her husband Aldous Huxley, bringing back to life the original inspiration for the human potential movement, eloquently expressed in Huxley's public addresses in the years just before Esalen's birth.

Finally, we have the original conversations in a newly-published book entitled *TRIALOGUES at the Edge of the West* (Bear & Co. 1992), built from interplay between three explorers of chaos, imagination, and creativity.

Dolphin Tapes has no complete catalog, just overlapping tape lists. When you place an order, let us know your field of interest or your favorite speakers. We may have more information on some of them. Most tapes are in stereo. Tape length is normally 1 to 1½ hours.

Single-tape titles are $10:

Abraham/McKenna/Sheldrake: *Sampler from the TRAILOGUES*, 1989-1990
Abraham/McKenna/Sheldrake: *Cast of Characters*, 1989
Angeles Arrien: *Basque Mysticism* (ITA Boston), 1979
Gregory Bateson: *The Limits of Science*, 1978
Joseph Campbell: *Tibetan Book of the Dead*, 1981
George Friebott (with Stan Grof): *Nikola Tesla: The Inventor*, 1984
Gerald Heard: *The Power of Wonder* (KPFA Berkeley), 1954
Aldous Huxley: On *Language* (MIT Cambridge), 1960
Aldous Huxley: *Why Art?* (MIT Cambridge), 1960
Laura Huxley: *Recipes for Living and Loving* (Guided Imagery), 1963
Robert Johnson: *The Roots of Modern Masculinity*, 1990
Stanley Keleman: *Biological Roots of Spiritual Experience* (Kairos), 1970
Timothy Leary: *American Culture: 1945-1985* (College of Marin), 1977
Janet Lederman: *Early Childhood Experience* (KAZU Pacific Grove), 1987
Abraham Maslow: *Psychology of Religious Awareness*, 1967
Terence McKenna: *Personal Biography and the Time Wave*, 1992
Terence McKenna: *Science and Agriculture*, 1992
Terence McKenna: *Art and Eros*, 1992
Joseph Chilton Pearce: *Intelligence of the Heart*, 1992
Fritz Perls: *Dream Theory and Demonstration*, 1967-1968
Christine Price: *Intro to Gestalt Practice* (Friends of Esalen), 1992
Paul Rebillot: *The Pluto Story: Journey into Madness*, 1984
Carl Rogers: *The Intensive Group*, 1966
Carl Rogers: *The Person of Tomorrow*, 1970
Carl Rogers: My *Philosophy and How It Grew* (AHP Hawaii), 1972
Rogers/Bateson: *Dialogue on Thinking, Feeling, Learning* (Marin), 1975
Daniel Sheehan: *Philosophy of Christic Institute*, March 1991
Anne Simkin: *Choice and Changes Using Gestalt* (Findhorn), 1989
Huston Smith: *No Wasted Journey*, 1968
Huston Smith: *The Coming World Civilization*, 1968
Huston Smith: *The Nature of Reality* (Boston), 1979
Brother David Steindl-Rast: *Three Ways of the Spiritual Path* (Big Sur), 1990
Brother David Steindl-Rast: *The Body: Sensuousness & Spirituality*, 1990
Rick Tarnas: *Bringing It All Home* (Esalen), 1992
Alan Watts: *Interviewed by Michael Murphy* (SS Vallejo), 1964
Arthur M. Young: *The Bacon-Shakespeare Controversy*, 1983
Arthur M. Young: *The Reflexive Universe*, 1983

Two-tape titles are $18

Walt Anderson & Ted Roszak: (2) *The Upstart Spring* (Esalen), 1984
Angeles Arrien: (2) *Cross-Cultural Shamanic Practice*, 1991
Joseph Campbell & Sam Keen: (2) *The Dark Side of the Forest*, 1985
Prem Das: (2) *The Huichol Cosmology* (Creation & Return), 1977
Ram Dass: (2) *Creation, Creativity, Spirituality*, 1987
Buckminster Fuller: (2) *The Critical Path* (Maui), 1982
Abraham Maslow: (2) *The Farther Reaches of Human Nature*, 1987
Terence McKenna: (2) *The Magical Mystery Tour*, 1989
Ralph Metzner: (2) *Metaphors of Transformation*, 1982
Joseph Chilton Pearce: (2) *The Magical Child*, 1975
Fritz Perls: (2) *Neurosis, Psychosis, and Dreams*, 1978
Carl Rogers: (2) *A Weekend at Esalen*, 1983
Daniel Sheehan: (2) *Christic Institute Update and JFK*, March 1992
Frederick Spiegelberg: (2) *India and the Saints*, 1964
Alan Watts: (2) *Eastern Religion and Western Therapy*, 1971
Janet Zuckerman: (2) *The Feeling Process*, 1987

Four-tape titles are $36

Buckminster Fuller: (4) *Integrity Day* (Marin), 1983
Terence McKenna: (4) *Psychedelics and A Free Society*, 1984
Fritz Perls: (4) *Working with Dreams*, 1968
Rupert Sheldrake: (4) *Resonance and the Habits of Nature*, 1987
Rupert Sheldrake: (4) *Revival of Animism*, 1990
Brother David Steindl-Rast: (4) *Enjoying Poetry*, 1992

The Dolphin Vinyl Album Tape Sets:

Aldous Huxley: (6) *The Human Situation Lecture Series (Part I)*, 1959	$60
Abraham Maslow: (6) *The Eupsychian Ethic*, 1969	$60
Joseph Chion Pearce: (6) *Journey to the Heart*, 1990	$60
Fritz Perls: (6) *The Perls Encounter*, 1968	$60
Carl Rogers: (6) *The Basic Encounter Group*, 1967	$60
Rupert Sheldrake: (6) *Resonance and Presence of the Past*, 1985	$60
Brother David Steindl-Rast: (6) *Approaches to Christian Mysticism*, 1987	$60
Buckminster Fuller: (8) *The Pajaro Dunes Tapes*, 1977	$72
Terence McKenna: (8) *The Esalen Scholar-In-Residence Series*, 1989	$72
Joseph Chilton Pearce: (8) *Insight and Ecstasy* (Quest), 1981	$72
UCB Symposium: (8) *The Sixties: Its Leaders and Legacies*, 1987	$72
Abraham/McKenna/Sheldrake: (10) *TRIALOGUES* (Vol. 1), 1992	$88
Virginia Satir: (10) *Conjoint Family Therapy*, 1967 (Archives)	$88
Joseph Campbell: (10) *World Mythology Series*, 1969 (Library Archives)	$88
Esalen Series: (12) *The Value of Psychotic Experience*, 1968	$98
Esalen Symposium: (12) *Wilhelm Reich: His Life and Work*, 1974	$98
Gregory Bateson: (12) *The Informal Esalen Lectures*, 1975-1980 (Library)	$98

Please add $3.00 to your complete order for handling and mailing (add $3 more if you wish priority mail). Overseas orders add $1.00 per tape for mailing. California residents include 7½% tax. (Institutional purchase orders please add 10% to tape cost for invoicing and deferred payment). Allow 4 to 6 weeks for delivery. (Most orders are mailed within two weeks.)

Please mail your order and your check payable to:
DOLPHIN TAPES, P.O. Box 71, Big Sur, CA 93920

Advertisement. Dolphin Tapes is a private company independent of Esalen.

■ GENERAL INFORMATION

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco, situated directly over the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot springs, was once the home of a Native American tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on Highway 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute, By Reservation Only.

Fees and Reservations: Pre-registration, by mail or phone, is required prior to arrival. A registration form is provided on page 70. Our address, phone numbers, and reservations hours are on the inside front cover. Since workshops fill quickly, it is advisable to sign up as early as possible. In order to reserve a space in any workshop, we require full payment or the following deposits:

Weekend:	$150	19 to 21 days:	$450
5 to 7 days:	$250	More than 21 days:	$600
12 to 14 days:	$350		

Deposits are payable in U.S. currency only. Overseas residents must pay by checks drawn on U.S. banks or use a credit card. Balance of payment is due on arrival. (Please see page 9 for information on discounts and reduced rate options.)

Please indicate your second choice for a workshop in case your first choice is canceled and we are unable to reach you. Workshop fees cover tuition, food, and lodging. Rooms and bathrooms are shared by two or more persons. Camping on the grounds, either in tents or campers, is prohibited. We do not have parking space to accommodate RVs.

Making Contact with Us: Since it can be difficult to get through by phone, we encourage you to read the catalog and mail or fax your reservations. *Our fax number is (408) 667-2724*. Fax the enclosed form and include your credit card information. (The fax line is for Esalen business purposes only, not personal correspondence.) Since there is no office storage space available, please do not arrange to receive any personal packages while at Esalen.

If you prefer to make your reservations by phone, please be prepared with your completed reservations form and your credit card when you call. We know that all calls to Esalen are long distance; we will be as efficient as possible. Please be patient so that we can give you complete information and our best service. NOTE: Room and Board reservations must be made by phone, not by fax machine.

Cancellation and Refund Policy: If you cancel at least five full days before the start of your workshop, your deposit, less a $30 processing fee, will be transferred to a credit account to be used within one year. If you cancel with less than five days' notice, you forfeit your entire deposit. If you have prepaid your entire reservations fee, we will retain the deposit, as above, less the $30 processing fee, and return the balance to you. (*Please note*: Wilderness Programs has a different cancellation and refund policy.)

If you have applied for a scholarship and we *are unable* to give you any assistance, we will, at your request, refund your deposit in full if you cancel your reservations at least five full days prior to the start of your workshop. If we *are able* to give you assistance and you cancel your reservations as above, we will return your deposit, less a $30 processing fee, unless you wish to transfer that deposit, less the processing fee, to a credit account to be used within the next year. If you cancel with less than five days' notice, you forfeit your deposit.

Scholarships: For information on scholarships and other economical ways of staying at Esalen, see page 9.

Check-in and Meals: Weekend programs begin with dinner on Friday and end with brunch on Sunday. Five-day and longer programs begin with dinner on Friday or Sunday and end with lunch on Friday or Sunday. Check-out time is noon of departure day. Rooms become available at 4 PM; however, guests are welcome to arrive anytime after 2 PM.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are baked at Esalen.

Seminarians as Volunteers: Seminarians in residence at Esalen are invited to contribute one or two hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out.

Bus Service: On Fridays and Sundays we have van service from the Monterey Greyhound station leaving approximately at 3:45 PM and from the Monterey Airport approximately at 4 PM. If you plan to use this service, please inform the Esalen office at least 24 hours prior to your arrival. The $25 one-way fee (subject to change) is payable to the Esalen office when you check in. Return reservations may be made at that time. The only departing van service from Esalen is on Fridays and Sundays at approximately 5:30 PM.

Gazebo School Park: Seminarians who would like child care must send their request or notify The Gazebo School Park at least one month in advance. For information on the Early Childhood Program or the Internship Program, please see page 10.

For your safety: Please bring a flashlight for use at night while walking on the grounds.

Health Services: We are unable to provide medical supervision or pharmaceutical supplies. If you are on a health-care program and you plan to spend several weeks at Esalen, please arrive prepared to administer to your health-care needs.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Lost and Found: Call Esalen at: (408) 667-3019.

Conferences at Esalen: It is now possible to arrange for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100) on a space available basis. For further information, contact the conference coordinator, (408) 667-3038.

Catalog Subscriptions: If you would like to receive the next three issues of the *Esalen Catalog*, please refer to the inside front cover for subscription rates and send your check or money order (U.S. currency) in the enclosed subscription envelope, or mail it to Subscriptions, Esalen Institute, Big Sur, CA 93920.

Contributions to Esalen Institute are tax-deductible. The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills.

Esalen Institute reserves the right to cancel any program at any time.

■ BIOGRAPHICAL INFORMATION

A

■ **Jeremiah Abrams**
is a Jungian therapist, dream analyst, writer, and consultant. His books include Meeting the Shadow, Reclaiming the Inner Child, *and the forthcoming* The Shadow in America. *He is currently director of the Mt. Vision Institute in Sausalito, California.*
p. 25

■ **Sarah Abukutsa**
is a professional singer and dancer who trained in her country of Kenya before working in Europe and then the U.S. She has worked with Babatunde Olatunji and Quincy Jones.
p. 19

■ **Jeanne Achterberg,**
professor at the Institute of Transpersonal Psychology, is a pioneering researcher in imagery. She is the author of Rituals of Healing; Woman as Healer; *and* Imagery and Healing.
p. 15, 43, 45, 53, 54

■ **Ken Adams**
is a social theorist and co-founder of ROSE X MEDIA HOUSE. *He has contributed to various magazines such as* Mondo 2000 *and* Magical Blend, *and is a National Endowment for the Arts recipient.*
p. 39

■ **Ronald Alexander**
is a creativity and health consultant in the entertainment industry. He teaches clinical training groups in Gestalt and Mind/Body Healing in Santa Monica, California, and is director of clinical training at Ryokan College.
p. 45, 54

■ **John Allen,**
life member of the PGA and former tour player, has been a teaching golf professional for over twenty years and a serious student of the inner game for the past eight.
p. 19, 43

■ **Thom Allena**
is an organizational consultant who develops "soul" in organizations through outdoor team building, ritual and myth, and humor. He works with judges, attorneys, and victims to arrange "win-win" solutions for resolving criminal offenses.
p. 40, 54

■ **Maurica Anderson**
is studying the relationship between humor and mental health. She has been leading groups at Esalen for over twenty years.
p. 33, 51

■ **Anne Armstrong**
has been doing transpersonal counseling for thirty years and has trained professionals to use their intuitive abilities.
p. 49

■ **Jim Armstrong,**
a former engineer, is a lifelong student and teacher of esoteric studies.
p. 49

■ **Elliot Waker Aronson,**
social psychologist, professor, researcher, and author, combines the scientific with the humanistic and spiritual in his work.
p. 25, 53

B

■ **Nancy Bacal**
is a lyricist and screenwriter. Student of meditation and black belt in Aikido, her work includes the award-winning film, RAGA, *starring Ravi Shankar. She conducts ongoing writing workshops in Los Angeles.*
p. 40

■ **Richard Balaban**
is a clinical psychologist in private practice in Bloomington, Indiana. He has taught at Indiana University in the departments of Psychology and Public & Environmental Affairs.
p. 38, 54

■ **James Baraz**
has taught Vipassana (insight) meditation retreats since 1977. He is on the Board of Directors of Insight Meditation West and the Dharma Foundation.
p. 20, 47, 53, 54

■ **Michael Barnett**
lives on a ranch in Boise, Idaho, where he is a psychiatrist in private practice. He works with individuals, families, and groups.
p. 18, 53

■ **Jeff Berner**
has photographed in many countries, received two awards from Life Magazine, *and photo-illustrated* Uncarved Blocks, Unbleached Silk: The Mystery of Life, *by the late Alan Watts.*
p. 44

■ **Judy Blackstone**
is a dancer, meditation teacher, author, and counselor. She is the founder of The Subtle Self in Motion, a method for deepening experience through movement.
p. 24

■ **Ralph Blum,**
author of The Book of Runes *and* The RuneCards, *has been exploring the use of the Viking Runes as a tool for self-counseling since 1977.*
p. 41

■ **Julie Bowden,**
pioneer in the children of alcoholics (COA) field, is co-founder of the National Association of COAs. She co-authored Recovery: A Guide for Adult COAs *and* Genesis: Spirituality in Recovery.
p. 38, 54

■ **Carolyn Braddock**
is a psychologist, consultant, and author in private practice in Lakewood, Colorado. She founded the Institute on Child Abuse and Neglect and trains professionals in the field of sexual abuse.
p. 31, 53

■ **Devers Branden**
is co-author with her husband Nathaniel of What Love Asks of Us. *She also works as a business consultant.*
p. 20

■ **Nathaniel Branden**
is a psychotherapist, author, and lecturer who began pioneering the field of self-esteem over thirty-three years ago. In private practice in Los Angeles, his most recent book is The Power of Self-Esteem.
p. 20

■ **Char Pias Brenner**
has lived at Esalen Institute since 1977. She is a facilitator of the expressive arts and a teacher of Esalen Massage.
p. 18, 25, 53, 55

■ **Jessica Moore Britt,**
gestalt and Reichian work practitioner in the Bay Area, is a teacher of the Ridhwan Work School, which is dedicated to understanding personality and spiritual development.
p. 14

■ **John Broomfield,**
author of Other Ways of Knowing, *is a New Zealand educator, world-traveller, student of shāmanism and hatha yoga. He has written extensively on inter-cultural and inter-species learning.*
p. 16

■ **Heather Lynne Burch**
has a background in self-acceptance training, eidetic imagery, and shamanism. She teaches methods for unifying the self and developing a deeper creativity. She practices in New York and Naples, Florida.
p. 40, 43

■ **Adam Burke**
is a research psychologist, acupuncturist, educator, and author. He is the director of Halcyon and offers trance-based trainings internationally.
p. 20, 50, 53

C

■ **John Caple**
is writer, speaker, consultant, and work-life advisor to company presidents. In earlier careers he was a business executive and college professor.
p. 49

■ **Seymour Carter,**
longtime gestalt teacher at Esalen and in Europe, combines studies in sensory awareness, Zen Buddhism, aikido, and other body-oriented practices.
p. 17, 21, 31, 34, 37

■ **Michell Cassou**
is the founder of an original approach to painting designed to stimulate and unblock creativity. She is director of the Painting Experience Studio in San Francisco.
p. 41, 50

■ **CC. (Carl Chase)**
is a body worker who specializes in cross-fiber friction and deep tissue methods. He has also studied sports massage and soft tissue manipulation.
p. 40, 54

■ **Randy Cherner**
conducts a three-year apprenticeship training program for practitioners in the field of Somatic Education. He is founder of a somatics center in Corte Madera, California.
p. 48, 54

■ **Dan Clurman**
has an M.A. and M.F.C.C. and teaches critical thinking at Golden Gate University. He is in private practice in Oakland, California.
p. 48

■ **Stephen Cohen,**
Esalen resident and gestalt practitioner, is a longtime golf hacker who recently founded The Kingdom Tour, dedicated to bringing inner game golfers together for world travel.
p. 19, 43

■ **Phil Cousineau**
is a freelance writer, poet, and filmmaker. He is the author of The Hero's Journey, Deadlines, *and co-author of* The Soul of the World.
p. 15

■ **Stewart Cubley,**
artist and scientist, is co-founder with Michell Cassou of the Painting Experience Studio in San Francisco.
p. 41, 50

■ **Dale Cummings,**
certified Radix® teacher and marriage and family counselor in West Los Angeles and Los Gatos, is director of training for the Radix® Institute.
p. 20

■ **Rabbi William Cutter**
has a doctorate from UCLA and was trained in the Ford-Esalen project in Confluent Education. He teaches modern literature and education at Hebrew Union College and serves on the liturgy committee of the Central Conference of American Rabbis.
p. 43

D

■ **David Darling**
is a master cellist, composer, conductor, and teacher whose many recordings include Journal October; Cycles; River Notes; *and* Amber.
p. 15

■ **Laura Day**
has been a practicing intuitive for over a decade in the U.S. and Europe. She teaches intuitive skills for use in business and daily life.
p. 23

■ **Laura DeNuccio (Ma Prita),**
certified Radix® practitioner on Esalen's teaching staff, has over fifteen years' experience combining gestalt, Reichian body work, Bates vision work, movement, ritual, and meditation in the U.S. and Europe.
p. 24, 43

■ **Patrick Douce,**
one of Moshe Feldenkrais's first American students, has lived at Esalen since 1972. Since 1986 he has lived part of the year in Bali, where he observes Balinese and other Indonesian energetic sciences.
p. 30, 34, 41, 53, 54

■ **Charles Durrett**
is co-author of CoHousing — A Contemporary Approach to Housing Ourselves. *Through his architectural design and consulting firm, The CoHousing Company, he is working to bring co-housing communities to life in the U.S.*
p. 31

E

■ **Bob Edgar,**
formerly a Professor of Biology at Caltech and UCSC and founding Provost of Kresge College, UCSC, is experienced in group process and organizational development. He is interested in the shamanic journey method as a path for spiritual development.
p. 45, 54

■ **Edith Eva Eger**
is Clinical Assistant Professor of Psychiatry at UCSD Medical School. She has a private practice in LaJolla, California, and is a consultant to the military on post-traumatic stress reaction.
p. 48

■ **Diane Egli,**
violinist and member of the Suzuki Association of America, teacher/performer, and Gazebo School/Park teacher at Esalen, was a California Arts Council "Artist in Residence." She has a master's degree in music.
p. 32

■ **Eduardo Eizner,**
a licensed psychologist from Belgrano University in Argentina, is an Esalen staff member and co-director of Gazebo School Park.
p. 26, 55, 56

■ **Eric Erickson**
is a long-term student of Gestalt and Eastern philosophical traditions.
p. 28, 31, 53

F

■ **Peter Finkelstein,**
a psychiatrist practicing in Woodside and San Francisco, teaches at Stanford and writes about emotional issues in medical training and practice. He counts among his important influences Sigmund Freud, Irv Yalom, and Van Morrison.
p. 23, 38

■ **Corey Fischer**
is an actor, writer, and maskmaker who has been creating and performing theater for over twenty years. He co-founded A Traveling Jewish Theatre, *and teaches workshops and classes in solo performance, ensemble creation, and storytelling.*
p. 36

G

■ **Mariah Fenton Gladis,**
gestalt practitioner and trainer, founded and directed the Bucks County Institute for twelve years. She is director of the Pennsylvania Gestalt Center for Psychotherapy and Training.
p. 36, 54

■ **Mary Goldenson (Devarani)**
is a psychologist, chiropractor, and certified Radix® teacher with a private practice in West Los Angeles.
p. 15, 16, 20, 26, 29, 37, 39, 56

■ **Harriet Goslins**
is the originator of Cortical Reeducation® She is a Feldenkrais® practitioner with a background in psychosynthesis, applied kinesiology, craniosacral work, and social anthropology.
p. 42, 46, 54

■ **Bruce Gregory**
is a psychologist in private practice who specializes in mind/body healing and health psychology. He works with corporate executives who are experiencing difficulties with leadership skills.
p. 45, 54

■ **Lansing Barrett Gresham**
is the originator of the system of enhanced perception known as Integrated Awareness and founder of the Touchstone Center in Cotati, California.
p. 42

H

■ **Nick Hall**
directs the Division of Psychoneuroimmunology at the University of South Florida School of Medicine, and serves as a consultant to the National Institutes of Health.
p. 20, 53

■ **Robert Hall,**
physician, psychiatrist, and teacher, has studied the mind-body process and meditation for twenty-five years. He is co-founder of the Lomi School and the Tomales School of Psychotherapy.
p. 24, 44

■ **Anna Halprin,**
dance director of Tamalpa Institute and Steps Theater Company, works with people who have life-threatening ilnesses. She is creator of Circle of the Earth *and author of* Movement Ritual.
p. 36

■ **Keith Harary**
is a research psychologist and co-author of seven books. He has over twenty years' experience in human potential research and is research director of the Institute for Advanced Psychology in San Francisco.
p. 34

■ **Steven Harper**
taught for Colorado Outward Bound and the National Outdoor Leadership School. He coordinates Esalen Wilderness Programs and is director of Earthways Wilderness Journeys.
p. 18, 22, 23, 27, 30, 33, 35, 38, 42, 43, 47, 51, 52

■ **Susan Harper**
teaches Continuum Dance Meditation workshops in Los Angeles and San Francisco, leads Dance the River trips on wild rivers, and has presented at the Joy-Spangler Asilomar Conference.
p. 22

■ **Deborah Harrell**
has been a somatic practitioner and teacher of holistic medicine, body work, and dance for over ten years.
p. 37, 54

■ **Gay Hendricks**
has been a psychologist and body-centered therapist for twenty-five years. He is the author of Learning to Love Yourself, *and the co-author of* Conscious Loving, *and* At the Speed of Life.
p. 47

■ **Kathlyn Hendricks,**
a movement and body-centered therapist, trains mental health professionals internationally and is co-author of Conscious Loving *and* At the Speed of Life.
p. 47

■ **Nick Herbert**
is the author of Quantum Reality, Faster Than Light *and the forthcoming* Elemental Mind. *He is also "Fringe Science" columnist for the magazine* Mondo 2000.
p. 48

■ **Geoffrey Hill**
is an analytic psychotherapist in private practice in Los Angeles who uses film as a therapeutic tool for expanded inner awareness and social consciousness. He is the author of Illuminating Shadows: The Mythic Power of Film.
p. 48

■ **Maria Lucia Sauer Holloman**
has been a seminar teacher in Brazil and the U.S. since 1982.
p. 33, 53

■ **Peggy Horan**
has been practicing and teaching massage at Esalen for twenty years. She is a student of childbirth, dance, and movement.
p. 47, 54

■ **Leigh Hyams**
is a painter and teaching-artist at UC Berkeley Extension whose work has been exhibited in the U.S., Europe, and Russia. A Fullbright scholar, she leads art tours to Europe and South America for museums and universities.
p. 28

I

■ **Jo Imlay**
is a writer, fabric artist, and co-director of The Eagle Connection alliance of transformative organizations. She combines shamanic work with insights drawn from contemplative Christianity, Buddhism, and Hinduism.
p. 16

■ **Anne Clark Isaacs**
is a licensed clinical social worker and a Reichian practitioner in private practice in Los Angeles. She is presently completing the advanced training in Bodynamic Analysis.
p. 33

■ **Joel Dweck Isaacs**
is a Reichian practitioner in private practice in Los Angeles where he also directs a body-oriented training program for psychotherapists. He is presently completing the advanced training in Bodynamic Analysis.
p. 33

J

■ **Eli Jaxon-Bear**
is a trainer in neurolinguistics and an examiner with the American Council of Hypnotist Examiners. He is past-president of a Tibetan Buddhist meditation center.
p. 22, 53

■ **Jerry Johnson**
is a broadcaster, pastor, and spiritual guide who has spent more than twenty-five years as a manager inside corporations, including ABC. He counsels people through job/life transitions, and has hosted a talk show, "Man to Man," on KCBS Radio.
p. 41

■ **Bronwyn Jones,**
editor of The Book of Runes *and* The RuneCards, *has been working and teaching with Ralph Blum since 1982.*
p. 41

■ **Arthur Samuel Joseph**
is a private teacher and professor of voice. He is the creator of Vocal Awareness, a method that integrates mind, body, and spirit through the vocal arts.
p. 26, 53

■ **Ronald Wong Jue,**
licensed clinical psychologist, has trained mental health practitioners in the use of altered states for the past fifteen years. He is past-president of the Association for Transpersonal Psychology.
p. 33, 53

K

■ **Norman Katz**
is a director of the Milton Erickson Institute of Hypnosis and the Behavioral Sciences of New Mexico. He teaches in Albuquerque and Santa Fe.
p. 20, 50, 53

■ **Margaret Kemeny**
is trained in behavioral science and immunology. She conducts psychoneuroimmunologic research at the UCLA School of Medicine on individuals infected with the HIV virus.
p. 45, 54

■ **George King**
has for three decades been a teacher of somatic poetry, a connoisseur of touch bringing about euphoria and encouragement to those interested in knowing more about themselves.
p. 47, 54

■ **Alan Kishbaugh,**
an environmental advocate for open space and animal habitat in Los Angeles, was closely associated with J. Kirshnamurti and is a trustee of the Krishnamurti Foundation of America.
p. 32

■ **George Kohlrieser,**
a psychologist with an international practice, researches and applies attachment and separation theory to relationships, psychosomatic illness, violence prevention, and hostage negotiations. ,
p. 31, 33

■ **Michael Kramer**
began working with Fritz Perls at Esalen in 1966 and lived on the south coast of Big Sur for many years. He has been a student and teacher with Arica since 1971.
p. 17

■ **Michael Krasny,**
Professor of English at San Francisco State University, has been a lecturer for The Fulbright Institute as well as The San Francisco Psychoanalytic Institute. He hosts a weeknight radio program on ABC.
p. 21

■ **Marilyn Harris Kriegel**
is a writer and therapist. She was co-chair of Antioch West's Holistic Studies program, and has been a couples counselor for more than twenty years. She is co-author of The C Zone: Peak Performance Under Pressure.
p. 55

■ **Susan Kuttner**
is a marketing and communications consultant, both in business and the healing arts. She assists her clients in becoming more effective, more powerful, more heartful, and more successful in their efforts.
p. 47

L

■ **Frank Lawlis,**
a diplomate and elected Fellow of the American Psychological Association, is president of the Institute of Transpersonal Psychology. He specializes in behavioral medicine.
p. 15, 43, 45, 53, 54

■ **Dianne Lawrence**
has been painting, selling, and exhibiting her work in Los Angeles for twelve years. Previous to that she spent ten years as a professional actress and performance artist.
p. 16

■ **Patti Lawrence**
is a Cortical Reeducation® and Feldenkrais® practitioner who employs hypnotherapy, cranial-sacral, kinesiology, and Somatic-Emotional Release® to harmonize body, mind, and spirit.
p. 46

■ Eric Lawton
is a photographer and lawyer in Los Angeles. He has exhibited his photography internationally and is co-author of The Soul of the World.
p. 15

■ Barbara Lee
is a circlemaker who has worked with groups for the past nine years. She holds a certificate in Organization Development and Transformation from the California Institute of Integral Studies.
p. 35, 54

■ Lenore Lefer
is a psychotherapist in San Francisco who also does teaching and training in psychosynthesis. She leads group workshops in the U.S., Canada, and Russia.
p. 45

■ Marc Lehrer
teaches clinical hypnosis and biofeedback nationally and internationally. He studied hypnosis with Milton Erickson and John Grinder, and resides in Santa Cruz, California.
p. 20, 50, 53

■ Dub Leigh,
longtime body work practitioner, was trained and certified by his friends Ida Rolf, Moshe Felkenkrais, and Tanouye-roshi.
p. 28, 29, 53

■ George Leonard
is the author of Mastery; The Silent Pulse; *and* The Transformation. *He is a fourth-degree black belt in aikido and founder of Leonard Energy Training (LET).*
p. 22, 35, 44

■ Lillian Lesefko
is an expert on facial communication. She studied Chinese Facial Analysis with her Chinese grandmother and has researched Western studies that correlate this ancient tradition with modern psychology.
p. 37, 54

■ David Levenson
is an internist who works with people who have chronic pain and illness. He is formerly Clinical Associate Professor of Medicine at Stanford University and is presently a consultant to the Sequoia Hospital Pain Treatment Center in Redwood City, California.
p. 47

■ Master Share K. Lew,
age 75, is a temple-trained Taoist priest from Southern China with over half-a-century's experience in Taoist health practices and healing arts.
p. 28

■ Karuna Licht
is an artist and counselor interested in healing the heart and living creatively.
p. 55

■ Elisa Lodge,
an Expressive Arts Therapist, is a Rolfing movement specialist and professional actress. She is co-creator of Earth Core, an organization that promotes self-esteem in the workplace, and is the founder of Theatre of the Earth.
p. 17

■ Jim Loehr,
sport psychologist and pioneer in Mental Toughness Training, works in business and professional and amateur sport. He has authored a wide variety of books and training materials.
p. 20, 53

■ Paul Lounsbury
has studied extensively with Milton Erickson and has conducted training seminars on the use of hypnosis and strategic counseling. He is in private practice in New York.
p. 38

■ Francis Lu
is an associate clinical professor of psychiatry at the University of California, San Francisco, with interests in film and transpersonal psychology.
p. 31

■ Nancy Kaye Lunney,
formerly a vocal coach and accompanist, is the originator of Singing Gestalt, which utilizes lyrics and songs as a means of self-expression. She is director of programming at Esalen.
p. 23, 49

■ Kathryn Lydecker,
licensed marriage and family therapist, is a senior associate of the Lomi School, an innovator in somatically-based psychotherapy. She is in private practice in Santa Cruz, California.
p. 14, 41

■ Joyce Lyke
is a gestalt practitioner and Ridhwan teacher in the Diamond Approach, a Work School dedicated to understanding personality and spiritual development. She has a private practice at Esalen and in Monterey, California.
p. 29

M

■ Helen Malcolm-Neeb,
artist, consultant, and teacher, works with a visionary consulting team designing long-range vision paintings for individual clients and Fortune 500 corporations.
p. 38

■ Noel Mapstead
is a local fine artist and potter. He has studied and exhibited in New York extensively and is familiar with Big Sur clays using traditional firing techniques.
p. 29

■ David Marc
has published three books and over 100 articles on mass media culture. He has taught at several universities, including Brown, Brandeis, University of Southern California, and Cal Tech.
p. 30

■ Peller Marion
is a psychologist, writer, and an organizational management consultant. She is president of Peller Marion Associates, Inc., an outplacement and executive development coaching corporation in San Francisco. She is the author of Crisis Proof Your Career: How to Find Job Security in an Insecure Time.
p. 27, 53

■ Dean Marson
is a practitioner and instructor of Esalen Massage who uses self-care techniques as a means of introducing people to the pleasure and potential of human touch.
p. 48, 54, 55

■ Paule Marx,
an Arica teacher since 1977, has a Chua Ka massage practice in San Francisco and is interested in Tibetan Thangkah painting and permaculture.
p. 17

■ **Kathryn McCamant**
is co-author of CoHousing — A Contemporary Approach to Housing Ourselves. *She works through her design and consulting firm,* The CoHousing Company, *to bring these communities to life in the U.S.*
p. 31

■ **Ellen McDermott**
taught pottery for ten years in New York. She teaches Lifeways Courses at the Rudolf Steiner Summer Institute in Maine.
p. 34

■ **Robert McDermott**
is the president of the California Institute of Integral Studies in San Francisco, and editor of The Essential Steiner.
p. 34

■ **Jamie McHugh**
is education coordinator and core faculty at Tamalpa Institute. He is also adjunct faculty at JFK University's Holistic Health Program.
p. 36

■ **Terence McKenna,**
author and explorer, has spent twenty-five years studying ontological foundations of shamanism and the ethno-pharmacology of spiritual transformation. He is the author of True Hallucinations; The Archaic Revival; *and* Food of the Gods.
p. 16, 37

■ **Sue McKibbin**
is an organizational anthropologist who consults, conducts seminars, and produces films on the spirit in business and alternative organizational paradigms.
p. 17, 53

■ **Deborah Anne Medow,**
Esalen workshop leader and body work practitioner since 1969, teaches ashtanga yoga, massage, creative movement, gestalt awareness, and related healing disciplines throughout the U.S. and Europe.
p. 36, 54

■ **Alan Mello**
attended the Culinary Institute of America and has been cooking professionally for twenty years. He recently completed three years cooking and teaching in the Esalen kitchen and is now a food consultant and caterer on the Central Coast of California.
p. 30

■ **Ilse Middendorf,**
received a professorship in Berlin after training in gymnastics, dance, and body therapy. In 1965 she founded the first Middendorf-Institute for Perceptible Breath. Her Institutes are located throughout Europe and the U.S.
p. 16

■ **Jane Miletich**
is a twenty-five-year resident of Big Sur. She has been an Esalen body worker for fifteen years and also teaches Hatha yoga and t'ai chi.
p. 39

■ **Amy Mindell**
helped developed process-oriented psychology in the areas of ethics, philosophy, and dance. She is in private practice in Portland, Oregon, and has taught worldwide.
p. 23, 53

■ **Arnold Mindell,**
author of Dreambody; Coma; *and* The Year I, *is a leader of the Global Ring Conflict Resolution Center in Yachats, Oregon. He is in private practice in Portland.*
p. 23, 53

■ **Darlene Moore**
is a director of the Institute for Advanced Psychology in San Francisco and has conducted special projects and taught extended perception workshops for the Institute throughout the U.S., Canada, and Europe.
p. 34

■ **Beverly Kitaen Morse**
is a marriage and family counselor in private practice in Santa Monica and a senior instructor at the Rosenberg-Rand Institute for Integrative Body Psychotherapy.
p. 20, 52

■ **Caroline Muir**
has been a yoga practitioner for over 20 years. She is a Tantric Sex expert who specializes in sexual healing and awakening the goddess energy in women.
p. 24

■ **Charles Muir,**
a professional yoga instructor for twenty-five years, is director of the Source Schools of Tantra Yoga in Hawaii and California. He is co-author (with his wife) of Tantra: The Art of Conscious Loving.
p. 24

■ **Arthur Munyer,**
a member of the Esalen massage crew, is a trigger point specialist and longtime body work practitioner trained by Dub Leigh and Lauren Berry.
p. 23, 38, 53, 54

N

■ **Robert Nadeau,**
an aikido master, has been a leading exponent of energy awareness at Esalen since the 1970s.
p. 20, 53

■ **Audrey Nakamura**
was trained by Hawayo Takta, Dub Leigh, and Tanouye Tenshin-roshi. She has been a practitioner for sixteen years.
p. 28, 29, 53

■ **Little Bear Nason**
is the seventh generation spiritual leader of the Esselen Indian Tribe of Big Sur. His life is an apprenticeship to the Earth.
p. 42

■ **Mudita Nisker**
directs Communication Options and has conducted communication trainings nationally since 1978. A clinical supervisor at the California Institute of Integral Studies, she has a private practice in Oakland, California.
p. 48

■ **Wes "Scoop" Nisker**
is considered the dean of new radio journalism and is editor of Inquiring Mind, *a journal of the Vipassana Buddhist community. He is the author of* Crazy Wisdom.
p. 49

O

■ **Babatunde Olatunji,**
master percussionist from Nigeria, has performed internationally for over thirty years and is known for his album Drums of Passion. *He is an authority on African religion.*
p. 25, 50

■ **Sharon Olds**
teaches writing workshops in the Graduate Creative Writing Program of New York University and at the Squaw Valley Community of Writers. She has published many books of poems, including The Gold Cell *and* The Father.
p. 42

■ Richard Olney
studied with Alan Watts, Fritz Perls, and Alexander Lowen, and has been influenced by the eidetic imagery work of Akhter Ahsen. He has led self-acceptance trainings in the U.S. and Europe.
p. 40, 43

■ Oregon River Experiences
offers unique, hands-on river trips where involvement with the river and the natural world is personal and educational.
p. 52

■ Kathleen O'Shaughnessy
has had a fascination with expanded mind and body states through the experiential modes of meditation, somatics, nutritional healing, ancient plant teachers and hands on work for twenty-four years.
p. 18, 40, 53, 54

■ Brita Ostrom,
a longtime Esalen massage practitioner, incorporates Trager training and gestalt awareness with the personal energetic connection of the Esalen massage. She is a certified MFCC in California.
p. 17, 25, 38, 53, 54

■ Lorenzo Ostuni
an Italian philosopher and anthropologist, is the author of various symbolic psychosystems for studying and integrating human personality. He is founder of the Institute for Biodrama in Rome.
p. 44

P

■ Helen Palmer
has for the past 20 years directed CITI, a training center that unites psychological work with the agendas of sacred tradition. She has authored The Enneagram *and* The Enneagram in Love and Work, *both published by Harper/Collins.*
p. 27

■ Laurie Lioness Parizek
coordinates a reference library at Esalen and pilots Healthspring Referral and Education. She blends innovative and traditional approaches to health and healing and works with body, mind, and breath.
p. 23, 48, 53, 54

■ Joseph Chilton Pearce,
a former humanities professor, is the author of five books about childhood and human development. His lecture tours included an extensive stay at the Jung Institute in Zurich in 1986.
p. 38

■ Maggie Phillips
is a psychologist in Oakland, California. She has been a presenter at many national and international conferences and training events on hypnosis and psychotherapy.
p. 20, 50, 53

■ Ayala Pines
is a licensed psychologist in private practice specializing in work with couples. She is the author of Keeping the Spark Alive *and the forthcoming* The Shadow of Love: Jealousy.
p. 22, 25, 53

■ Christine Stewart Price
is a teacher and ongoing student of gestalt practice and other approaches to developing awareness.
p. 21, 22, 33, 44, 45, 53, 54

■ Carol Proudfoot-Edgar
was a counseling psychologist at UCSC for seventeen years. She leads workshops that focus on integrating shamanic methods and Native American teachings. She is a certified shamanic counselor and teaches for Michael Harner's Foundation for Shamanic Studies.
p. 45, 54

■ Jill Purce
is the author of The Mystic Spiral. *She investigated the mystical dimension of sound with Karlheinz Stockhausen and the magical use of the voice and overtone chanting with Tibetan lamas.*
p. 39

■ Johanna Putnoi,
a senior associate of the Lomi School, has studied Feldenkrais, aikido, and Continuum dance. She has a private practice in Palo Alto, where she is also director of Body Therapy's massage program.
p. 14, 41

Q

■ Janet Quinn,
associate professor of nursing and scholar-in-residence at the University of Colorado, conducts Therapeutic Touch research and has given TT workshops since 1976.
p. 35, 54

R

■ Gustavo Rabin
is a clinical psychologist who focuses on relationships, life's transitions, and creativity. He has a private practice in Los Angeles.
p. 29

■ Robert Raleigh
is a certified Feldenkrais teacher, a health researcher, and the originator of the Transformation Lessons, a method for catalyzing awareness and developing the essential parts of the self.
p. 28

■ Peter Ralston
was the first non-Asian to win the world championship full contact martial arts tournament in 1978. He has trained the staff of many organizations such as Lifesprings and the Institute of Self Actualization.
p. 32

■ Paul Rebillot,
a group leader at Esalen for sixteen years, combines gestalt methodology with theater and ritual. He divides his time between Europe and the U.S.
p. 41, 42

■ Layne Redmond
is a writer, musician, and leader of the "Mob of Angles," a women's ritual drumming group. She performs and records internationally, and researches the visual history of goddesses, priestesses, and women playing the frame drum.
p. 34

■ Christopher Reed
founded Ordinary Dharma, a center for meditation and Engaged Buddhism in Venice, California. He is a senior student of Thich Nhat Hanh and a senior Dharma teacher in the Tiep Hien Order.
p. 15

■ Stella Resnick
is a clinical psychologist in Los Angeles who studied with Fritz Perls. She writes about intimacy and sexuality, and has completed a book on pleasure to be published in the Fall.
p. 32

■ Tracey Rich
has earned the title of "Yoga Acharya" and is the associate director of White Lotus Foundation. She trains teachers and students and leads seminars nationally.
p. 14

- **Erik Van Riswold**
is a thirty-year practitioner of the martial arts, including iaido, escrima, boxing, and fencing. He holds a black belt in aikido, and is a certified Leonard Energy Trainer (LET).
p. 21

- **William Pennell Rock**
is founder-director of Origins, a workshop process for creating and performing contemporary myths. He has lectured, led workshops, and directed productions in Europe, Asia, and the U.S.
p. 15

- **Jane Marla Robbins**
has been a professional actress, teacher, and writer for twenty-five years. She has acted in movies (Rocky I, II, V); *television* ("Falconcrest"); *and on Broadway. Her plays have been produced in New York, London, Copenhagen, and Spoleto.*
p. 46

- **Nancy Rosanoff**
works as a psychic, teacher, counselor, and coporate consultant based in New York. She is the author of Intuition Workout.
p. 36, 54

- **Jack Rosenberg,**
a psychologist and director of the Rosenberg-Rand Institute of Integrative Body Psychotherapy in Venice, California, is the author of Body, Self, and Soul.
p. 20, 52

- **Ilana Rubenfeld,**
thirty-year pioneer in the integration of body-mind-spirit field and originator of Rubenfeld Synergy® Method, is a certified teacher of Alexander Technique, Feldenkrais® Method, and trained with Fritz and Laura Perls in gestalt practice.
p. 34

S

- **Stephano Sabetti,**
founder of the Life Energy Process, has a doctorate in psychology and trains therapists internationally. He is also an organizational consultant.
p. 39

- **Yoshi Sakuyama**
is a third-degree black belt in Shorinjo Kempo, a modern Japanese martial art rooted in Zen Buddhism.
p. 26

- **Andrew Samuels**
is a Jungian psychoanalyst in practice in London. He has published many books including Jung and the Post-Jungians, The Plural Psyche, *and* The Father.
p. 49

- **Robert Sanoff,**
a senior associate of the Lomi School, has led workshops and trainings in personal growth for twelve years. He has been in private practice in Santa Rosa, California since 1976.
p. 14, 41

- **Dayle Sarasohn**
is a stress management consultant and gestalt therapist with fifteen years of experience working with individuals and groups. She has a special interest in health issues and problems of aging.
p. 47, 54

- **Audrey Savage,**
gestalt practitioner and body therapist, works with woman's issues, sexuality and spirituality, and the tarot. She is the author of The Fourth Woman *and* Twice Raped.
p. 41, 42

- **Howard Schechter**
is a former founder and chairman of the department of Organization Development and Transformation at the California Institute of Integral Studies. He is a consultant and counselor in the areas of individual and organizational development.
p. 35, 54

- **David Schiffman**
is a longtime group leader at Esalen. His primary interest is in facilitating people who are in transition towards a more heartful, unstrained existence.
p. 16, 21, 25, 28, 37, 42, 46, 47, 55

- **Ailish Schutz**
has an extensive background in body work and holistic health. She has been conducting The Human Element with Will Schutz for five years and serving as CEO of Will Schutz Associates for the past six.
p. 39, 43

- **Will Schutz,**
founder of the Antioch holistic studies department, is the creator of The Human Element, a set of training materials for organizations. He is the author of Joy *and* Profound Simplicity.
p. 19, 39, 43

- **Alan Schwartz**
developed one of the early undergraduate majors in Humanistic Communications during his thirty-six years of teaching in higher education. He is a Gestalt therapist working with sexually abused males and addictions. He is the author of Life Force-Death Force *and a competitive triathlete.*
p. 55

- **Maggie Seeley**
is a management consultant who teaches organizational behavior and ethics at the University of New Mexico, practices Buddhism, and leads a women's spirituality forum.
p. 40, 54

- **Phyllis Shankman**
is a licensed counselor in Santa Monica. She teaches clinical training at Ryokan College and has been leading groups at Esalen for fifteen years.
p. 21, 55

- **William Sharlin,**
Cantor emeritus at Leo Baeck Temple in Los Angeles, teaches at Hebrew Union College and serves on the liturgy committee of the Central Conference of American Rabbis.
p. 43

- **Rupert Sheldrake**
is a biologist and author of The Presence of the Past *and* The Rebirth of Nature. *He has been giving workshop at Esalen for ten years on the interfaces between new science and direct experience.*
p. 38

- **Leonard Shlain,**
a San Francisco surgeon, began lecturing on the connections between evolution, consciousness, art, and physics ten years ago. He is the author of Image and Insight.
p. 26

- **Fred Shoemaker,**
an inner game teacher and golf professional, is founder of The School for Extraordinary Golf. He has taught seminars for the U.S., Canadian, and Japanese P.G.A. and often writes about the inner game.
p. 19, 43

■ Julian Silverman,
a former director and president of Esalen Institute, is a psychologist and educator. He has led group process and health care seminars throughout the U.S. and Europe.
p. 20, 53

■ David Silverstein
is a Reichian practitioner and longtime Esalen group leader. He is currently a teacher in training with Hameed Ali from the Ridwan Work School.
p. 29

■ Tobin Simon
is co-founder Proprioceptive Writing and co-director of the Proprioceptive Writing Center in Portland, Maine. He is formerly a professor of English and the Humanities.
p. 48

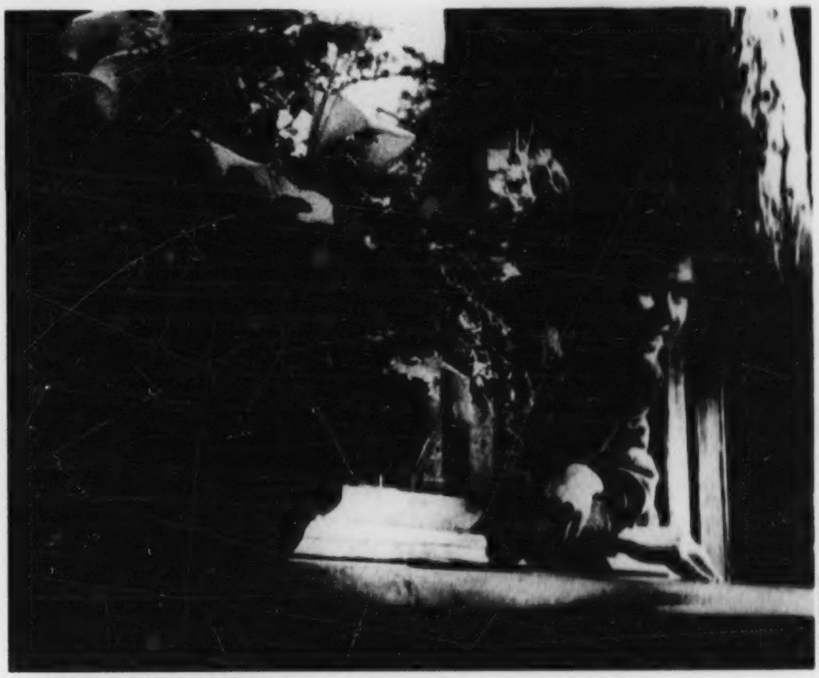
■ Edward Smith,
adjunct professor of psychology at Georgia State University, has authored several books, the most recent being Gestalt Voices. *He has led workshops since 1971.*
p. 25, 53

■ Fritz Smith
is a physician, cranial osteopath, certified acupuncturist, and founder of Zero Balancing. He is the author of Inner Bridges: A Guide to Energy Movement and Body Structure.
p. 27, 53

■ Gerald Smith
is a licensed psychologist in private practice in Belmont, California. He has authored two books on relationships — Couple Therapy and Hidden Meanings *— and has led workshops at Esalen for twenty-three years.*
p. 49

■ George Solomon,
physician and professor of psychiatry at UCLA, is a pioneer in the field of psychoneuroimmunology. His current research concerns psychoneurimminologic aspects of AIDS and of aging.
p. 45, 54

■ Kathleen Riordan Speeth
is a psychologist interested in the role of creativity and awareness in the psychodynamics of human liberation. She grows roses, studies philosophy, and appreciates music from Bach to Mompou. The author of The Gurdjieff Work *and editor of* The Essential Psychotherapies, *she is currently writing a book on practical altruism.*
p. 46



KAREN PREISS

A welcome at Esalen's front gate

■ Brother David Steindl-Rast,
Benedictine monk, hermit, psychologist, and author, has lectured on five continents. He is concerned with the spiritual changes of our time.
p. 31, 37

■ Elizabeth Stratton,
is a healer, pastoral counselor, and teacher. She has a private practice in New York City and teaches a three-year training program for healers entitled Touching Spiritism. *She has been teaching at Esalen for twelve years.*
p. 32, 33

■ David Streeter,
a certified sports massage practitioner on the Esalen massage staff, has taught yoga and anatomy and worked as an athletic trainer. Before joining the Esalen faculty, he lived as a Camaldolese monk.
p. 19, 25, 26, 53, 55

■ Steven Stroud
was an encounter group leader and director of residential programs at Esalen from 1968-70. He was an original student of Oscar Ichazo and a coordinator of trainings at Arica Institute for twelve years.
p. 17

■ Rod Stryker
is an initiate in the traditions of Kriya and Tantric Yoga who has taught yoga and meditation for twelve years. A writer and speaker, he currently teaches at Yoga Works in Santa Monica, California where he leads teacher training programs.
p. 22, 42

■ Grace Stern Swanson,
founder/director of Aegis Institute in Haverford, Pennsylvania, is a yoga and meditation teacher trained by Moshe Feldenkrais. She is currently doing personal research in fasting and rejuvenation.
p. 18, 39, 53

■ Robert Swanson,
practitioner of optimum health techniques, is an astrology teacher and columnist. He has logged over 100 dolphin swims while managing a project with the Human/Dolphin Foundation.
p. 18, 39, 53

T

■ Yao Tamakloe
studied African dance, music, and literature at the University of Ghana and at UCLA. He dances with the Drums of Passion Dancers.
p. 19

■ **Jeremy Taylor**
has taught dream work for over twenty years. He is the author of Dream Work *and* Where People Fly and Water Flows Uphill: Tapping the Wisdom of Your Creative Mind through Dreamwork.
p. 18

■ **Lia Thompson-Clark**
is director of the Early Childhood Center at Kenyon College and adjunct faculty at NCT College in Mansfield, Ohio. She is a former director of Gazebo School/Park at Esalen.
p. 26, 27, 29

■ **Vicki Topp,**
currently the faculty coordinator for the Esalen massage staff, teaches soft and sensitive use of pressure points and deep tissue massage combined with emotional and transpersonal body practices.
p. 43, 54

■ **Michael Tracy**
graduated from Darmouth College in 1973, and is Artistic Director of Pilobolus Dance Company. He has taught at many institutions, including Trinity College and Yale University.
p. 17

■ **Linda Trichner-Metcalf,**
formerly a professor of English and Humanities, co-founded the practice of Proprioceptive Writing and has been teaching it since 1976. She is co-director of the Proprioceptive Writing Center in Portland, Maine.
p. 48

■ **Karen Turner,**
author, teacher, and counselor, specializes in mid-life transitions and spiritual emergence. She has been working for over twenty-five years combining mysticism, shamanism, and psychology.
p. 19

U

■ **Dana Ullman**
is the author of Discovering Homeopathy: Homeopathic Medicine for Children and Infants. *He is the owner of Homeopathic Educational Services, a leading publisher and distributor of homeopathic books, tapes, and medicines.*
p. 27, 53

■ **Richard Unger**
taught at the Esoteric Philosophy Center in Houston Texas for eight years and in 1985 founded the International Institute of Hand Analysis. He lectures and gives workshop across the U.S., Canada, and Europe.
p. 28

V

■ **Attila Vaas**
has been a member of the Esalen massage staff since 1976. His skills include polarity, acupressure, and Esalen's free-form style of massage.
p. 17

■ **Steve Vasquez,**
a medical psychologist in practice in Fort Worth, Texas, is a teacher in the field of exceptional physical healing and is founder of Confluent Somatic Therapy.
p. 42

■ **Alberto Villoldo**
is a psychologist and anthropologist who has investigated the traditions of the ancient Americans in the Andes and the Amazon for more than 20 years. He is the author of The Four Winds *and* Journey to the Island of the Sun.
p. 43

W

■ **Judyth Weaver**
has a doctorate in Reichian psychology and is certified to teach t'ai chi ch'uan and sensory awareness. A longtime student of Buddhism and Taoism, she has studied in a Zen monastery in Japan.
p. 37

■ **Britt Welin**
is an artist and co-founder of ROSE X MEDIA HOUSE. *She works with psychedelic methods, using computers and video to explore the relationships between eco-erotica and shamanism.*
p. 39

■ **Ganga White,**
internationally-known teacher and master of yoga, is the author of Double Yoga *and has received the titles "Yoga Acharya" and "Yogiraj" in India.*
p. 14

■ **Marianne Williamson,**
author of the bestseller A Return to Love, *recently completed her new book,* A Woman's Worth. *She lectures internationally on spirituality and New Thought. She lives in Los Angeles.*
p. 44

■ **Les Wilson**
has been leading Sierra Club trips for many years and is experienced in labor relations mediation.
p. 33, 51

■ **Nancy Winston**
is a counselor in New York City who has studied with Milton Erickson and has taught and trained clinicians in the use of hypnosis and counseling.
p. 38

■ **Anna Wise**
is an authority on the use of EEGs to measure and train brainwaves for high performance and meditative states. She has led workshops throughout the U.S. and Europe.
p. 18, 35, 53

■ **Nina Wise**
is a performance artist who creates autobiographical and fictional pieces. Her multi-media works have been honored with seven Bay Area Critics' Circle awards and numerous grants and fellowships.
p. 49, 55

Y

■ **Anne Yeomans**
is a psychotherapist in Concord, Massachusetts, who has used psychosynthesis as the primary framework for her work for the last twenty years. She gives workshops on conflict resolution and reconciliation, as well as the healing and empowerment of women.
p. 45

Z

■ **Nisha Zenoff,**
an associate of Arnold Mindell, is a licensed counselor and certified Process Worker (Zurich), and a dance movement therapist. She divides her time between Palo Alto and the Oregon coast, and leads seminars internationally.
p. 43

■ ESALEN INSTITUTE RESERVATIONS FORM

This form is for your convenience in reserving a space in Esalen workshops. If you wish to make reservations for more than one person, please photocopy this form so that each registrant has his/her own form, unless you are registering as a couple with the same address and phone number. A nonrefundable deposit for each person registering and each workshop applied for must accompany this form. (Please see General Information, page 59, under Fees and Reservations, Making Contact with Us, and Cancellation and Refund Policy.)

Scholarship information is listed on page 9. If you wish to request a scholarship, please check the appropriate box:

Standard Scholarship **Other Scholarship**

If you need more information, please refer to the inside front cover for Esalen's phone numbers and office hours.

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City State Zip

Home Phone: ( ) Work Phone: ( )

Occasionally there are unexpected situations that require us to contact you immediately before your stay here. If you will not be at the above numbers during the two weeks prior to the workshop, where may we reach you?

Please mark your first and second choices for housing after referring to pages 9-10 for accommodation descriptions and rates. Total cost includes workshop fees, lodging, and meals.

Check for standard accommodations, if available.

Check for bunk bed room, if available.

Check for sleeping bag space, if available.

Check if you wish to room as a couple.

Write here the name(s) of any person(s) with whom you wish to room.

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All workshop reservations require a **non-refundable** deposit. Balance is due at time of check-in. See page 59.

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Tax deductable contribution to Esalen (Optional):

$5 Catalog Contribution (Optional):

Subtotal:

Total Amount Enclosed:

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Check here if this is your first visit to Esalen.

Check here if you need directions to Esalen.

Check here if you are a senior.

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The $25 per person charge (subject to change) is payable on arrival at Esalen. **If your plans for use of the passenger van service change after you have made your reservation, please notify us.** The only departing van service from Esalen is on Fridays and Sundays at approximately 5:30 PM. Passenger van service is not available at any other time.

Other Notes:
All of our rooms are non-smoking. If you smoke, please plan to do so outside.

No pets allowed.

We are unable to act as a banking service for our guests. Please bring adequate funds for your stay.

We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

Check here if we may give your phone number out for ride-sharing.

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Please make checks payable to Esalen Institute, in U.S. currency only. (There will be a $15 fee for returned checks.) Overseas residents must pay by checks drawn on U.S. banks or with one of the charge cards below. Checks or credit card information must accompany the reservations form. Or, you may **fax** this form to us at **(408) 667-2724**. If you do so, *you must include payment via one of the credit cards below.*

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KAREN PREUSS

■ *Esalen Institute is a center to explore work in the humanities and sciences that promotes human values and potentials. Its activities consist of public seminars, residential work-study programs, invitational conferences, research, and semi-autonomous projects.*

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

Esalen Institute is a center to encourage work in the humanities and sciences that promotes human values and potentials. Its activities consist of *public seminars, residential work-study programs,* invitational conferences, research, and semi-autonomous projects.

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THE ESALEN CATALOG

SEPTEMBER 1993 – FEBRUARY 1994

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Monday, Tuesday, Thursday, Saturday 10 a.m. to 3 p.m.
Wednesday 10 a.m. to 12 noon
Friday 10 a.m. to 5 p.m.
Sunday 12 noon to 5 p.m.

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The *Esalen Catalog* is published triannually by the Esalen Institute, Big Sur, California 93920-9616.

Subscription cost for one year is $15 for the United States, $17 for Canada and Mexico, $22 for Europe and South America, and $25 for all other countries. A single inspection copy of the current issue is available upon request.

Although we're delighted to provide you with this issue of the catalog, if you are not currently a subscriber we would appreciate a $5 contribution to defray postage and production costs.

The *Esalen Catalog* is printed on recycled paper.

Through this earth is flowing a stream of joy,
day and night, like nectar that overflows into
the endless sky.
The sun and the moon drink it by the handful
to keep their light, imperishable,
always bright.
The earth is full, ever, with life and light.
Why do you sit alone, wrapped up in yourself?
Why so immersed in your selfish ends?
Look about and spread your heart around — your
small wounds, so insignificant, learn to disregard —
and fill its emptiness with love.

— Rabindranath Tagore

The Astonishment of Being

ADELE SCHWARZ

Comparative religion scholar Frederic Spiegelberg talks about the historic twentieth-century meeting of East and West and his lifelong quest for a "religion of no religion."

The historian Arnold Toynbee, writing in the late 1960s, predicted that when the story of our time is recorded a thousand years hence, it will emphasize not the conflict of capitalism and communism, the war in Vietnam, or racial strife in American culture, but rather the inevitable interpenetration of Buddhism and Christianity: the historic meeting of East and West. When that epic story is told in its entirety, Frederic Spiegelberg will certainly emerge as a major protagonist.

And, for many, as a surprising one. Particular names come quickly to mind as influential front-line players in the transmission of Eastern psychology and religion to the West in our century: Alan Watts, Hermann Hesse, Thomas Merton, Gary Snyder, Jack Kerouac, D.T. Suzuki, Swami Vivekenanda, Aldous Huxley, Christopher Isherwood, and Madame Blavatsky, among myriad others. But only the most well-informed scholars are likely to include Frederic Spiegelberg, who developed a reputation for linking kindred spirits — today we would call it networking — beyond the scenes. Thus over time he gained respect from his more famous peers for playing a unique role in establishing an ongoing dialogue between these two great world cultures.

Now in his 97th year, Spiegelberg, also a seminal intellectual influence in the evolution of Esalen over 30 years ago, lives quietly near San Francisco's Aquatic Park, receiving occasional visitors eager to hear about his extraordinary encounters with some of the great personalities of the twentieth century: European theologians Rudolf Otto and Paul Tillich, Martin Heidegger, Carl Jung, Rudolph Steiner, Alan Watts, abstract artist Paul Klee, and Indian spiritual teachers Aurobindo Ghose and Ramana Maharshi.

West Coast writer Keith Thompson, currently at work on a book about the meeting of East and West and the subsequent birth of global spiritual consciousness, has conducted several interviews with Spiegelberg in recent years. Here is his report:

"Being a student of cross-cultural religion and mythology, I knew of Frederic Spiegelberg through accounts of his meetings with spiritual teachers at ashrams and monasteries in India, Tibet, Siam, Ceylon, China, and Japan, and through several of his books, including *The Religion of No-Religion*, *Bible of the World*, and *Spiritual Practices of India*. Eventually our paths crossed, thanks to Esalen founder Michael Murphy, who was one of Dr. Spiegelberg's students at Stanford many years earlier. When I asked Dr. Spiegelberg for an interview about his life and work, he agreed, stipulating only that I must agree to stop asking questions whenever I became 'insufferably bored' by his answers.

"Many hours of tape-recorded conversation later, my boredom threshold nowhere in sight, I faced a different kind of dilemma: how to draw to a close a fascinating conversation that had developed a life of its own, fueled by a combination of great interest on my part and Dr. Spiegelberg's extraordinary intellectual vigor. Since the interviews took place in his living room overlooking San Francisco Bay, not far from where his longtime friend and colleague Alan Watts lived in Sausalito, it seemed apt to begin our first exchange by reading aloud to Dr. Spiegelberg a relevant passage from Watt's autobiography, *In My Own Way*:

"When I first met Spiegelberg he wore a hat with an exceedingly wide brim, spoke English with a delicate German accent which always suggests a sense of authority and high culture, and was propagating the theory that the highest form of religion was to transcend religion. He called it the religion of nonreligion. I call it atheism in the name of God; that is, the realization that ordinary everyday life and consciousness is what the Hindus call *sat-chit-ananda*, and which I translate as 'the which than which there is no whicher' . . . Spiegelberg and I have always regarded ideas and conceptions of God, as well as compulsive and scheduled notions of the 'right way' of spiritual culture, as forms of idolatry more confusing than any amount of material images and icons. No sensible person ever confused a crucifix or an image of the Buddha with the divinity itself, and as for techniques of spiritual development, "The ways to the One are as many as the lives of men."

◆

Now, it is true Alan Watts and I developed a close friendship based very much on the viewpoint which, as his remarks indicate, we shared with remarkable agreement. You asked me to talk about how I came to view religion in this rather unusual way.

I was born in the beautiful, independent town of Hamburg, which today is part of Germany. But I was not raised with the consciousness of being German, not at all. Hamburgers considered themselves Hunziatic people, Hunzas, which is something very different from the idea "German." My father, having gone to Paris, Naples, and London to study international trade, raised me with a sense that we as Hamburgers were closer, in spirit, to Geneva, Venice, and Athens than to Berlin or Munich. Not withstanding Bismarck's atrocious success in destroying German culture by forcing 35 independent regions with their own identities into a so-called Deutschland, I still consider myself a Hamburger, and am at best mildly insulted when today I am asked, "So you are a German?"

This sense of autonomy was reinforced by my mother, who when I was quite young read the entire Old and New Testament of the Bible to me over a period of two years, at least 30 minutes each day. My mother was deeply religious, yet liberal enough to put her own question marks into the reading. If a particular miracle seemed to her unlikely, she conveyed this skepticism gently by an inflection of voice or an altogether subtle raising of the eyebrow.

From our family's Lutheran minister I gained a similar impression of the many layers or dimensions of religious life. He was learned in Christian theology, yet not very interested in it finally. He gave sermons about Confucious, and about Mohammed, his deeds and misdeeds. All of this was very fascinating to my young mind, so that after completing my first round of education, I was asked by my parents, What will you do? What are your interests? What will you pursue?

I decided I wanted to find the right answers to all the greatest questions in life, and then do something useful for others. First of all, I wanted to embrace the ultimate questions. I knew this project would keep me a long time at the university, hopefully with the best teachers possible. Of course, this was less practical than to become a lawyer, a doctor, or a merchant like my father. My ally, so to speak, was my ill health. At sixteen I suffered an attack of appendicitis and was not expected to survive. When I recovered, my parents were so glad for the life of their only child that they were delighted for me to go to university to study something not apparently useful, such as the metaphysical wisdom of the whole world, in what seemed to me the promising field of theology.

Even so, my father was concerned. I remember quite well, he took me aside and said, "The church is a wonderful thing, it keeps families strong together, provides a place to meet each week. Yes, religion has many advantages, only one musn't take it too seriously." Even as I pursued the religions of the world, this wisdom from my father was always close to my heart, where it remains to this day. The mystery of being, the true essence of religion, has been my supreme fascination; yet for as long as I can remember the idea of being a partisan in matters of the spirit has seemed an abomination.

So, yes, I cannot take exception to what was said by my brilliant friend Alan Watts: "The ways to the One are as many as the lives of men."

First, I studied church history with a magnificent professor by the name of Paul Altaus, who taught systematic theology but who was really asking for answers to the ultimate questions. Together, as student and teacher, we took many long, philosophical walks. In the Germany of that day, you didn't philosophize by sitting in a room at the desk, but rather by going on long, beautiful walks.

I remember, too, a scientist, a marvelous man named Schlick, who was both a biologist and Jewish philosoper, a mystic. He combined science and religion in a way I found absolutely fascinating. How I can still remember, as if only yesterday his words: "Spiegelberg, I have not found the final answer in a synagogue, and I have not found the final answer in the many new discoveries of biologists and other scientists of our time. But I continue my search for answers, if there are any answers to be found, to the great question of existence. And so must we all."

It was at this time, early in my academic career, that I made as motto for my life a quotation from Goethe: "Bewilderment about the fact that there is anything at all, and the curiosity about meeting that fact as a wonder, is the best part of man." The world, the essence of being, is immense and unimaginable, and the question why is there anything at all, why is there *isness*, is an astounding question. It would be so much easier to understand if there were nothing at all, but instead there is something, and there was probably always something of unimaginable greatness; and even more astonishing than all of the particular and varied and unrepeatable moments of existence all around us, is the stupendous fact of *being itself*.

One of the finest theologians of the time was the famous Rudolf Otto, with whom I studied at Marburg. His classic book, *The Holy*, was completely mistranslated in English as *The Idea of the Holy*. I can tell you without fear of contradiction that there was nothing in the world of less importance to Rudolf Otto than the "idea" of the holy, because there are always a great many silly ideas about the holy, nowadays generously dispensed through that pinnacle of theatrical genius known as TV evangelism.

What compelled Otto was something else, the holy itself, *das heilige*. Quite correctly he had already recognized the enormous loss which can only result from viewing the holy in a derivative sense, the danger of religion becoming nothing more than a kind of "morality touched with emotion." This was his mission, to get to the sacred, per se. So Rudolf Otto coined the term "numinous" to capture the primordial, the non-reducible dimension of the sacred: the unspeakable thrill of awe and reverence, the sense of dependence, of existential impotence, along with the rapture and exaltation — all intrinsic to the astonishing encounter with being, the divine, God, "the which than which there is no whicher," in the excellent phrase of the inimitable Alan Watts.

I walked with Otto for many hours, many miles, at Marburg. We both wanted to contact what is to be found above and beyond and within all, the important thing, the *real* thing, against which everything else became small and unimportant. It is almost comic — no, I would say tragic is a far better word — the extent to which so much of what today passes for religious experience pales utterly by comparison.

The Buddha predicted that 2,500 years after his death, the Buddhist dharma or teaching would become spread in the country of the red-faced people. Now, many take this as a prophecy of the Buddhist transmission to America, whose people were of course once predominantly red-faced. Henry David Thoreau in his own way anticipated the covergence of East and West when he observed, "there is an orientalism in the most restless pioneer, and the farthest west is but the farthest east."

In 1983, three years before my birth, there occurred, in Chicago, the most remarkable convocation, the World's Parliament of Religions. Some 150,000 people attended this gathering where representatives of the world's spiritual paths — including Swami Vivekananda, heir to the teaching of Ramakrishna — met to discuss common ground among their traditions and practices. Thanks to my good friend, mentor, and diligent advocate Paul Tillich, to whom I served as what today would be called a university teaching assistant, my wife Rosalie and I came to the United States in 1937, where I taught at Columbia and Union Theological Seminary until about 1945, and then I went to Stanford where I had the good fortune to serve as Professor of Indian Culture and Thought in the Department of Asiatic Studies. Alan Watts came to America one year after I arrived.

You must undertake to imagine what extraordinary adventures were transpiring on the West Coast at that time, and more, in the United States as a whole, with respect to the transfusion of Eastern religions to the West. A financial gift from an American businessman made it possible for me to inaugurate the American Academy of Asian Studies in San Francisco in 1951, which I ran while continuing to teach at Stanford. We assembled a phenomenal faculty, including Haridas Chaudhuri from Calcutta, who made what must be counted a foundational contribution to the embryonic effort at that time to compare and contrast modern Western psychology and the ancient consciousness-transforming disciplines of India and the East.

The great Buddhist scholar D.T. Suzuki lectured at the Academy, as did reknown Cambodian and Thai scholars; and naturally Alan Watts played a great role in the festivities, as something of a star attraction. This was all happening in the midst of an extraordinary literary flowering, the San Francisco Renaissance, where

Allen Ginsberg, Jack Kerouac, Gary Snyder first became known. This period reminds me strikingly of the rich burst of intellectual, artistic activity which had flowered in Germany in the 1920s and 1930s.

A year later, when our benefactor experienced business losses, there was no alternative to my closing the doors of the academy and returning to Stanford full time. My years on campus were wonderful, inspired by hundreds of students filled with passion to learn, students for whom it had not become evident that education must be phenomenally and preposterously tedious. One of these was a young man named Michael Murphy, who, I later learned, one day happened into one of my Stanford lectures by chance, not knowing the administration had switched lecture halls.

This day, lecturing on the Vedic hymns, I spoke the name "Brahman," which in Western metaphysics is called the Absolute. More precisely, the Supreme Brahman is the Truth, the Knowledge, the Infinite, being also and at the same time the Reality in which all that is relative exists as its forms or its movements. Brahman then is the Absolute which takes all relatives in its embrace. In my lecture, I spoke the term "Brahman" with what one might call fullness of inflection, aided by the tremendous acoustics of the hall. Unbeknownst to me, this young Michael Murphy sat in the back, amidst the Hindi reverberation, wondering what strangeness he had happened upon.

Some time later Michael paid a visit to my office to meet me, saying his life had not been the same since that moment. I offered my condolences, but he said, no, it was all to the good, and could he please study philosophy and religion at my direction for the rest of his academic career? I recognized in his request my own impulse many years earlier, when I determined to find teachers who would guide me in finding the right answers to all the greatest questions in life, the last or ultimate questions, no matter that it would take many years of study. Once it became clear to me that this was truly what this eager young man intended for himself, I became his professor, and I must say, his friend, as he became mine.

Several years later, Michael and his friend Richard Price came to me seeking advice regarding their plans to convert a hotsprings at Big Sur into a kind of small college for the exploration of new ideas. It seemed they envisioned something very similar to what I had in mind when I designed the American Academy of Asian Studies: the fusion of East and West, the modern and the ancient, religion and science, art and scholarship, body and mind. When they asked me to present lectures there, I was delighted to accept, for my retirement from Stanford was imminent. In the meantime, I sent them to speak with Alan Watts, who had always many dozens of ideas, most of them wonderfully subversive of the dogmatism one encounters in academia no less often than in ashrams.

I promised I would answer the awesome question you put to me at the start, which seemed to me at the moment an impossible query, concerning which teacher has been most influential in my life. You presented a rather intimidating list of my teachers, friends, colleagues, and peers, all of whom brought much wisdom: Heidegger, Tillich, Otto, Jung, Steiner, Watts, and still others. Naturally it would not occur to you to add the name of my mother to this roster, but please allow me to do so.

Something she said when I was quite young has continued to grow in significance as the years have passed. My mother was a woman who knew the Bible by heart, who surrounded the rooms of our home with large printed Bible verses, mostly from the psalms, which she changed each week from one frame to another. There she stood by the window, looking out upon the street underneath, horse carriages going by, sparrows and other birds feeding on our balcony. After a silence, she spoke quietly. "This old mother, this stupid old mother, sometimes must ask, *"Was soll das alles?"*

Those four words were the most powerful expression for theological search that I have ever heard: "What is the meaning of all this?" There she stood, astounded, bewildered, by the miraculousness, the immenseness, the unexplainableness of it all, standing there asking that. And knowing at the same time that it is a "stupid" question, for clearly she was aware she was pointing to something which cannot be answered but must be asked and lived time and time again.

It was years later that I had to think about this event, after studying theology and philosophy with the best scholars alive, who did not know the answer to my mother's question any better than I. This explains how my parents could tolerate my outrageous, far-reaching, impractical studies because there was always the hope, in them and in me, that someday someone would know with certainty the correct answer to the question, *Was soll das alles?* The hope that there would be an answer that would resolve everything once and for all.

I must say I have long given up that search. Yes, I am content now with the fact that the question is. Content with holding to that question each day of my life. What could be more astonishing, more bewildering, than the utter fact of *being?*

Keith Thompson is the author of *Angels and Aliens* and *To Be A Man*.

■ FRIENDS OF ESALEN

Esalen's Primary Missions

Esalen is now thirty-one years old. We find ourselves in a fruitful period as we reexamine our work and clarify our purpose, our values, and our mission. Remaining committed to the ongoing work in Big Sur, we will also focus our programs and research in the areas of environmental design, transformative practices, and theoretical work related to the human potential.

We invite you to support us as we develop these programs for Esalen's future.

Environmental Design

This program is built on the work that has previously been done at Esalen and the dreams that have been part of those plans. We would like to expand the existing organic agriculture program, the use of alternative energy sources, and the recycling and sustainability projects. Our aim is to integrate environmental awareness into all decisions, choices, practices, and purchases made by the Institute. An effort will be made to develop alliances with other organizations fostering environmental consciousness and ecologically sound design practices. We will also expand the number of public programs, seminars, and conferences devoted to environmental design.

Theory and Research

Esalen will foster strategic alliances with institutes, universtities, healing centers, and individuals. We intend to bring people together from a variety of fields and backgrounds for ongoing, focused, discourse and collaboration. One of our objectives has been to provide support for scientists, scholars, and contemplatives whose work is neglected by mainstream institutitons. We remain committed to these people and their endeavors as we work to overcome the fragmentation of knowledge in the diverse field of human potential.

Transformative Practices

Since its very beginning, Esalen has been a center for transformative practices. We will refine and expand these efforts by:

- Bringing transformative practices into a unified curriculum
- Beginning a systematic appraisal of such practices and their effectiveness
- Developing a specialized work-scholar track in transformative practices

Over the years, many people have given to Esalen. These gifts remain part of the Esalen property — the many beautiful trees, the benches, the stonework. Esalen would not be the beautiful place it is without the generosity of so many people.

You may leave your gift unspecified, or choose to designate the project you wish to fund. We will keep you updated through the Friends of Esalen newsletter, and in other ways, about each of our projects. You will receive the benefits of being a Friend of Esalen (see page 9).

We hope you will join us as we chart new directions for Esalen's future. We will keep you informed as our missions and visions unfold.

Warmly,

Deborah Miller

Deborah Miller
Coordinator, Friends of Esalen
Director of Development

☐ **Yes, I would like to join the Friends of Esalen as a**

Founders Circle Member	$ 5,000
Group 2000 Member	2,000
Patron	1,000
Sustainer	500-950
Supporter	100-450
Member	35

☐ **Please use my gift for the following (check one):**

Center for Theory and Research ______
Environmental Design Project ______
School of Transformative Practices ______
Esalen Scholarship Fund ______
Esalen Bath House Restoration ______
Other Esalen Project (specify) ______
Use my gift as you see fit ______

Please return this form with your gift in the envelope included in the catalogue. Check the box on the outside of the envelope marked "Friends of Esalen."

Esalen is a 501(c)3 nonprofit organization. Your gift is tax deductible to the extent allowable by law.

ESALEN NOTES

Big House Programs

We are now scheduling workshops in our newly renovated Big House. This facility is available to groups of individuals who work together and would like to design their own Esalen program, drawing on our leaders and other resources. Ten bedrooms accommodating up to twenty individuals, ten bathrooms, a kitchen, dining room, and living room make it possible to house group members together, thereby enhancing the retreat environment.

To schedule or discuss possible formats, please contact Pat LeWine, program coordinator at (408) 667-3038.

Friends of Esalen Quarterly Newsletter

The *Friends of Esalen Newletter* is for and about the extended Esalen community. Published quarterly, it covers current events and other items not covered in the Catalog.

Through membership contributions, Friends of Esalen support the scholarship fund, the Friends network and newsletter, and other Esalen projects. In return, the Friends receive *The Esalen Catalog* three times a year, the quarterly *Friends Newsletter*, and opportunities to appear in the Friends Network Directory and to attend the annual Friends workshop.

Esalen's Friends include people in 22 countries, from Big Sur to Nepal. If you would like to join us, please complete and return the membership form on page xx.

A Special Opportunity for Friends of Esalen

To celebrate the publication of Michael Murphy's book,*The Future of the Body*, we are offering an opportunity to become a Friend of Esalen for a gift of $100 or more and receive an autographed copy of Michael's book with the inscription of your choice. You will also receive the Friends Newsletter, Directory, and the opportunity to attend the yearly Friends' workshop. Please send your check to Friends of Esalen, Esalen Institute, Big Sur, CA 93920.

The Esalen Catalog (1962-1992) available via the Education Resources Information Center (ERIC)

Since 1962 there have been 103 issues of *The Esalen Catalog*. A Friends of Esalen project, organized by Ted Brandhorse and Deborah Miller, has collected these issues and entered them into the bibliographic database of the U.S. Department of Education's Educational Resources Information Center (ERIC), where it is identified by the Accession Number/Order Number ED 347118. ERIC records are announced in the monthly abstract journal *Resources in Education* (RIE) and the entire database can be searched online via DIALOG and BRS, and on CD-ROM via SilverPlatter and DIALOG products.

Anyone interested in The Esalen Catalog as human potential movement historical source material for research purposes can now obtain the complete thirty-year set from ERIC's document delivery arm, the ERIC Document Reproduction Service (EDRS, 7420 Fullerton Road, Suite 110, Springfield, Virginia 22153-2852; 1-800-443-3742).

INVITATIONAL CONFERENCES

In its continuing commitment to the fields of education, religion, philosophy, and the physical and behavioral sciences, Esalen regularly sponsors invitational conferences that bring together experts who share their research and points of inquiry. As host, Esalen covers room and board expenses for participants as a way of advancing these particular studies. These are invitational conferences only and are not open to the public. Currently scheduled programs and their conveners are listed here.x

November 14-19

Russian-American Exchange Center: Democracy, Civil Society & the New Russia

The Esalen Russian-American Exchange Center is inviting eight members of the Russian parliament to Big Sur to work with a small number of American specialists on the values and practices of civil society and democratic pluralism as a way to help Russia face its daunting challenge. The Center's close colleague, Alexander Tsipko, will select the politicians to represent a wide ideological spectrum, and former diplomat Joseph Montville, director of the Center's ethnic conflict resolution and democratization program will moderate.

JOYCE LYKE

■ RESERVATION INFORMATION

Phone

Making Contact with Us: Since it can be difficult to get through by phone, we encourage you to read the catalog and mail or fax your reservations. *Our fax number is (408) 667-2724.* Fax the enclosed form and include your credit card information. (The fax line is for Esalen business purposes only, not personal correspondence.)

If you prefer to make your reservations by phone, please be prepared with your completed reservations form and your credit card when you call. Our reservations number is 408-667-3005. We know that all calls to Esalen are long distance; we will be as efficient as possible. Please be patient so that we can give you complete information and our best service.

NOTE: Room and Board reservations must be made by phone, not by fax machine.

Fees

Fees and Reservations: Pre-registration, by mail or phone, is required prior to arrival. A registration form is provided on page 66. Our address, phone numbers, and reservations hours are on the inside front cover. Since workshops fill quickly, it is advisable to sign up as early as possible. In order to reserve a space in any workshop, we require full payment or the following deposits:

Weekend:	$100	19 to 21 days:	$400
5 to 7 days:	$200	More than 21 days:	$500
12 to 14 days:	$300		

Deposits are payable in U.S. currency only. Overseas residents must pay by checks drawn on U.S. banks or use a credit card. Balance of payment is due on arrival. (Please see page 11 for information on discounts and reduced rate options.)

Please indicate your second choice for a workshop in case your first choice is canceled and we are unable to reach you. Workshop fees cover tuition, food, and lodging. Rooms and bathrooms are shared by two or more persons. Camping on the grounds, either in tents or campers, is prohibited. We do not have parking space to accommodate RVs.

Accomodations

Standard Accommodations: This is shared housing with two or more persons per room. In some cases, bathrooms are shared. Couples will always be housed together. The rates listed with the workshop descriptions throughout the catalog refer to these shared, standard accommodations. Please review the information below for other housing options.

We would like to remind you that scholarship assistance is available; refer to "Scholarship Information" on this page as well as "Reduced Rate Options and Discounts" for other economical ways of staying at Esalen.

7-Day Rate, per person	**5-Day Rate, per person**	**Weekend Rate, per person**
$1025	$675	$350

Bunk Bed Rooms: Bunk beds are available for seminar participants who are willing to share a room with three or more persons. There are a limited number of these spaces, which are reserved on a first-come, first-served basis.

$780	$500	$280

Sleeping Bags: Sleeping bag spaces may be available for workshop participants. Please inquire when you make your reservations.

$535	$350	$185

Own Accommodations: If you are staying off the property the following rates apply:

$600	$400	$225

Ongoing Residence Program

Offered beginning mid-September and ending mid-June, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay is 26 days (four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay with weekends free to enjoy room and board. Weekend workshops are available at special prices. Occasionally workshops are canceled, so second choices are advised.

The cost is $3045 per 26-day-period for standard accommodations and $2400 for bunk bed rooms.

Room and Board

Occasionally, when beds aren't needed for seminarians, room and board is available. This gives visitors the opportunity to enjoy the grounds, the baths, and massage without participating in a workshop. Accommodations are standard (2 or 3 per room) or bunk bed (4 or more per room). Not all rooms have private baths. Room and board rates include dinner on the day of arrival and breakfast and lunch on the following day. We require full payment at the time of reservation. This payment is not refundable or transferable.

For a room and board stay between Sunday and Thursday, please call us no sooner than the Thursday before for room availability. For a Friday or Saturday night stay, please call no sooner than the Sunday before. The following rates are per person, per day.

Weekday (Sunday through Thursday nights)	**(2 or more days)**	**Weekend (Friday and Saturday nights)**
Standard Accommodations (2 or 3 per room):		
$95	($80)	$115
Bunk Bed (4 or more per room):		
$75	($65)	$80

Cancellation Policy

Cancellation and Refund Policy: If you cancel or change any part of your reservation at least five full days before the start of your workshop, your deposit, less a $30 processing fee, will be transferred to a credit account to be used within one year. If you cancel with less than five days' notice, you forfeit your entire deposit. If you have prepaid your entire reservations fee, we will retain the deposit, as above, less the $30 processing fee, and return the balance to you. (*Please note:* Wilderness Programs has a different cancellation and refund policy.)

If you have applied for a scholarship and we *are unable* to give you any assistance, we will, at your request, refund your deposit in full if you cancel your reservations at least five full days prior to the start of your workshop. If we *are able* to give you assistance and you cancel your reservations as above, we will return your deposit, less a $30 processing fee, unless you wish to transfer that deposit, less the processing fee, to a credit account to be used within the next year. If you cancel with less than five days' notice, you forfeit your deposit.

Due to an unfortunate printing error the information on page 10 is incorrect and should be as follows:

Fees & Reservations

The deposits required to reserve a workshop are:

Weekend	$150
5 to 7 days	$250
12 to 14 days	$350
19 to 21 days	$450
over 21 days	$600

Accommodations

7day	5 day	Wknd
$1110	$740	$380
Standard 2 - 3 people to a room		
$845	$550	$300
Bunkbed 4-6 to a room		
$570	$375	$200
Sleeping Bag		
$660	$425	$235
Own Accommodation		

Room & Board

Fri & Sat	Sun to Thurs	2 or more days (S-Th)
$125	$105	$90
Standard 2-3 people to a room		
$85	$80	$70
Bunkbed 4-6 people to a room		

Esalen apologizes for any inconvenience caused due to this printing error please do not hesitate to contact us if you have any questions, we are happy to be of service.

BEST COPY AVAILABLE

Scholarship Information

Esalen is able to provide some scholarship assistance to workshop participants in exchange for a work commitment (usually in the kitchen or cabins) as follows:

	Assistance	**Work**
Weekend	$50	4 hours
5-7 days	$100	8 hours
12-14 days	$200	16 hours
14+ days	$300	24 hours

If this arrangement is desired, please check "Standard Scholarship" on the reservations form. If additional assistance is needed, please check "Other Scholarship" and write a brief note of explanation (type or print). If a scholarship is approved, it will be noted on your confirmation. Due to the number of requests we receive, we can only provide one scholarship per person per year.

Reduced Rate Options and Discounts

If you pay in full at the time you make your reservations, you will receive a $10 pre-payment discount per workshop and be eligible for express check-in upon arrival. This discount does not apply to scholarship recipients or sleeping bag accommodations.

Senior Citizen Discount: Esalen offers a special discount to individuals over 60 years of age. The discount for a weekend workshop is $25; for a five-day or longer workshop, it's $50. Please request this discount at the time of registration. When you complete the reservations form on page 66, please indicate the discounts for which you qualify. If you qualify, and you make your reservations by phone, be sure to ask for this discount. (Please note: Senior discounts are not available for Wilderness Programs or the Work Study Program.)

Family Rates: Two full-paying adults housed in standard accommodations may have their children in the room for a meal charge of $9 per child per day ($8 for children under six). Note: If children are enrolled in Gazebo School/Park or an Esalen workshop, additional fees are required. Contact Gazebo, (408) 667-3026, for information regarding their fees.

The Gazebo School Park Early Childhood Program

The Gazebo School Park is a unique educational experience for children 1 to 6 years. It is open year-round and has an average of 15 to 20 children in attendance each day.

The Early Childhood Program is available to seminarians who would like childcare at Esalen. *Child care is provided during workshop hours only.* Daytime activities for the children include gardening, pony rides, learning about animal care, exploring nature, a real boat, the magic castle, and an Indian tepee. Evenings are spent in the Gazebo Farmhouse with a teacher engaged in activities that are age appropriate, such as reading, learning and playing with the computer, baking, arts and crafts, or building-block play.

Reservations should be made a least a month in advance. Call the Gazebo Farmhouse, (408) 667-3026, for more information and reservations.

Weekend	$200
Week	$400

Internship Program: This is a three-month program for those who wish to have intense exposure to life at the Gazebo School Park and its unique educational resources. The Internship Program offers experience with children, the Gazebo environment and its teaching philosophy. Applicants must have completed at least three work scholar months at Esalen before being considered for this program.

Call the Gazebo Farmhouse, (408) 667-3026, for more information or reservations.

First month	$400
Second month	$350
Third month	$300

Volunteering

Seminarians as Volunteers: Seminarians in residence at Esalen are invited to contribute one or two hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out.

Transportation to Esalen

Bus Service: On Fridays and Sundays we have van service from the Monterey Greyhound station leaving approximately at 3:45 PM and from the Monterey Airport approximately at 4 PM. If you plan to use this service, please inform the Esalen office at least 24 hours prior to your arrival. The $25 one-way fee (subject to change) is payable to the Esalen office when you check in. Return reservations may be made at that time. The only departing van service from Esalen is on Fridays and Sundays at approximately 5:30 PM.

Checking In

Check-in and Meals: Weekend programs begin with dinner on Friday and end with brunch on Sunday. Five-day and longer programs begin with dinner on Friday or Sunday and end with lunch on Friday or Sunday. Check-out time is noon of departure day. Rooms become available at 4 PM; however, guests are welcome to arrive anytime after 2 PM.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are baked at Esalen.

For your safety: Please bring a flashlight for use at night while walking on the grounds.

Health Services: We are unable to provide medical supervision or pharmaceutical supplies. If you are on a health-care program and you plan to spend several weeks at Esalen, please arrive prepared to administer to your health-care needs.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Lost and Found: To inquire about items left behind from your Esalen visit, call (408) 667-3019.

■ GUIDE TO WORKSHOPS

This is a guide to the workshops offered in this catalog. Although many of the them could be cross-referenced, most are listed only in their main subject area. We recommend that you read the workshop description before deciding to register. If you have never been to Esalen or taken an Esalen workshop, you might want to consider the "Experiencing Esalen" workshop scheduled throughout the catalog and listed in the Integral Practices section of this directory. Please call the Esalen office if you have questions concerning a workshop: (408) 667-3000 or 667-3005.

■ THE ARTS / CREATIVITY

September 5-10 • The Writer's Way: A Personal Adventure through Writing
September 10-19 • Painting Experience with Michell Cassou & Stewart Cubley
September 17-19 • Poetry Workshop: Writing New Poems
October 3-8 • Awakening Vision through Conscious Photography
October 15-17 • Self-Transformation: The Art of the Actor in Everyday Life
October 22-24 • Mythology in Film: Wisdom from the Collective Dreamhouse
October 24-29 • Proprioceptive Writing: Demystifying the Creative Process
October 29-31 • Life as Art: Art as Life
October 29-31 • Singing Gestalt: Solo or Duet
November 14-19 • Natural Genius: An Authenticity of Being
November 21-26 • Vision Painting
November 28-December 3 • The Power of Voice
December 19-24 • Drawing and Painting
December 24-26 • Improvisational Wisdom: Finding the Robin Williams in You
December 24-26 • Spiritual Autobiography
December 26-31 • Play, Spontaneity & Performance Art
December 31-January 2 • Music for Everyone: Finding Your Long-Lost Musician
January 2-7 • The Tao of Music Improvisation & Movement Meditation
January 2-9 • Painting Experience with Michell Cassou & Stewart Cubley
January 9-14 • Body Poetry East & West
January 14-16 • Powerfully Presenting Yourself
January 16-21 • Creating is a Joy
February 11-13 • Poetry, Silence & The Heart's Desire
February 18-20 • Feldenkrais & Musical Improvisation (Or You Don't Have to Suffer to Sing the Blues)
February 20-25 • Writing through Loss
February 25-27 • Prisons, Passions & Play

■ BIOFEEDBACK / HYPNOSIS

November 14-19 • Self-Hypnosis: Methods, Practice & New Learnings
December 24-26 • Biofeedback Assisted Open Focus & Brain Wave Synchrony Training
December 26-31 • Enhancing Communication Hypnotically
February 6-11 • Awakened Mind: Five-Day Brainwave Training Intensive

■ BUSINESS / SOCIAL RESPONSIBILITY / ECOLOGY

September 5-10 • Organizations of the 1990s: Managing with Heart
September 10-12 • Spiritual Survival in Corporate America
September 12-17 • Apprenticeship to the Earth
September 21-25 • Path of the River: A Rogue River Journey
October 8-10 • The Art of Leadership: Excellence in Business, Management, and Communication
October 17-22 • Big Sur Wilderness Experience
October 29-31 • The Political Psyche: Merging Psychology with Politics
November 7-12 • Rekindling the Spirit in Work and Love
November 19-21 • Ecopsychology
December 10-12 • Giving Values a Voice: Marketing in the New Paradigm
December 17-19 • Energy, Resources, Environment, Development, and Security
January 7-9 • Regenerative Architecture: Making Nature Visible through Design
January 30-February 4 • Soul, Spirit & Society
February 25-27 • When Success is Not Enough

■ CONTEMPLATIVE / SHAMANIC

September 3-5 • Inner Sound and Voice
September 12-17 • Apprenticeship to the Earth
September 17-19 • Ishta: The Yoga of Empowerment
September 24-26 • Yom Kippur: The Other Side of God
September 26-October 1 • Embodiment and Vision
September 26-October 1 • Coyote Dance
October 1-3 • A Weekend with Marianne Williamson
October 10-15 • The Medicine Wheel Way
October 22-24 • Introduction to Vipassana Meditation
October 31-November 7 • Advanced Holotropic Breathwork & Meditation
November 5-7 • The Toltec Seers: The Legacy of Don Juan
November 19-21 • The Doors of Compensation
November 21-26 • The Subtle Art of Meditation
November 26-28 • Zen and Tao Living: Into the Next Millenium
January 2-7 • Mending the Fragmented Self through Soul Retrieval and Shamanic Practices
January 16-21 • Cross-Cultural Shamanic Practices
January 21-23 • Introduction to Vipassana Meditation
January 28-30 • Walking the Labyrinth: Reflecting on the Spirit in our Lives
January 30-February 4 • Soul, Spirit & Society
February 11-13 • Fire in the Earth: Poetry, Silence & the Heart's Desire
February 13-18 • Opening to Spirit
February 13-25 • Advanced Training in Shamanism and Shamanic Healing
February 18-20 • Toward Waking Up: Cultivating Mindfulness
February 20-25 • Turning on the Light: A Conscious Choice to Live

DREAMS

September 26-October 1 • Process Work: Working with the Dreaming Body
December 31-January 2 • Exploring the World of Lucid Dreaming
January 14-16 • Learning the Craft of Dreamwork

HEALTH / HEALING

September 24-26 • Transpersonal Medicine
October 8-10 • Psychoneuroimmunology and Its Implications
October 10-15 • Rituals for Healing
October 15-17 • Living Better with Chronic Pain and Illness
November 12-14 • Coping with Contemporary Stress: Developing New Habits for Wellness
November 21-26 • Spiritual Healing: Laying on of Hands
December 3-5 • Quantum Healing: A Weekend with Deepak Chopra
December 10-12 • Conscious Health Communication (CHC): A New Model for Ultimate Aliveness
January 9-14 • Chakra Integration: A Total Approach to Health
January 16-21 • Creating Exact Moments of Healing
January 23-28 • Spiritual Dimensions of Healing

INTEGRAL PRACTICES

September 5-10 • Life Energy Process℠
September 24-26 • Experiencing Esalen
October 8-10 • The Vision and Practice of Human Transformation
October 10-15 • Experiencing Esalen
November 12-14 • Experiencing Esalen
December 5-10 • Friends of Esalen Week
December 17-19 • Experiencing Esalen
December 17-19 • A Weekend with Ilana Rubenfeld
December 19-24 • Five Days with Ilana Rubenfeld
December 26-31 • Awakening Inner Power
January 14-16 • Experiencing Esalen
February 18-20 • Experiencing Esalen
February 25-27 • The Vision and Practice of Human Transformation

INTUITIVE DEVELOPMENT

September 10-12 • New Maps for the New Millennium
October 24-29 • Experiencing Psychic/Intuitive Abilities
November 5-7 • Sensory Awareness: Awake, Tune-In & Unfold
November 7-12 • Gestalt and Sensory Awareness
November 14-19 • Intuitive Living
January 21-23 • Boundaries & Relationships: Principles from Aikido & Intuition Training
January 28-30 • Psychic Self-Defense

MARTIAL ARTS/SPORT

September 26-October 1• Golf in the Kingdom: An Exploration of the Inner Game
October 31-November 5 • Golf in the Kingdom: An Exploration of the Inner Game
November 26-28 • Zen and Tao Living: Into the Next Millennium
January 2-7 • The Tao of Music Improvisation and Movement Meditation
January 7-9 • Embrace Tiger, Return to Mountain (Tai Ji Intensive)
January 21-23 • Boundaries & Relationships: Principles from Aikido & Intuition Training
February 11-13 • Mastering the Competitive Mind

MYTH / RITUAL

September 12-17 • The Hero's Journey
October 3-8 • Biodrama
October 10-15 • Rituals for Healing
October 22-24 • Mythology in Film: Wisdom from the Collective Dreamhouse
December 24-26 • Rituals of Transformation
January 7-9 • Practical Application of Ancient Initiatory Mysteries
February 11-13 • Your Deep Mythology: Tap into Its Magic
February 25-27 • Ritual, Ecstasy, and Women's Spirituality

PHILOSOPHICAL INQUIRY / INTELLECTUAL PLAY

September 3-5 • Machine Dreams and Technoshamanism
October 15-17 • Of Human Bondage
October 22-24 • Quantum Reality
November 26-28 • Cosmic Conspiracy: A Game of Enlightenment
December 3-5 • Esalen's Group 2000
February 4-6 • The Chaos Revolution
February 6-11 • Belonging to the Universe
February 11-13 • The Light at the End of History

PROFESSIONAL TRAINING PROGRAMS

October 10-15 • Clinical Program for Professionals: Integrating Gestalt, Self Psychology, and Mind-Body Healing
October 31-November 12 • Integrative Body Practice (IBP) Professional Training Program
November 12-December 10 • 28-Day Massage Practitioner Certification Program
January 16-28 • Creative Bodywork: An Advanced Workshop

PSYCHOLOGICAL PROCESS

September 3-5 • Accepting Life's Transition: Letting Go–Moving On
September 3-5 • Endarkenment
September 5-10 • Self-Acceptance Training: Basic
September 10-12 • Rituals of Transformation
September 12-17 • Five-Day Lomi Intensive
September 19-24 • A Week with David Schiffman
September 19-24 • Self-Acceptance Training: Advanced
September 26-October 1 • Process Work: Working with the Dreaming Body
October 3-8 • Making it Float
October 3-8 • Gestalt Practice
October 8-10 • Introduction to Gestalt Practice
October 15-17 • A Weekend with David Schiffman
October 15-17 • Of Human Bondage
October 17-22 • Sanctuary
October 24-29 • Unlocking our Prisons: Lessons on Freedom and Forgiveness
October 29-31 • Singing Gestalt
October 29-31 • Living on Purpose
October 29-31 • The Political Psyche: Merging Psychology with Politics
October 31-November 5 • Courage
October 31-November 5 • Handwriting: A Path Inward
November 5-7 • Beyond Childhood
November 7-12 • Gestalt and Sensory Awareness
November 7-14 • Healing from Sexual Abuse: A Seven-Day Intensive for Survivors

November 12-14 • Warriors of the Heart: Conflict Resolution
Novewmber 19-21 • Accepting Life's Transitions: Letting Go — Moving On
November 19-21 • Ecopsychology
November 21-26 • Transition and Renewal
November 26-28 • Introduction to Gestalt Practice
November 26-28 • Relationship Intensive for Sexual Abuse Survivors and/or Partners
November 28-December 3 • Loving Presence: Psychotherapy as Spiritual Practice
December 3-5 • A Weekend with Seymour Carter
December 17-19 • Introduction to Focusing
December 17-19 • The Core Self: The Heart of the Matter
December 19-24 • Christmas Present
December 24-26 • On Longing
December 24-26 • Rituals of Transformation
December 26-31 • You Can't Get Enough of What You Really Don't Want
December 31-January 2 • Renewal: New Beginnings in Midlife
December 31-January 2 • Completion and Continuance
January 2-7 • Feeling and Innovation
January 9-14 • Sexual Abuse Survivors: Specific Stretegies for Body, Mind & Spiritual Healing
January 14-16 • Creative Aging
January 21-23 • Advanced Gestalt Practice
January 21-23 • The Evil Eye: A Workshop on Envy
January 23-28 • Gestalt Practice
January 28-30 • A Weekend with David Schiffman
January 28-30 • A Healing for Healers
January 30-February 4 • Self-Empowerment and Purification: The Farther Reaches of Gestalt Therapy
January 30-February 4 • Accepting Life's Transitions: Letting Go — Moving On
February 4-6 • Toward a Common Language: Psychotherapy and 12-Step Recovery
February 13-18 • Playing the Edge
February 20-25 • Making It Float
February 20-25 • Writing through Loss

■ RELATIONSHIPS

September 19-24 • Couples' Group: The Truth
October 17-22 • Conscious Loving: A Body-Centered Approach to Relationship Transformation
October 22-24 • Gender Talk: Communicating with the Opposite Sex
October 29-31 • Keeping a Good Relationship Alive
November 7-12 • Body, Heart & Soul
November 12-14 • Essential Peacemaking: Women & Men
November 19-21 • Fathers & Daughters: Finding the Harmonies
November 26-28 • Relationship Intensive for Sexual Abuse Survivors and/or Partners
November 28-December 3 • Relationships: Letting Go — Moving On
December 10-12 • Moving from Love Addiction to Healthy Intimacy
December 19-24 • Focusing, Dream Work, and Interactional Relationships
January 7-9 • Reinventing Love
January 9-14 • The Art of Talking and Listening
January 14-16 • Intimate Connections
January 23-28 • Tantra: The Art of Conscious Loving
January 30-February 4 • Partnerships of Love & Work: The Enneagram of Relationships
February 4-6 • Journey to a Conscious Partnership
February 6-11 • Couples Workshop
February 25-27 • A Workshop for Couples: Independence & Intimacy

■ SOMATICS

September 5-10 • Five-Day Massage Intensive
September 10-12 • Freeing Our Bodies/Our Selves through Movement: A Feldenkrais® Approach
September 12-17 • A Confluent Somatic Approach
September 19-24 • Cortical Reeducation® and Integrated Awareness
September 24-26 • Weekend Massage Intensive
October 10-17 • Cortical Reeducation® and the Feldenkrais® Method.
October 17-22 • Intermediate & Advanced Massage Intensive
October 22-24 • Weekend Massage Intensive
October 24-29 • Movement and Touch
October 31-November 5 • Advanced Trigger Point I and Esalen Massage
October 31-November 12 • Integrative Body Practice (IBP) Professional Training Program
November 7-12 • Authentic Movement
November 12-December 10 • 28-Day Massage Practitioner Certification Program
December 10-12 • Advanced Zero Balancing: The Alchemy of Touch
December 17-19 • Body Rejuvenation
December 19-24 • The Body and Zen
December 26-31 • Five-Day Massage Intensive
December 31-January 2 • Weekend Massage Intensive
January 9-14 • Chakra Integration: A Total Approach to Health
January 16-28 • Creative Bodywork: An Advanced Workshop
January 28-30 • Weekend Massage Intensive
January 30-February 4 • Sports Massage
February 4-6 • Somatics: Mastery of Muscles and Emotions
February 6-11 • Five-Day Massage Intensive
February 13-18 • Craniosacral System: Basic Workshop

■ WOMEN'S STUDIES

October 8-10 • A Retreat for Women of Experience: Mid-Life and Beyond
January 2-7 • A Retreat for Women of Experience: Mid-Life and Beyond

JOHN ROSENTHAL

Please Note: *September and October workshops were also listed in the previous catalog. If you are planning to register for a workshop during those months, please call the office to ensure that there is still space available.*

Continuing Education Credit: *Beginning November 1, there will be a $10 processing charge for workshop participants receiving C. E. U. certificates.*

Weekend of September 3–5

Accepting Life's Transitions: Letting Go — Moving On

Mary Goldenson (Devarani)

The only certainty in life is change, yet we often resent our transitions because of patterns of fear and self-denial. Old beliefs keep us stuck in our resentments, unsuccessful marriages, friendships and careers, and can cause illness, sorrow, and the inability to forgive. Transitions are crossroads in our lives that give us the opportunity to take time out and reconnect with our truth. It is never too late to change. Transitions are doors to the renewal of our passions, courage, and commitments.

This workshop will provide you with ways to help complete the past, be open to the present, and create a future. Participants will experience a safe, supportive environment that includes taking risks, intense body work, gestalt imagery, dance, and meditation, in order to support the transitions that keep us committed to the process of discovering ourselves. $380

Inner Sound and Voice

Jill Purce

This workshop will teach practical explorations with sound for healing and the transformation of consciousness. By liberating the voice, it is possible to make contact with deep levels of the self and release an untapped source of energy.

Participants will work with the psychophysical effects of breathing, chanting, mantric and sonic meditations, learning to tune and listen together, moving from the intuitive level into meditative states. Breath and sound will be developed so that different parts of the bodymind come into resonance to give sonic massage, and to heal and tune the chakras and subtle body. Participants will be taught ways to find their own note and hear inner sound, entering directly into the subtle dimensions of sound by the magical voice practices of traditional cultures including trance music, Mongolian and Tibetan overtone chanting, and other methods. $380

Endarkenment

Will & Ailish Schutz

Sometimes in our search for enlightenment we become humorless, and our search becomes tedious. Growth demands a respite from intensive struggle.

This workshop can provide a vehicle for the turn downward. We shall explore: how to establish and maintain meaningless relations; what to worry about while meditating; advanced covert blaming and inducing guilt in loved ones; how to become the most sympathetic victim/martyr in your social group; guilt without sex.

This approach, similar to Feldenkrais's "live the disasters" and the "homeopathic principle" (Will Schutz, Body *Fantasy*), can be as valuable for attaining enlightenment as the direct route — and more fun. In addition, participants will have an opportunity to explore, play with, and celebrate the shadow — that part of ourselves we usually hide. $380

Machine Dreams and Technoshamanism

Britt Welin & Ken Adams

Was Jimi Hendrix a shaman? Can pulsing light and sound heal the body and increase our intelligence? Is information immortal? What unexplored realms of spirit will we encounter with amazing new forms of computer and electronic hypermedia?

New myths will be needed. New mysteries will be encountered. How can ancient models of mind such as shamanism, Hinduism, or voodoo help us comprehend silicon-based consciousness? Why are neuro-enhancers crucial tools for so many computer innovators? Can humans share an erotic relationship with a machine being? Are Earth spirits at play in fields of photons and electron spin?

A neo-psychedelic subculture is co-evolving with new technologies to reveal glimpses of exotic futures. Participants will explore these realms in this workshop and demonstrate experimental approaches to shamanic method with "machine allies" and their collective Dreamtime Matrix. Join the leaders and help explore their creative partnership devoted to psychedelic applications of videography and computer arts. $380

Week of September 5–10

Life Energy Process℠

Stephano Sabetti

The Life Energy Process (LEP) is a spiritually-oriented approach to self-development and professional growth based on Eastern and Western energy dynamics. Specially designed subtle and intensive movements (microments) can increase energy flow and lead to the discharge of non-essential processes in your body (e. g. repressed emotions, chemical toxins, etc.). Each of us has an energy frequency that can be felt when attuned through LEP. This unique vibration helps us center and ground ouselves as well as find clearer direction and meaning in daily life. Each participant will have a chance to feel their unique energy process and explore it through process inquiry.

Life Energy Process includes: dance, theater, massage, pool work, and various other forms. The workshop is of particular interest to professionals and laypersons who are excited by the integration of theory, pleasure, and hands-on application of energy concepts. $740

Five-Day Massage Intensive

CC. (Carl Chase) &
Kathleen O'Shaughnessy

This workshop is for those individuals who are just beginning to explore touch as deep communication. The central theme will be primary approaches to full-body massage, which the leaders will introduce through demonstration and experiential exchanges. Self-awareness through movement, sound, and breath will be used to enhance the senses. Discussion will offer insights into various approaches to body work and how they address both the physiological and emotional body.

C. E. credit is available for nurses; see pages 50-51. $740

The Writer's Way: A Personal Adventure through Writing

Nancy Bacal

We all haves stories that are aching to be told, but when asked to translate them onto the page, it is not uncommon to experience shame and self-judgement. This is an invitation to anyone with an open heart to gather together and mine the reservoir of personal experience. Beginning with a series of writing exercises designed to bypass the "critic", we will use the pen to lead us onto our own path. Daily excursions on the page will help us transform the burdens of our lives into story, the unwanted voices into characters, the failures and successes into material. Guidance will be specific enough to excite the imagination, loose enough for each of us to experiment with imagery and remain open to surprise.

This workshop offers a supportive and stimulating environment for the non-writer, the occasional writer, and the professional. The schedule will include writing in and out of the group, movement, meditation, reading and discussion of pertinent material. The intention will be to coax the mind out of its cycle of expectation and disappointment into a positive, functioning relationship with our work.

Recommended reading; Needleman, *Work of Craft;* and Beck, *Everyday Zen.*

$740

Organizations of the 1990s: Managing with Heart

Maggie Seeley & Thom Allena

Human needs, environmental values, and spiritual concerns are finally being acknowledged as integral parts of organizational life. "Corporate soul" is a new buzz term in management circles and signifies the need for organizational life to become more human and cooperative. People are motivated to make a difference, and in today's corporate world these differences now consist of psychological and spiritual considerations as well as economic concerns.

Organizational leaders now practice "power with" rather than "power over" employees and use quality circles, teamwork, and a "win-win" ethic as conflict resolution techniques. Employee ownership incentives are helping employees find their work more satisfying, productive, and profitable. Now that organizational life has been give a "heart," new ideas are constantly evolving to change the way management operates.

This workshop will provide tools, techniques, and experiential work for those who wish to:

- Improve their leadership effectiveness and organizational vision
- Find more intuitive ways to develop a "kinder, gentler" empowering management style
- Learn to balance profitability and productivity with human concerns
- Express their personal vision by working "spiritually smarter" rather than through workaholic or technoholic strategies
- Learn ways to integrate humor, creativity, and play as part of a more productive environment
- Experience team building and partnership models based on the integration of masculine and feminine behaviors
- Examine theories X, Y, Z, then create a new management paradigm
- Create a workbook and develop a personal plan of action

This workshop is for leaders, managers, directors, supervisors, and other people who wish to work "spiritually smarter" and improve their own and their organization's consciousness and business practices.

C. E. credit is available for nurses; see pages 50-51.
$740

Self-Acceptance Training: Basic

Richard Olney & Heather Burch

This workshop is largely experiential; no time will be given to theoretical or didactic considerations. Self-acceptance training is a transpersonal practice that follows an educational model rather than a medical model. It is defined as "the experiencing of whatever I am in a given moment, without the inhibitions of self-judgement, self-criticism, or self-evaluation." The goal of this work is to reach the inner self, the inner teacher, and to feel alive and real. Although its practice includes devices drawn from gestalt, bioenergetics, mythic fantasy, eidetic imagery, and hypnosis, it is also a philosophy, a value system, and a view of the individual's relationship with the universe.

Self-acceptance training is a holistic approach which emphasizes body awareness, emotional charge and discharge, and cognitive examination of the individual's "pretends" and illusions that obstruct self-acceptance.

Limited to 25 people. $740

Weekend of September 10–12

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach

Patrick Douce

The work of Moshe Feldenkrais is based on the natural process by which we learned to move as children. During this workshop, soft, easy, gentle movements will be used to increase awareness of the body and to improve the ease and ability of movement. Special emphasis will be placed on the difficulties in movement that arise from chronic conditions such as lower back and neck pain, shoulder pain, tension in the neck and shoulders, and knee injuries. Such conditions can be improved by approaching the difficulties as problems in learning rather than as therapeutic troubles. Situations which were "incurable" become "re-educable." Workshop participants will also be introduced to methods for improving their ability to sense each other's bodies through touch and massage.

Although this workshop is valuable for anyone interested in learning more about his/her body through direct experience, it may be of special interest and benefit to dancers, athletes, doctors, nurses, physical therapists, psychologists, health care professionals, and elderly citizens who may discover new ways of moving with ease and increased flexibility — painlessly and immediately.

C. E. credit is available for nurses; see pages 50-51 $380

Spiritual Survival in Corporate America

Jerry Johnson

Bill Moyers recently said he is devoting his time and broadcast coverage of the '90s to the spiritual pursuit of increasing numbers of Americans. His statement comes at a time when many of us who value a spiritual life are questioning whether it is possible to continue working within a context of traditional corporate values.

This workshop will carefully and playfully examine the choices open to those whose working life brings them inside companies, corporations, and institutions. We will explore the following:

- What is my own spiritual practice and what do I mean by a "spiritual life"?
- How do I identify differences between spiritual and religious?
- Is conflict between my job and spiritual life inevitable?
- How can I create a better work environment without compromising who I am ?
- Can a corporate job accomplish my agenda?
- How can my spiritual values survive and thrive inside a company?

This workshop is designed for those who have serious questions about continuing to work within corporate sturctures, but who haven't yet given up hope. $380

Rituals of Transformation

Paul Rebillot & Audrey Savage

People are continually approaching thresholds, transition points from one state or condition of being to another. To live is to change. The tendency, however, is to resist change, to cling to the familiar, to remain stuck at the threshold. This tendency is the source of much stress and pain that people experience in life.

A ritual does not make a change happen. Instead, it awakens within the psyche the archetypal pattern of change; it teaches the participant how to change. By acting out the ritual, people learn, not only in their minds but in the feelings of their hearts and the movements of their bodies, the process of transformation. Rituals can both prepare people for change as it happens in the course of their lives, and help heal the passages that were not completed in the past.

During this workshop, group members will look at what they want to heal and transform in their lives, what they need to say good-bye to in the past, and what new steps they need to take in order to cross their present threshold. Subgroups will work together to design and enact individual rituals in order to support and help their healing process.

Just as the body can move from one position into another, so can the full being; hearts can move, minds can move. The basic tenet of ritual is that one can trust the body to show the appropriate path, that way so supported by the full being that doors seem to open before one. Joseph Campbell said that when someone can discover his or her authentic path, this way seems to be blessed by magic. To find this way is the work of "Rituals of Transformation." $380

New Maps for the New Millennium

Ralph Blum & Bronwyn Jones

Homo sapiens is completing its tour of duty and preparing to bow out. Waiting in the wings to take its place is a new species characterized by enhanced knowing and broader wisdom. The old maps are out of date and we are all cartographers now. We must create "New Maps for the New Millenium."

What matters now? Do the old concepts still apply now that we have entered a critical period of detoxing, cleansing, and realigning? We must identify the ways we disempower ourselves, find the means to reclaim our power, and work towards making ourselves whole.

The goal of this seminar is to provide insights into the workings of the Runes as a training tool for the intuition, and to engage in experiential, hands-on exercises to ground participants in the use of the Oracle. Using the Runes as "a compass for conduct," we will examine major themes such as healing, initiation, shifting your archetype, and the issues of will and resolution. Together we will explore what it means to become an oracular individual as we prepare ourselves to enter the twenty-first century.

This course is open both to beginners and advanced students of the oracular tradition. Recommended reading: Blum, *The Book of Runes* or *The RuneCards* (both, St. Martin's Press). $380

September 10–19

Painting Experience with Michell Cassou & Stewart Cubley

For workshop description see Special Programs, page 48. $1500

(plus $30 materials fee paid directly to the instructors)

Week of September 12–17

Five-Day Lomi Intensive

Kathryn Lydecker, Johanna Pianoi & Robert Sanoff

In the formative years of life, human beings learn to embody the beliefs and posture of their individual family system and the culture into which they are born. Many individuals unconsciously continue to shape their lives in reaction to these influences, often at the expense of their own creativity and vitality.

The aim of this workshop will be for participants to observe how they feel, think, and move themselves through life. By attending to bodily-felt experience, moment to moment, and by distinguishing between sensation and thinking, the path to reclaiming one's authentic self opens. Through this process of developing awareness, it is possible to make responsible choices in daily life and to live with integrity and gentleness.

This workshop provides an arena for developing mindful awareness and for unmasking habits that keep us from ourselves and hinder relationships. Lomi work includes meditation, movement, gestalt, aikido, and Reichian work. $740

A Confluent Somatic Approach

Steven Vazquez

This workshop is about the nuances involved when illness, injury, or pain become resolved beyond the conventional expectations of medical science. Information from people who beat the odds of recovery from "terminal" illness, "incurable" diseases, or difficult injuries will be reviewed. The role of belief, attitudes, and relationships in affecting the body will be experientially explored.

This confluent somatic approach synthesizes medical research, cross-cultural concepts, ancient spiritual practices, and modern psychology. It combines methods drawn from Ericksonian hypnosis, Focusing, and family systems theory, with hands-on work to reduce physical symptoms. Abstract concepts like state-dependent memory, psychoneuroimmunology, and chakra systems are broken down into practical applications.

Workshop material will be experiential and didactic. Processes for tracking unconscious personal myths that underlie medical conditions will be demonstrated. Complex medical jargon, psychological processes, and esoteric energy methods will be simplified into functional uses than can affect health recovery in conventional psychological and medical settings.

Recommended reading: Siegel, Peace, Love and *Healing* (Harper & Row); Chopra, *Quantum Healing* (Bantam); Rossi, *The Psychobiology of Mind-Body Healing* (Norton). $740

Apprenticeship to the Earth with Little Bear Nason & Steven Harper

The purpose of this workshop is to reawaken participants to the spirit of the Earth and their intimate connection to all of nature. Working with Native California Indian traditions and contemporary somatic awareness practices, the group will apprentice to Earth's wisdom, seeking to enfold themselves in the forgotten arms of the landscape in order to rediscover and reinhabit the earth as modern twentieth century indigenous natives. While the Native American way of life cannot be learned in a short time, this program is designed to give participants a comprehensive overview. In addition, the group will invesigate how these ancient ways can be incorporated into daily life.

Little Bear will share his peoples' way of obtaining harmony and balance with the Earth through ritual, stories, dance, and ceremonies. Much of this workshop takes place in direct contact with nature, outdoors on day hikes, and at special spots along Big Sur's spectacular coast. This event marks the first time the Esselen Indians have taught on their ancestral homelands at Esalen Institute. $740

The Hero's Journey

Paul Rebillot & Audrey Savage

Paul Rebillot writes: "Again and again in my work with people I have seen the suffering and confusion caused by our society's lack of significant rites of passage. Without shamans or ritual masters to guide them, modern women and men must find their own lonely and usually traumatic paths from one stage of life to another — whether it be a child's discovery that there is no Santa Claus, an adolescent's awkward approach to puberty, an adult's marriage or divorce, or a change of career. Every change requires a movement from one level of being to another.

"Seeing this need, I created a rite of passage universal enough to allow people to discover the pattern of change, whatever that change might be. That patterns is exemplified in the myth of the hero. The new stage of life that is to be reached calls forth a heroic action on the part of the person taking the journey. At the same time, as soon as a new goal begins to emerge, all of the resistance to that goal emerges as well. I call these two forces 'the hero' and 'the demon.' In order for the new state of being to be realized, these two forces must discover how to communicate with each other and how to work together. The old forms must fall away so that the new form can emerge.

"My purpose is to give people a chance to experience a rite of passage so that they can enter the changes in their lives with a sense of joy and greater context. My hope is that through this process people will awaken to their own creative genius and enter into the drama of their lives with imagination and delight.

Recommended reading: Campbell, *The Hero with a Thousand Faces* (Bollingen, Princenton Univ. Press) and *Myths to Live By* (Bantam). $740

Weekend of September 17–19

Ishta: The Yoga of Empowerment

Rod Stryker

Every human being is a uniquely gifted individual. Each of us is endowed with physical, intellectual, emotional, energetic, and spiritual capacities that can help us achieve peace and a life of limitless possibilities. Yoga can teach us how to awaken these powers, how to fuel the spark of our own uniqueness, and ultimately reach our fullest potential.

Participants will practice the tools of Ishta Yoga, which combine the Yogas for body, mind, and energy cultivation. To unlock our individual potentials we'll use all of the following: Yogic postures to strengthen and relax the body; breathing, chanting, and meditation to still the mind; and visualization to awaken the psyche's deepest resources. The course will include open discussion and theory to personalize our practices.

All levels welcome. For further information please contact: Yoga Works, 1426 Montana Avenue, Santa Monica, CA 90230; (310) 393-5150. $380

Poetry Workshop: Writing New Poems

Sharon Olds

This is an intensive workshop for the writing of new poems in an atmosphere of encouragement and adventure. The focus will be on the new poems written during the weekend and where they can lead us. There will be individual conference times as well as group meetings. The goal will be to help each other bring forth something fresh and alive from deep inside. Beginners as well as experienced writers are encouraged to apply.

Sharon Olds teaches in the Graduate Creative Writing Program of New York University. She has been given a San Francisco Poetry Center Award, a National Book Critics Circle Award, a Lamont Award from the Academy of American Poets, and grants from the NEA and the Guggenheim Foundation.

To apply, please send a letter with your name and address and between three and five pages of your poems, typed (no dot-matrix, please). Do not include a SASE; applications will not be returned. Please send them to Sharon Olds c/o Esalen Institute, Big Sur, 93920. Your poems must be received no later than August 1, 1993. Participants will be notified of their acceptance into the workshop on August 20, 1993.

Recommended reading: Poetry by Sharon Olds: *Satan Says; The Dead and the Living; The Gold Cell;* and *The Father.* $380

Week of September 19–24

A Week with David Schiffman

To make effective, creative choices, you need courage, imagination, and the willingness to know your heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set — the choice to move against the powerful grain of old fears, habits, and constant pressure of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of our natures, befriending rather than suppressing or denying the sexuality and power out of which initiative and enthusiasm spring.

During this week we will focus on how to develop a more adventurous, resourceful, and buoyant way of living. In an atmosphere based on warmth and humor, we will explore our capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as non-traditional innovative approaches in body work, kinesthetic retraining, music, and guided imagery. $740

Cortical Reeducation® and Integrated Awareness

Harriet Goslins & Lansing Barrett Gresham

The basic relationship between our emotions and our behavior can cause specific body locations to remain chronically contracted in alliance with specific emotional inhibitions. The choice *not* to make a certain movement can be an attempt to avoid re-experiencing the painful emotion that that particular movement elicits.

Anger, grief, shame, and fear seem to have predictable locations in the body, regardless of personal and cultural differences. A direct route to releasing these mental and emotional repressions, blocks, and denials is through specific movement patterns that can release obstructive habits. If you can't make the movement, then you inhibit the behavior connected with it.

Participants will do floorwork to facilitate this reclaiming process.

C. E. credit is available for nurses; see pages 50-51. $740

Couples' Group: The Truth

Will & Ailish Schutz

This workshop is for couples, mainly, and for individuals — those in a couple, formerly in a couple, or who want to be in a couple. It is only for those who are willing to tell the whole truth. The leaders will use a symphony of methods, old and new, tested and spontaneous, from problem resolution to massage.

Recommended reading: Schutz, *Profound Simplicity* and *Joy: 20 Years Later* (Ten Speed Press). $740

Self-Acceptance Training: Advanced

Richard Olney & Heather Lynne Burch

This workshop is basically experiential, but time will also be given to theoretical and didactic material of interest to professional therapists. Please refer to September 5-10 for complete workshop description.

Please note: *Due to the time given to the didactic material in this advanced workshop, not everyone will have a chance to work personally with the leaders.* $740

September 21–25

Path of the River: A Rogue River Journey

Steven Harper

For workshop description see Wilderness Programs, page 49. $700

Weekend of September 24–26

Experiencing Esalen

Experiencing Esalen Staff

This workshop is designed for people who have not previously been to Esalen. Emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. These may include: sensory awareness, gestalt practice, group process, guided fantasy, meditation, massage. There is also time to explore the natural magnificence of the Big Sur coast.

Recommended reading: Perls, *Gestalt Therapy Verbatim* (Real People Press). $380

Weekend Massage Intensive

Vicki Topp & Esalen Massage Staff

This workshop is designed for those individuals who are just beginning to explore the art of touch. The Esalen long-stroke massage will be the basis for all that is taught. Into this will be woven energetic work with visualization, movement meditation, cranial holding, and an introduction to Chinese point work. Discussion of various theoretical approaches to hands-on work will be included.

C. E. credit is available for nurses; see pages 50-51. $380

Yom Kippur: The Other Side of God

Rabbi William Cutter & Cantor William Sharlin

This weekend will include observance of the Jewish Day of Atonement, reflection of the year just past, and the work of personal purification and repentance. Prayer, meditation, music, and discussion will occupy us from sundown on Friday through the end of the day Saturday. Kol Nidre will be at 7:00 P. M. on Friday; Ne'ilah (the concluding service) will end by dinner time Saturday evening when we will enter the New Year in ways both traditional and innovative. The Sunday morning workshop will include reactions to the experience and sharing of New Year stories.

The prayers will include traditional liturgy treated in a non-traditional way, and innovative text combined with music of generations past and present. Discussions in smaller groups will occur throughout, as will meditation and time just to be alone. Although the Yom Kippur experience itself will be "devotional," non-Jewish participants are welcomed. Fasting and personal restriction characterize the traditional Yom Kippur observance, but participants may choose to experience this holiday in their own way, with their own commitments. $380

Transpersonal Medicine

Jeanne Achterberg & Frank Lawlis

The concept of transpersonal medicine has been coined from two fields of study, transpersonal psychology and medicine. Transpersonal medicine is healing from beyond the self, and recognizes that there are many resources beyond what we consider our consensual reality. This definition honors the integration of many eras of health care, expanding to include the ancient practices of shamanic work as well as the contemporary frontiers of psychoneuroimmunology and imagery.

This workshop will present many of the doors to alternate realities and specific avenues for accessing the wisdoms that lie just beyond the boundaries of the limits of self. Altered states of consciousness, ritual, advanced imagery techniques, the experience of community through joy and transcendance are the basic topics for presentation. The workshop is designed to be primarily experiential with clinical applications for dealing with physical and mental problems from a professional perspective.

C. E. credit is available for nurses; see pages 50-51. $380

Week of September 26–October 1

Golf in the Kingdom: An Exploration of the Inner Game

Stephen Cohen, Fred Shoemaker & John Allen

> *Ye'll come away from the links with a new hold on life, that is certain if ye play the game with all your heart.*
>
> — Michael Murphy,
> (Shivas Irons),
> *Golf in the Kingdom*

BEST COPY AVAILABLE

The game of golf provides many opportunities to enhance the journey of self-discovery. It can be experienced not only as an athletic endeavor, but also as a metaphor for the way one lives. Just as in life, issues of self-confidence, fear, trust, discipline, and awareness emerge in the conflict between the ego's desire for success and the inner self's ability to achieve.

During these five days, teaching methods gleaned from a study of the inner game will be utilized, as well as principles from psychosynthesis and gestalt, to explore the inner self and how one interferes with its emergence. Two days will be spent on field trips to the Monterey Peninsula where participants will practice and play in some of the most beautiful golf country in the world. On other days there will be time to relax and enjoy the natural pleasures of Esalen and Big Sur.

Recommended reading: Murphy, *Golf in the Kingdom* (Delta); Gallwey, *The Inner Game of Golf* (Random House). $740

(plus green fees paid directly to the leader)

Embodiment & Vision

Laura DeNuccio (Ma Prita)

In the sunlight of awareness, each thought, each action becomes sacred.

—Thich Nhat Hanh

Laura DeNuccio writes: "This is an invitation to those individuals who are aware of an emerging consciousness that is making itself felt and heard personally and globally, and who are searching to fulfill both higher and deeper callings in their lives.

"Through attunement with the Earth and each other, individuals can deepen their capacity to listen to the innate wisdom and intelligence of their bodies. Learning to listen from within can lead back to the ancient wisdom of the Earth — returning us to our sacredness and wholeness. Participants will use breath, sound, and movement as meditations for enlivening the vitality of cells and tissue, for dissolving energetic blockages, and to quiet, still, and expand the mind. The sound meditations have the potential of moving the individual past the limitations of language, creating openings for new thought and inspiration. The emphasis will be on self-care, renewal, and nourishment.

"The group will explore commitment and what it means to fully embody one's inner vision. What would you love to see in your life? In your world? What is meaningful and significant to you? What's truly of value? Ritual and the power of the Spoken Word will be used to bring this vision forth. While cultivating compassion, honesty, and kindness toward oneself and others, the group will experiment with co-creating community, an environment of trust and acceptance in which to explore this ever-unfolding adventure of spirit."

Recommended reading: Fields, et al. , *Chop Wood, Carry Water* (Tarcher); Rodegast and Stanton, *Emmanuel's Book* (Bantam); Nicholson, *Ancient Wisdom, Modern Insight* (Theosophical Publishing House); *Quantum Healing* (Bantam). $740

Process Work: Working with the Dreaming Body

Nisha Zenoff

Process Work, developed by Dr. Arnold Mindell and his associates in Zurich, is grounded in the belief that all of life's events and experiences have the potential for being useful and meaningful. Nature makes no mistakes — even the unexpected, unusual, and nonsensical occurrences in our lives, if observed and explored, can provide us with valuable information. Process Work provides us with the tools for exploring and working with a wide range of human experiences, including: chronic symptoms, dreams, movement, relationships, and groups. Based on the theory of the "Dreambody," the body is seen to mirror dreams, myths, and fantasies. In effect, the body is a dream trying to happen.

A compassionate atmosphere will be provided for participants to gain skills for working on relationship issues, physical symptoms, and dreams. The focus will be on:

- The basic foundations of process work
- The practical skills needed to apply process work concepts to one's personal and professional life
- Ways of bringing creativity and a sense of play into the serious business of being alive.

This workshop will include discussion, demonstration, and experiential work.

Recommended reading: Mindell, *Working with the Dreaming Body* and *Working on Yourself Alone* (both, Arkana). $740

Coyote Dance

Alberto Villoldo

Every night when the moon is full, Spider Woman sifts through the sands searching for coyote bones, and when she has assembled a full white skeleton and spun her silver threads through it, she blows her breath softly over each rib, each thigh and leg bone, until the flesh grows crimson and then furred like the desert sand. She then sings the song of life until it's tail twitches and the coyote leaps into the air and bounds off into the dunes laughing like the morning wind.

This workshop will gather people together to collect those parts of themselves that are enduring, the whitened bones that Spider Woman gathers, and spin the web of life around everyone's true life-force. The Soul-Mending way will be explored through story-telling, magic theater, and ritual movement.

The Soul-Mending Way has been used for millennia by medicine peoples of the high Andes for healing ancient soul wounds and to quantum leap into their destiny, into who they are becomming. The groups will be immersed in the five rites of passage of the Soul-Mending Way:

Emergence: Renewal and regeneration;

Passage by Fire: Purification and transformation through humanity's most ancient rite of passage;

Provenance: Return to the Mother-Goddess and claiming the Earth as mother and Sun as father;

The Luminous Warrior: Life/Death/Life – achieving the impeccability of the warrior who has conquered death;

Deliverance: Return to the Father – surrendering the self, letting go, returning home.

These mythic passages will be translated into contemporary journeys of transformation. In selective trance states unique to shamanism, we will discover realms not bound by ordinary time, domains where there are no causes, only effects, and where one can hear the voices of the ancient ones in the wind, heal one's past, and summon one's destiny. $740

Weekend of October 1–3

A Weekend with Marianne Williamson

"Love is what we were born with. Fear is what we learned here." —*A Return to Love*

Take a spiritual journey with Marianne Williamson, lecturer and best-selling author of *A Return to Love*, as she teaches the basic principles of *A Course in Miracles*, a self-study system of spiritual psychotherapy, and discusses their application to daily life. Topics covered will include relationships, health, and career.

The weekend will focus on the relinquishment of fear and the acceptance of love back into our hearts. Living the good life has nothing to do with accumulating possessions or status or power; it has to do with understanding ourselves and serving others in order to expand the fund of love in the universe.

Participants will spend a thought-provoking weekend examining some key issues in the *Course of Miracles'* philosophy: forgiveness, relationships as assignments, and healing of our personal wounds.

Recommended reading: Williamson, *A Return to Love*.

Please note: *This workshop is expected to have a very large enrollment.* $380

Week of October 3–8

Making it Float

Robert Hall

There is no fixing a damaged childhood. The best you can hope for is to make the sucker float.
—Conroy

Robert Hall writes: "And so it is. This workshop is about making it float. How to. If you're willing to spend some time with meditation, gestalt group process, making sounds, and experimenting with moving your body to your own rhythms, if you're interested in how body awareness, psychotherapy, and meditation work together to loosen your identification with who you think you are, and if you still have your sense of humor, we'll not only make it float, we'll take a ride in it."

C.E. credit is available for nurses; see pages 50-51. $740

Gestalt Practice

Christine Stewart Price & Guest Leaders

The Way, when declared Seems so thin and flavorless. Nothing to look at, nothing to hear — And when used — is inexhaustible.
—Lao Tzu

Gestalt practice is a form —nonanalytic, noncoercive, nonjudgmental — evolving out of the work of Fritz Perls. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that awareness is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. This form is similar to some Reichian work as well, in that emotional and energetic release and rebalacing are allowed and encouraged.

The emphasis is *intrapersonal* rather than *interpersonal*. It is explicitly understood that participants are not patients but *persons actively consenting* to work (or play) in awarness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure or accomplishment. Through group exercises, meditations, and open seat work, this workshop will introduce participants to the gestalt practice approach.

Recommended reading: Perls, Gestalt *Therapy Verbatim* (Real People Press); Heider, *The Tao of Leadership* (Humanics); Ram Dass & Gorman, *How Can I Help?* (Knopf).

C. E. credit is available for nurses; see pages 50-51. $740

Biodrama

Lorenzo Ostuni

Everybody's life is a journey that passes through the doors of birth, love, and death. Biodrama, an Italian method that synthesizes three-thousand years of philosophy (Egypt, Hebraism, Greece, Rome, and Italian Renaissance) and modern philosophy, is an individualized ritual experience in which each group member symbolically passes through these stages. It employs dream work, body language, poetry, imagery, symbols, and music; it is both contemplative and experiential. The goal is to develop a deeper awareness of the emotions of life and love through a creative relationship with the group, and a deeper renewal of the self through a broader awareness of one's inner life.

Each participant will experience the two-part nature of Biodrama. The first part consists of the journey of the protagonist, helped by a team of Biodramatists, through the three stages of life. In the second part, Lorenzo Ostuni will interpret each participant's ritual journey.

This workshop will be conducted in Italian and English. $740

Awakening Vision through Conscious Photography

Jeff Berner

Here was room for the imagination to work.
—Mark Twain

Whether you are starting out in photography, or are an advanced beginner, explore nature, people, and wildlife through the "mirror with a memory." Jeff Berner will show you how to follow the path of photography as a meditation, a hobby, a sport, and an art. Without using technical jargon, he will also explain how to make your camera serve your personal vision.

As the author of five books in the field, including *The Nikon Touch Photography Guide*, and *The Photographic Experience*, the leader will help discover each individual's talent and provide a continuous flow of "Aha!" experiences with an informal, spontaneous teaching style. Turn looking into really seeing — and snapshooting into fine photography.

Easy-going assignments include: Looking at Seeing, The Psychology of Lenses, The Selective Eye (Composition), Depth of Field, A Still Life is Still Life, The Click that "Kills," Creative Accidents, Visual Meditation, and Uses of Color. There will be creative critiques of each participant's work, in private consultation, and/or in the group. We'll shoot and talk by day, and show and tell by night.

This workshop will emphasize the use of color slide film. Bring 4-10 rolls of 36-exposure slide film rated ISO 100, 200 and/or 400, plus $7 per roll for overnight processing in Monterey. Any working 35MM SLR camera will be adequate: recent Pentax, Minolta, Maxxum, and Nikon models are recommended. The final evening will feature a group celebration of the projected results in a multi-media show with music.

You can call Jeff Berner to discuss the workshop at (707) 878-2000, weekdays, 9AM to 3PM only. $740

Weekend of October 8–10

Introduction to Gestalt Practice

Christine Stewart Price & Guest Leaders

For workshop description see October 3-8. $380

The Vision and Practice of Human Transformation

George Leonard

It may be argued that, in *potentia*, every human being is a genius, and that the ultimate creative capacity of the human brain/body is, for all practical purposes, infinite. Each of us is a prodigious learning animal, and our ultimate destiny may well be to evolve capacities that would now be termed extraordinary. Perhaps it is only due to the limitations imposed by faulty notions of childrearing and schooling, along with the failure of national vision and practice, that we rarely develop even a small fraction of our potential.

In this hands-on workshop, human potential pioneer George Leonard, informed by his work with Michael Murphy in the development of Integral Transformative Practice, outlines a new human vision and provides a practical map with which you can begin your journey toward the realization of your inborn genius and creativity. The workshop will involve discussion, demonstration, and the gentle movement and imaging exercises of Leonard Energy Training (LET), a practice inspired by the art of aikido.

Recommended reading: Leonard, *Mastery* (Dutton), *The Silent Pulse* (Arkana); and Murphy, *The Future of the Body* (Tarcher). $380

Psychoneurimmunology and Its Implications

George Solomon & Margaret Kemeny

The rapidly developing field of psychoneuroimmunology (PNI) is concerned with the nature of complex interactions between the central nervous system (CNS) and the immune system. The central nervous system mediates stress effects, coping, emotions, and other psychological processes that, by way of the immune system, affect the onset and course of many diseases.

The leaders will present a didactic and interactive workshop which will describe the immune system, how it works, and how it is regulated. They will discuss human and animal research on the effects of stress and other experiential factors on immunity and on immunologically-resisted and mediated disease, including bacterial and viral infections, cancer, autoimmune disease, allergies, and AIDS. The as-yet poorly researched area of interventions, including psychotherapy, on immunity and disease will be discussed. Some of the possible mechanisms underlying traditional and alternative healing systems and placebo effects will be explored.

Participants, whether health or mental health practitioners concerned with the clinical relevance of the field, or individuals who are concerned with maintaining or improving their own health, will be encouraged to set goals for their own particular health needs.

C. E. credit is available for nurses; see pages 50-51. $380

The Art of Leadership: Excellence in Business, Management, and Communication

Ron Alexander & Bruce Gregory

In the Beginner's mind there are many Possibilities while in the Experts mind there are few."
—Suzuki

This workshop is for executives, managers, and other people who are committed to improving their communication and leadership skills. The focus of the workshop will be on:

- Conflict Resolution
- Dealing with the blocks that prevent executives from feeling secure and clearly articulating their vision
- Developing trust with those who feel threatened or intimidated
- Discovering and addressing blind spots in self-esteem
- The development of creative strategies for building support systems that facilitate the transformation of visions into realities.

Some of the group processes will include giving and receiving feedback on communication and leadership styles, role-playing, problem-solving exercises for real life work situations, and exercises for learning to use the unconscious to solve problems creatively.

C. E. credit is available for nurses; see pages 50-51. $380

A Retreat for Women of Experience: Mid-Life and Beyond

Lenore Lefer & Anne Yeomans

The gifts of woman are many. They have too often been undervalued and made invisible until we cannot see them ourselves. Today, more than ever, the earth needs these gifts.

This is an opportunity for women in mid-life and beyond to come together to explore the issues that are on our minds and in our hearts. What are the challenges we each face? How can we support each other in reclaiming and honoring our passion, our tears and our outrage, our laughter, and our beauty? How can we express our deepest values at this time in our lives?

The workshop will include time to speak and tell our stories, and time for silence. Each day will include periods of hatha yoga, walking meditation, and group process.

Themes to be explored include:

- Cultural perspectives on the older woman
- Issues of loneliness and companionship
- The wisdom of the body
- Sexuality and intimacy
- Menopause
- Power and self-expression
- Self-care in the midst of responsibilities
- Spiritual questions of mid-life

It is our hope that these days together will strengthen our trust and renew our spirit, so that we can return to our lives with more joy, more tenderness toward ourselves and others, and more boldness in living all that is important to us. $380

Week of October 10–15

Experiencing Esalen

Experiencing Esalen Staff

For workshop description please see September 24-26. $740

Rituals for Healing

Jeanne Achterberg & Frank Lawlis

Rituals give meaning, richness, and structure to life's passages. They are for communication and celebration, for solemnity and deep inner silence. They are a visible manifestation of common human experience. Most of all, rituals are ceremonies of healing.

During this workshop, participants will explore components of healing ritual and discuss why rituals work. Sounds and symbols of rituals from several cultures will be experienced. The group will create and participate in healing rites which incorporate ancient wisdom with the belief systems from modern medicine, science, and psychology. The focus of the ritual work will be the healing power of the imagination.

This program may be of interest to health professionals and others who are on a healing path — seeking harmony, balance, and wholeness.

C. E. credit is available for nurses; see pages 50-51. $740

Clinical Program for Professionals: Integrating Gestalt, Self Psychology, and Mind-Body Healing

Ronald Alexander & Bruce Gregory

This five-day training program will combine didactic discussion with experiential exercise, supervision of therapist-client dyads, and clinical demonstrations. A full spectrum of treatment cartography will be used to clarify how gestalt, self psychology, and mind-body healing can be effectively integrated to address early developmental trauma, narcissistic issues of the self, and contact boundary disturbances. Emphasis will be on:

- Improving diagnosis skills
- Formulation of treatment plans that attend to the transition points of the healing process
- Improving intervention skills as they relate to handling resistance, the nurturing of the real self, and facilitation and activation of unconscious healing processes through the use of mirroring, pacing, and the language of mind-body healing.

Particular attention will be paid to assisting therapists to become more aware and effective in dealing with countertransference and projective identification.

Recommended readings: Masterson, *Countertransference and Psychotherapeutic Technique* (Bruner Mazel); Erickson & Rossi, *Hypnotherapy Casebook*; and Polster, *Gestalt Therapy Integrated* (Brunner Mazel).

C. E. credit is available for nurses; see pages 50-51. $740

The Medicine Wheel Way

Carol Proudfoot-Edgar & Bob Edgar

This workshop will draw on the Native American Medicine Wheel ceremonies and teachings as resources for personal growth and renewed experiencing of ourselves within the larger web of the natural world. Just as Western psychological theory provides a framework for describing human stages of development, the Medicine Wheel offers a map for self-individuation. Both systems embody steps for healing. A primary difference, however, is that the Medicine Wheel way of living views humans as sacred beings and maintains that each individual must find their own path for "walking with beauty in the world."

The Medicine Wheel way illuminates the relationship of all things, each direction on the wheel having its particular meaning and pointing to aspects needed for fuller integration and individuation. Ceremonies and rituals mark the passage of seasons and significant events of individual and group life, and connect the individual to the great mystery of life.

This experiential workshop will use these ancient teachings while providing a supportive means for participants to continue their process of self-development and to deepen their relationship with the natural world. Activities will include: learning the Medicine Wheel and making medicine pouches, learning about shamanism and using the shamanic journey method for finding power animals and spiritual teachers, and drawing upon ancient, ancestral knowledge available to all of us. We will be drumming, rattling, and chanting throughout our time together. Participants are encouraged to bring journals, a bandana (to cover your eyes), drums, and rattles (if you have them).

Please note: This workshop has a sequential structure in which each session builds on activities from the previous one. Participants are requested to be present for all sessions and to arrange for massages or other non-workshop activities between session breaks.

C. E. credit is available for nurses; see pages 50-51. $740

October 10–17

Cortical Reeducation® and the Feldenkrais Method®

Harriet Goslins & Patti Lawrence

The habitual way a person sits, stands, or moves reflects patterns that are "wired in" to the nervous system. This information can be erased or changed. By reeducating the brain-muscle connection, restrictions in movement are freed, freeing also the lifetime habits that have organized around that movement.

This work is a relearning of the ease and fluidity that was taken for granted as a child and lost somewhere along the way. Physical injury, emotional trauma, or ongoing stress all evoke a protective response from the body. These patterns, necessary at the time, remain when no longer needed, outside of awareness, and continue to cause discomfort and unnecessary limitations. Freeing them results in relief of chronic pain or tightness, a more restful sleep, and a higher energy level. By changing muscular holding patterns, the entire protective posture is altered, deeply affecting the body's habitual defense system. Thus, new movement possibilities mean new self-image possibilities.

Fears and anxieties have corresponding muscular habits. Verbal information, no matter how brilliant, or spiritual practice that fails to extinguish these muscular habits, will fail to totally eliminate the toxic behavior.

This workshop is for those who are physically active and fit and want to increase their skills while learning to reduce risk or injury; for the sedentary or those dealing with after-effects of injuries; for the athlete, the dancer, and those who "live in their heads"; and for individuals who feel chronically tired and stressed and want to learn how to take better care of their neck, shoulders, and back, and for those who want to improve their posture and breathing and live with more flexibility and comfort.

This course is provider approved by the California Board of Dental Examiners, number 2586.

C. E. credit is available for nurses; see pages 50-51. $1110

Weekend of October 15–17

A Weekend with David Schiffman

For workshop description see September 19-24. $380

Self-Transformation: The Art of the Actor for Everyday Life

Jane Marla Robbins

Transforming feelings of anxiety and insecurity into feelings of self-confidence and joy is a miracle that can happen in all areas of one's life — physical, emotional, spiritual. This transformation can help us fulfill our potential for the roles we have chosen to play — whether it be child, parent, artist, shaman, charismatic speaker, sensualist, or spouse.

Some of the techniques to be explored and discussed include: the actor's physical preparation, vocal, preparation, mental and emotional preparation, spiritual preparation, relaxation, sense memory, the magic "as if", personalization, substitution, playing a character, animal exercises, overcoming self-consciousness, perfect props, unspoken mantras, speaking the truth, breathing, the inner walnut, and the psychophysical action.

Participants can learn how to replace old fears and paranoid projections with self-manufactured pleasures and positive projections. Many "real-life" situations ordinarily fraught with worry can easily be transformed using the Actor's Imagination. The power and pleasure of being able to create a sense of well-being and self-confidence at will can be experienced by everyone, and, once it has been discovered, it cannot be easily shaken.

No previous acting experience is necessary. $380

Of Human Bondage

Kathleen Riordan Speeth

Slavery to habit, instinct, or addiction is demeaning. Reacting, instead of acting, is mechanical, not human. It robs us of the authorship of our own autobiographies. It lets chance write the plot. We all know the entropic sensation of being reactive. We feel it. But in the heat of the moment where is the presence of mind to act as we wish? How do we let our buttons be pushed again and again? Why does so much of what we do produce suffering for ourselves and others, and engender midnight regrets?

To be able to act we need a presence. We need aware subjectivity. To be conscious of one's own mind and body from moment to moment, in the eternal now, is to know what's going on without being fooled by the accretions of the past. We also need insight into the jumble of emotional associations that distort perception. The goodness of our outward deeds depends upon the depth and clarity of our inward consciousness. To the degree we see without distortion, we cease to be a victim of the past and even present circumstances and become the creator of our own actions.

This workshop explores the structure and function of personal unfreedom. Through discussion, journaling, gestalt, and structured interaction, we will explore the emotional fetters that make each of us toys of circumstances when each would prefer to be free to act with authority. We will practice, with the help of Spinoza and other masters of wisdom, certain possibilities for breaking out of human bondage and moving into reality. $380

Living Better with Chronic Pain and Illness

David Levenson & Dayle Sarasohn

Caring for yourself is a rewarding and valuable experience, but it can also be a lonely one. Communication with your doctors, health care workers, and significant others becomes important in order to receive the support and assistance you need. Developing certain skills and having the proper attitude can help relieve physical and emotional distress and enhance the healing process. This workshop invites you to open your mind and heart to the healing capacity within yourself in order to reduce pain and improve the quality of your life.

The leaders will review each participant's health concerns and their past and current treatment. The full impact of pain in each person's life will be discussed — how it affects homelife, worklife, relationships, and social interactions. Self-hypnosis, imagery, and meditation will be used and explored to help control the pain and heal the body. These methods will be used throughout the workshop, while directing each person's caring and compassionate nature where it is needed — toward the self. This focus will not only help you feel better physically, but can help you overcome the harsh self-criticism, guilt, and shame that often accompanies chronic pain.

Health care professionals, families, and others dealing with issues of pain and illness are encouraged to attend.

C. E. credit is available for nurses; see pages 50-51. $380

Week of October 17–22

Big Sur Wilderness Experience

Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. With this natural reserve as the primary teacher, the group will walk into the Los Padres National Forest. Drawing on various traditions, participants can develop the quality of their awareness and open to the natural world.

Weeklong workshops will venture out on five hikes (4-10 miles in length). Weekend workshops will take two hikes (3-6 miles in length). Using Esalen as a base camp, the group will explore the different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each day-hike will begin after breakfast and will conclude in time to enjoy the hot springs and dinner each evening at Esalen. Basic outdoor skills such as map reading and minimum impact concepts will be practiced. Participants will be taught enough skills to begin exploring the wilderness on their own after these outings. More information will be sent upon registration. $740

Conscious Loving: A Body-Centered Approach to Relationship Transformation

Gay & Kathlyn Hendricks

Relationships are the primary arena in which our deepest selves are either concealed or revealed. This workshop is designed for people in close relationships and professionals who counsel couples. Participants will work on the transformation of present relationships while exploring the seven major principles of conscious loving: commitment, learning to love yourself, learning to feel, claiming creativity, learning to tell the microscopic truth, keeping your agreements, and learning to live more consistently in a state of positive energy. This workshop has two major purposes: 1.) to expand the experience of love past previous limits; and 2.) to learn to rest in the essence that underlies persona.

Using video analysis, participants will learn to use the "Five Flags," the five nonverbal signals which reveal stress points in relationships. Based on the leaders' experience with over 1500 couples, they will introduce breath and movement techniques that accelerate the process by which people in close relationships can attain their goals. Participants will learn techniques designed to make it easier to tell the truth, and take healthy responsibility for feelings and issues.

Among the tools to be used: video feedback, movement processes, breathwork, and dyadic communication activities. Reading Conscious Loving (Bantam) before the workshop is highly recommended. $740

Intermediate and Advanced Massage Intensive

Peggy Horan & George King

This workshop is directed towards those individuals who have had basic massage training, have been in practice for awhile, and who feel themselves wanting to expand beyond their present edges into new territory, and perhaps to add to what they are doing with specific complex areas such as the neck and low back.

A portion of the format will include the basic Esalen style of long, integrative strokes and methods for deep contact with the recipient, which we will then trim down to detail.

C. E. credit is available for nurses; see pages 50-51. $740

Sanctuary

David Schiffman & Susan Kuttner

This workshop is designed for people who are facing change. It will be a time to pause and step away from the deadlines, demands, distractions, and interruptions of everyday life.

Together we will create a mood of sanctity, balance, and peace for reflecting and acting on our own deepest concerns. It will be a chance to knowledge and restore our most essential personal resources. The week will be an opportunity to come back to your own heart in the company of kindred spirits. We will gather strength and clarity for making simple, effective plans for dealing with changes and uncertainties.

The pace will be gentle and restorative, with ample time to consider each individual's dreams, desires, and dilemmas. Our intention will be to see how we can approach the process of transition in a heartful, open-minded, and buoyant spirit. Resources and influences will be drawn from a variety of traditional psychological approaches, as well as movement, music, ritual, and ceremonial practice. $740

Weekend of October 22–24

Weekend Massage Intensive

Dean Marston & Laurie Lioness Parizek

For workshop description see September 24-26. $380

Introduction to Vipassana Meditation

James Baraz

Vipassana (Insight) meditation is the practice described by the Buddha for developing wisdom, compassion, and peace. Vipassana, "to see things clearly," means being mindful of what is actually happening in the present moment. Using the breath, body sensations, thought, and emotions as objects of attention, we can learn to be fully awake and bring a balanced awareness to all aspects of our lives.

Through vipassana meditation we experience the nature of reality as continual change. When we see that all phenomena are impermanent, we can begin to let go of clinging to the pleasant or avoiding the unpleasant. We are then more capable of meeting each situation with spontaneity, fearlessness, and love. Meditation also teaches us to see in each moment the interconnectedness of all things. Our hearts open to a natural expression of compassion and kindness.

Participants will be introduced to this method of meditation practice and the principles on which it is based. There will be periods of silent sitting and walking meditation, as well as discussion. As we bring attention to all of our activities at Esalen, we will continue to develop mindfulness through the weekend. This will provide a foundation for applying vipassana practice to everyday life.

C. E. credit is available for nurses; see pages 50-51. $380

Mythology in Film: Wisdom from the Collective Dreamhouse

Geoffrey Hill

Believing that there is much wisdom to be gained from films, Geoffrey Hill has been interpreting them for many years. He sees the cinema as the collective tribal dreamhouse in which the audience participates in the magic of cinematic shamans, and believes that the wisdom gleaned from films can produce greater self-awareness and a broader social transformative consciousness. Geoffrey Hill has introduced a new school of film criticism through his book Illuminating *Shadows: The Mythic Power of Film.*

Leaning in a Jungian, eco-feminist, progressive direction, the the leader will explore with the group the archetypal symbolism of films in a way that has meaning for the collective soul.

The following films will be viewed and discussed during the workshop: *Shane*, *Santa Sangre*, and *Brazil*. Each film will be viewed in its entirety, then a discussion will follow wherein each workshop participant will offer his or her own associations and interpretations, as if participating in a tribal dreamfest. $380

Quantum Reality

Nick Herbert

More than 50 years ago Werner Heisenberg and his colleagues discovered a way of thinking about the physical world that has been immensely successful at dealing with natural phenomena at all scales from quark to Big Bang. Quantum theory, in the words of physicist Heinz Pagels, seems to be the Universe's "cosmic code," the correct language, or a dialect of that language, in which nature by humans can be fruitfully addressed.

Participants will examine aspects of the physical world that have been rendered transparaent by this new language as well as mysteries left unsolved and explore possible applicataions of quantum thinking to other areas such as psychology and human relationships. Of particular interest is what quantum thinking might add to the issues of spontaneity, our perception of other people, and new models for human connectedness.

Recommended reading: Herbert, *Quantum Reality* (Doubleday); Pagels, *Cosmic Code* (Simon & Schuster). $380

Gender Talk: Communicating with the Opposite Sex

Mudita Nisker & Dan Clurman

If you speak English, you're using language in the same way as the opposite sex, right? Not exactly. Men and women often use language for different reasons and consequently misunderstand each other. Many men converse to determine who's in charge — who's one-up and one-down. Women, on the other hand, create intimacy by talking. Understanding men and women's differing conversational styles is a crucial first step to bridging the gender gap.

This workshop will use information and practices from linguistics, Eastern philosophy, systems theory, and critical thinking. Using discussion, demonstration, and role-play, participants will explore certain skills that can help bring men and women together:

- Sending clear, concise messages that invite cooperation
- Sharing feelings that are difficult to express and still maintaining good will
- Improving listening skills even in tough situations
- Identifying assumptions men and women make when trying to satisfy their own and each other's needs

The goal of the workshop will be to help individuals better identify communication "hot spots" and learn how to constructively work them out. This process can also help you discover some truths about yourself. $380

Week of October 24–29

Movement and Touch

Randy Cherner

Out beyond ideas of wrongdoing and righdoing, there is a field. I'll meet you there. —Rumi

Life is movement, and movement is the essence of what it means to be alive. Whether attending to very subtle and refined movements, or everyday movements like getting in and out of a car, a fundamental shift in perception is required. The more we are able to refine our sensitivity to movement and attend to how we move, the more we experience the deeper dimensions of both our physical and spiritual life. The development of one's palpation and movement skills are interwoven with the development of one's awareness, perception, and intuition.

Life is ever changing; impermanence underlies our very existence. Aikido, Feldenkrais, and Cranial Work will guide our explorations into the domain of ever-changing life. . $740

Unlocking our Prisons: Lessons on Freedom and Forgiveness

Edith Eva Eger

Each of us is locked in our own prison – prisons that have been built from guilt, shame, fear, grief, and many other emotions. Forty years after being a prisoner at Auschwitz, Dr. Eger returned there and realized that on a deep level she had never really been set free. Freedom, she discovered, was a complicated experience that involved letting go of guilt and shame, the fear of being truthful, and the comfort of being a victim.

This workshop will help participants explore the obstacles that have taken away an inner sense of freedom. It will be a "time-out" to acknowledge what those obstacles are and make an attempt to integrate them into the whole of your life. Participants will try to give these experiences a place where they don't *pathologize*, but *de-mythologize* their psychological existence. Main themes will include: the need for self-acknowledgment and self-examination, dealing with guilt and shame, taking stock of your life and where you want to go, and the responsibilities that freedom entails. There will be lectures, discussions, and some experiential work. $740

Proprioceptive Writing: Demystifying the Creative Process

Linda Trichner-Metcalf & Tobin Simon

"Proprioception" is a physiological term for kinesthetic sensation — feelings that originate in the body's interior. Proprioceptive Writing is a method through which inner intelligence is stimulated; meaning is approached through feeling. The originators of this method will lead participants in an experiential exploration of a simple yet richly subtle method of writing that demystifies the initial stages of the creative process.

Proprioceptive Writing is practiced to music in 25-minute sessions under stress-free conditions, either in groups or alone. This method tries to take the emphasis off writing and focus on the experience of inner hearing, activating the auditory imagination – the key to emotion and path toward feeling. Once participants relax into a listening stance, their psychological space expands and they can begin to speak through their writing with simplicity and strength. Writing becomes textured as well as cathartic. Because this process releases the writer from the painful pressure to produce form, it feels fluent, like meaning in motion. It lets you enter your own mind and forget the world.

This workshop is valuable for people who are seeking a form of written expression, a creative ritual or meditative discipline, and also for those who desire increased focus and personal meaning in their lives. $740

Experiencing Psychic/Intuitive Abilities

Anne & Jim Armstrong

Their experience with thousands of workshop participants over the past 27 years has led Anne and Jim Armstrong to believe that everyone is intuitive — that intuition is part of humankind's standard equipment. The goal of this workshop is to have everyone experience their own innate intuitive ability, using it at will, on demand. This will be accomplished through exercises and meditation, with a minimum of discussion in order to allow each individual to recognize his or her own particular style of perception, and to trust the intuitive input one receives. Anne will use her intuitive abilities developed over the past 30 years to guide the participants in arriving at useful, accurate data.

The spiritual and ethical aspects of the intuitive/psychic process will also be addressed, as well as the leaders' belief that intuition development is the gateway to divine wisdom, and should be the outgrowth of a healthy spiritual practice. We will demystify the intuitive/psychic process, and encourage participants to use it in all areas of their lives — personal, professional, and spiritual. Real life situations presented by participants will be selected for psychic-intuitive practice. $740

Weekend of October 29–31

Singing Gestalt: Solo or Duet

Nancy Kaye Lunney

"Singing Gestalt" is singing about yourself, who you are, what you feel, who you'd like to be. "Singing Gestalt" is about being yourself in front of other people without judging how well you sing. "Singing Gestalt" is not about performance. It is about contacting and feeling and expressing.

Come alone or bring someone who is important to you, perhaps a lover, friend, a parent, someone with whom you'd like to communicate in a different way things you've expressed before and possibly things you've never said. If you wish, bring photographs of significant people in your life, past or present.

If the idea of getting up and singing in front of other people terrifies you more than anything you can think of, this workshop is for you. If you love to sing in front of other people and want to stretch yourself further, this workshop is for you. If you've been too shy to try, this is your chance.

Some guided imagery and gestalt may be used. Accompaniment and lots of music are provided. But the workshop is really about you — singing. $380

Life as Art: Art as Life. A Workshop with Wes (Scoop) Nisker & Nina Wise

Most of us spend our days concerned with the grocery list of life's demands, paying the bills, keeping the gas tank filled, maintaining our hairdos and boiling the water for pasta. But just below the surface of our polite and upright lives, lurks the living room dances, the singing poet in the shower, and the story-telling fool. The Hindus call life "leila," the sport of the gods. This workshop is about stepping onto the playing field. We will lift the serious veil of purpose and meaning so that our true nature, which is inherently playful, can emerge. Give up on self-transformation, forget about being politically correct or spiritually advanced, this is a come-as-you-are party!

Using stories from our lives, we will make art in a safe and supportive environment. Participants will be guided in vocal and movement exercises, theater games, storytelling, and imaginative meditations. We will create performances for and with one another by allowing the characters within us to have a voice; we will turn life into art. Bring your lipstick, your tutu, your cowboy boots, your smoking jacket, your worst memories, your favorite dance steps, and your bag of confetti. $380

Keeping a Good Relationship Alive

Gerald Smith

How to be close and vulnerable as partners, yet separate and free to grow as individuals, is a major dilemma in keeping a good relationship alive. Because each partner continues to change this dilemma is never quite resolved, but can be dealt with in ways that add to the aliveness in the relationship.

During the weekend much of the participants' time will be spent with their partners (separate from other couples). Verbal, non-verbal, and written exercises to enhance openness, support, and affection will be used, as well as developing skills that help resolve differences in ways that do not produce "scar tissue." And, since playing is an essential part of keeping a relationship alive, there will be exercises to rekindle the imagination and the willingness to play together.

Limited to 12 couples $380 per participant

Living on Purpose

John Caple

"When I was growing up, " said Lili Tomlin, "I really wanted to be somebody. Now I realize I should have been more specific." This workshop is for those who want to be more specific about who they are, what they bring to the world, and where they want to go with it. It is for those who want to be somebody, and for those who just want to be. It is for those in life transitions and those who want to develop transition management skills. It is for those who want more meaning in their lives, and for those who want the lightness, freedom, and joy that a sense of purpose offers.

This workshop integrates intuitive processes and practical advice. It reflects both the vision quest of Native Americans and corporate strategic planning technology. Each participant will create a life plan with a vision, goals, and strategic intent.

Please bring a mask, hat, or other statement of who you really are — or would like to be — for a Saturday night play in the spirit of Halloween.

Recommended reading: Caple, Finding the *Hat that Fits: How to Turn Your Heart's Desire into Your Life's Work* (Penguin, 1993). $380

The Political Psyche: Merging Psychology with Politics

Andrew Samuels

An inner journey and a desire to make something practical out of passionate political convictions are linked projects. It is often said that "the personal is political," and we could add, conversely, that " the political is personal."

This *should* mean that psychotherapists and psychologists become involved in politics as an ordinary part of their normal working lives. But, unfortunately, this has not happened. The clinical office has become insulated from the political world and remains an isolated experience for both the practitioner and the client.

British Jungian psychoanalyst Andrew Samuels proposes a radical and original engagement of psychology with politics. Through the framework that he proposes, the clinical office can become a bridge *between* psyche and world rather than a source of isolation of psyche *from* the world. Innovative experiential exercises will be incorporated with seminar-style presentation and discussion for a lively exploration of such themes as:

- The political development of the person
- The father's body: a political reading
- The depth psychology of the market economy
- The political clinic: countertransference and politics
- Political problems of the mythopoetic men's movement

Participants will also work in small groups, pairs, or in active imagination. $380

Week of October 31–November 5

Golf in the Kingdom: An Exploration of the Inner Game

Stephen Cohen, Fred Shoemaker & John Allen

For workshop description see September 26–October 1. $740

Advanced Trigger Point I and Esalen Massage

Arthur Munyer & Esalen Massage Practitioners

The human body is a rich source of information and intelligence. Trigger point, the movement of myofascial tissue through soft, deep contact with pressure points, and Esalen massage are methods of working with the body that can help the practitioner contact areas of tension, chronically troubled areas, toxins, and trauma from connective tissue. This workshop will combine these techniques, along with joint release, Tai Chi, and studies in anatomy.

The group will also address issues such as burnout, nurturing, creativity, and peer support for those who have chosen a demanding profession. It is especially suggested for body workers, physicians, physical therapists, chiropractors, and other health care practitioners who want to expand their hands-on skills.

C. E. credit is available for nurses; see pages 50-51. $740

Courage

Joyce Frazee

In the mouth of the dragon there are many jewels.
— Buddhist proverb

For some of us it takes courage just to live our daily lives. Every day we awaken to face the demons in our lives — demons that come in many forms: perfectionism, guilt, avoidance, shame, despair, failure. Time passes and we become skillful at living despite the constant awareness that these demons are preventing us from experiencing the fullness of life. Their existence drains our energy and limits our joy and freedom. But getting close to them, allowing ourselves to confront them, is very difficult to do.

This week will give us an opportunity to find the courage to face our demons. Participants will be encouraged to look at the things in their lives that are difficult to face and will be given support to help recognize and confront them. This will be done through gestalt practice, dream work, and bionenergetics. Drawing, dance, and meditation may also be used to recover the jewels from the dragon. $740

Handwriting: A Path Inward

Vimala Rodgers

Using handwriting as a tool, this workshop will help give participants a more expansive view of themselves and a broader means of self-expression. Although our hand moves the pen when we write, it is our belief system within the brain that dictates how it moves. With each thought we think, unique neurological patterns are created. When we write, these patterns simply do what they are told: imprint our sense of self on paper. Handwriting analysis is the study and interpretation of these patterns. Applied graphotherapy goes a step further and focuses on changing writing patterns as a means of positively transforming the attitudes that influence our belief system. When we change the way we write, we are reflecting a shift in how we see ouselves and the world around us.

The leader will study the writing of each participant and suggest specific writing changes as a means of removing negative thought patterns and replacing them with self-supporting ones. We will do visualizations, left and right-handed writing, and touch on the meaning of the alphabet by experiencing each letter as a sacred symbol that reflects a part of us. From this perspective, participants can learn to identify their own limiting beliefs and attitudes, and use their handwriting as a tool to help heal, transform, and move beyond them. Non-intrusive yet challenging, the transformational process is truly in the hands of the writer.

Recommended reading: Rodgers, *Change Your Handwriting, Change Your Life* (Celestial Arts); Chopra, *Quantum Healing* (Bantam); Calhoun, *Are You Really Too Sensitive?* (Blue Dolphin); and Capacchione, *The Power of Your Other Hand* (Newcastle).

C. E. credit is available for nurses; see pages 50-51. $740

October 31–November 7

Advanced Holotropic Breathwork and Meditation

Ricci Coddington & Laurie Weaver

This workshop is open only to participants experienced in Grof Holotropic Breathwork.

This seven-day program is an opportunity to connect with Mother Earth, open your heart, and become more in touch with your Spirit while deepening your breathwork experience. The daily routine will include Arica Psychocalisthenics exercises, sitting and walking meditation, relaxation, energy generation, and music-making. Each breathwork session will include group process and creative artwork.

To apply for the workshkop, please send background information to Ricci Coddington, 1537 4th Street, Suite 193, San Rafael, CA 94901. Applications should include past experience with Grof Holotropic Breathwork, dates, and the names of the certified leaders.

Participants in this seven-day workshop will fulfill 55 hours of credit requirements for the Grof Holotropic Breathwork and Transpersonal Psychology Training. $1110

October 31–November 12

Integrative Body Practice (IBP) Professional Training Program

Jack Rosenberg & Beverly Kitaen Morse

For workshop description see Special Programs page 48. $1794

Weekend of November 5–7

The Toltec Seers: The Legacy of Don Juan

Florinda Donner, Taisha Abelar & Carol Tiggs

This rare event is an opportunity to study with practitioners from one of the world's most mysterious spiritual traditions. The books of Carlos Castaneda, Florinda Donner, and now Taisha Abelar have changed the way an entire generation thinks and perceives the world.

Their ancient tradition, sometimes called Toltec sorcery, originated in pre-Conquest Central American shamanism. It includes teachings on Seeing, Dreaming, Stalking, Intent, and the discipline of Warriorship. Practitioners begin to see the universe in a new way, one that cultivates personal power and presents the potential for unlimited freedom.

Anthropologist Florinda Donner completed an apprenticeship in Toltec sorcery with the renowned don Juan Matus (discussed in the works of Carlos Castaneda). She is the author of *Being in Dreaming*, *The Witch's Dream*, and *Shabono*. Taisha Abelar, author of *The Sorcerers' Crossing*, is a martial artist and scholar who also apprenticed with don Juan. Carol Tiggs is the mysterious "Nagual Woman" referred to in the books.

They will be assisted by colleages from their tradition, the two "Chac Mools." The weekend is a combination of teaching lectures and practical work, yet the work itself is unpredictable. You will be participating in several sorceric movements which are designed to revitalize and replenish one's energy.

Please note: *Photographs, videos, or audio recordings are not permitted at any time during this workskhop.* $380

Sensory Awareness: Awake, Tune-In & Unfold

Charlotte Selver

Some forty years ago Charlotte Selver's teacher, Elsa Gindler, began exploring the natural potential of the human being. The work that evolved was an approach through a disciplined practice, involving the person as total organism. Gindler's innovative methods very often unearthed, liberated, and cultivated abilities and sensitivities which her students had never been conscious of possessing.

In the process of "awakening", one's neuromuscular and perceptive energies become altered, leading to greater movability, both psychologically and physically, and to a fuller use of the senses and intuitive powers. In order for this to occur, a deeper peace is cultivated so that sensations can become clearer, and rigidities, pressures, and preconceptions can gradually dissolve. In becoming "tuned in" by another person, or by a task or given situation, powers arise and come into play which correspond exactly to the demands of the occasion. This calls for permissiveness, subtle reactiveness, and openness to the moment.

With the cultivation of these functions, our lives can unfold in a far richer and more responsive way than what we are used to. We can restore the delight of ever-new experiencing which was our birthright in childhood, but lost in the course of our education into adulthood.

Recommended reading: Brooks, Sensory Awareness (Viking: Felix Morrow). $380

Beyond Childhood

Elliot Waker Aronson & Gabriele Hilberg

Most of us have unfulfilled longings for recognition from our parents. If only our father had acknowledged us, had expressed more warmth and affection, our path would have been easier. If our mother had only loved us unconditionally, had comforted us and supported us in our feelings, our life would be more harmonious. When parents fail to satisfy our needs, we develop longings that can interfere with our ability to live in the moment and form satisfying relationships.

This workshop can help participants identify what is hoped for in the father/son and mother/daughter relationship, and see how these longings can make the quest to become a man or a woman very difficult. Moving beyond parental ties and habitual disappointment can make us available to rich learning experiences from the collective unconscious. By tapping into other resources in the human experience, we can transcend the limitations of our childhood.

Fantasy and group process will be used to gain insights into our personal history and myths. $380

Week of November 7–12

Authentic Movement

Tina Stromsted

Our bodies form our closest link to the unconscious, providing avenues for deep and lasting change. "Authentic Movement" is a meditative form of dance influenced by the depth psychology of C. G. Jung. Through moving and witnessing each other move, participants will explore their own inner dance, finding freedom of expression while healing wounds and uncovering images of the self that may have locked them into painful or dissatisfying ways of living. Body-related issues, unresolved developmental material, preverbal memories, and transpersonal experience may emerge, leading toward integration and wholeness.

Designed for mental health professioanls, artists, and those interested in personal growth, this experiential process assists participants in bridging body and psyche through expressive movement. Offering a structure within which natural movement can bloom and be nurtured, it allows individuals to discover ways to engage their creativity and make soulful self-contact.

C. E. credit is available for nurses; see pages 50-51. $740

Gestalt and Sensory Awareness

Charlotte Selver & Seymour Carter

Both gestalt and sensory awareness are concerned with finding a connection to our existence which is unconditioned by the shadows of our analyticial mind, or the habitual cliches of our personality. It is an attempt to discover what it means to be "tuned in" and present for our own life and the way we live it.

By working with both practices, the leaders will help participants explore the nature of immediacy, its potency and potential. $740

Body, Heart, and Soul

Paul & Niyaso Christine Carter

This workshop explores the many aspects of sexual life, with the objective of helping to heal old wounds, letting go of restrictive programs, dissolving fears, and becoming free to appreciate your own sensual-sexual nature. The five days are structured as a series of initiations beginning with conception and going through childhood, puberty, adolescence, into the mature union of sexual energy and open-hearted love. The goal of the workshop will be to help bring back into your life:

- A heightened sense of well-being in your body
- A lighter and more open heart
- The ability to communicate without fear
- Deeper intimacy in your relationships

When we are free to appreciate our sexual aliveness, when our sexual energy is integrated with the energy of our heart, and when we can let our bodies, hearts, and souls experience their own natural flow, true intimacy can happen in our lives. Touching this space is not only a delight, it can also transform every aspect of our lives. $740

Rekindling the Spirit in Work and Love

Howard Schechter & Barbara Lee

"Rekindling the Spirit" can help you integrate who you are with what you do. Through a series of creative exercises, as well as group and individual work, this workshop will encourage your natural vitality to emerge so you can experience yourself in a more authentic way from the deeper dimensions of the self.

Participants will explore their blocks to finding deeper satisfaction in both work and love. Through the use of specific exercises, participants will strive to experience a greater sense of purpose and increased emotional strength and healing. The method designed by the leaders is often more effective than narrowly defined vocational approaches or static formulae for dealing with relationships and work situations.

If you are beginning a new career or relationship, in transition, or dissatisfied with the quality of work or intimacy in your life, this workshop can help you explore new pathways to successful and meaningful relationships. Participants find they seldom need to make radical shifts in their lives. Subtle, inner adjustments of attitude, identity, and perspective can create greater satisfaction and clearer vision.

C. E. credit is available for nurses; see pages 50-51. $740

November 7–14

Healing from Sexual Abuse: A Seven-Day Intensive for Survivors

Carolyn Braddock & Guest Staff

Most survivors have been told to keep their abuse a secret and as a consequence become silent about their experience. Our bodies may learn to express the experience, yet our emotional voices remain quiet.

Through breath, sound, and movement, participants will learn what it means to have a voice, and to express that voice. Attention will be paid to ways in which sexual abuse/assault is carried in the body/mind, how it affects flashbacks and dissociation, old messages (self-destructive beliefs), addictions, and the ability to let go. Since the body was where the abuse occurred, we will focus on body-oriented healing. The leader will create an atmosphere in which healing does not become a struggle. It will be gentle, sensitive, and friendly.

Participants will learn and practice specific tools for wholeness. Humor, energy awareness, gestalt, role-playing, meditation, Tai Ji, and play will be used, as well as sessions that focus on feelings concerning sexuality, relationships, touch and intimacy, and accepting new patterns. New ways of creating support and phasing back gently will be discussed. This will be a week of safety, exploration, and integration. Individual work within the group will be possible.

To register for this seminar, completion of application questions is necessary. This helps determine some history, what issues are prevalent, what support could be available to the participant during the week, and what forms of bodywork and/or transformational work has been experienced. For an application, please contact the leader at: 333 S. Allison Parkway, #304, Lakewood, Colorado 80226-3115, or (303) 985-7310.

Recommended reading: Braddock, *Bodyvoices: Using the Power of Breath, Sound, and Movement to Heal and Create New Boundaries* (Page Mill); Hendricks, G. & K., *Conscious Loving* and *Radiance* (both, Bantam); and Covington, *Awakening Your Sexuality*.

C. E. credit is available for nurses; see pages 50-51. $1110

Weekend of November 12–14

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 24-26. $380

Essential Peacemaking: Women and Men

Danaan Parry & Jerilyn Brusseau

Throughout history the powerful forces of male and female energies have been aimed at each other in conflict and mistrust. "This conflict and mistrust," write Danaan Parry and Jerilyn Brusseau, "are as deep as between any warring factions we have ever worked with. As conflict negotiators, we have been on the streets of Belfast and Jerusalem, yet never have we seen conflict more intense than between women and men in every nation of the world." The news is not all bad, however, since gender conflicts contain the potential for the deepest and most honest peacemaking. Men and women fight about conflicts that can usually be resolved.

Open to all women and men, as couples or individuals, this workshop will help participants find a common language between the sexes. The group will work to heal past and present hurts and miscommunications, and learn to really listen to each other. This work is meant to focus "man-power" and "woman-power" on opening the gates to a world where we are partners in planetary healing in business, relationships, and even in politics. This gathering will not focus on individual relationships, although the peacemaking done in the workshop is the very work we all must do to bring health and joy to our intimate lives. $380

Coping with Contemporary Stress: Developing New Habits for Wellness

Meyer Friedman

Over half the population of American men and women are said to suffer from the two components comprising contemporary stress: a chronic sense of time urgency (often evolving into impatience); and an easily aroused, free-floating hostility (i.e., a tendency to become angered at even the smallest errors of commission or omission). This workshop will focus on reducing the often devastating impact of these emotional patterns.

The leader will help participants examine and identify the symptoms, traits, and body signs of contemporary stress, along with the specific environmental stressors that elicit these responses. Research has shown that these symptoms may be the precursor to diseases such as coronary heart disease and hypertension. Cultivating new wellness-promoting patterns and belief systems must take place in order to construct a self-scrutinizing "monitor", an internal warning system that helps you have more control over stress-inducing reactions to your external environment.

Exercises that promote new habits for living more stress-free will be explored and discussed. The course will be illustrated with slides and videotapes.

C. E. credit is available for nurses; see pages 50-51. $380

November 12 – December 10

28-Day Massage Practitioner Certification Program

Vicki Topp & Esalen Massage Staff

For workshop description see Special Programs, page 48. $3325

Week of November 14–19

Self-Hypnosis: Methods, Practice, and New Learnings

Marc Lehrer & Guest Leaders

Participants will learn self-hypnosis methods that can be used to suit their particular needs. Special emphasis will be given to issues of stress management applications, habit control such as smoking and weight control, pain reduction, dream programming, heightened self-image, visualization, and athletic skills. The group will also learn ways to teach self-hypnosis classes and create self-hypnosis tapes. The leader will cover visual, kinesthetic, auditory, Ericksonian, movement rhythmical, pendulum, hypno-disk, and massage based self-hypnosis techniques.

Participants will have access to the latest generation of biofeedback brain wave monitoring devises to give objective measurements of the depth of trance and style of hypnotic experiencing. The group will meet in the mornings and evenings, with the afternoons free. The leader will invite other experienced hypnosis teachers to teach some of the sessions. This will allow the participants to experience various methods from a variety of skilled hypnosis teachers.

C. E. credit is available for nurses; see pages 50-51. $740

Intuitive Living

Nancy Rosanoff

This workshop is designed to enable the participants to discover, develop, and trust their intuition, while understanding the way childhood wounds have impacted their capacity to access their inner wisdom. The group will explore how the denial of basic needs such as emotional validation and truthfulness within the family can create blind spots. Participants will work toward healing childhood wounds in order to become more capable of emotionally supporting themselves and working through problems that occur in decision-making, intimate relationships, career, and lifestyle choices.

Through guided imagery, writing, drawing, interactive exercises, and personal sharing, participants will find their intuitive "muscle," connect with their childhood wounds, and try to integrate both to strengthen contact with their intuitive wisdom. The workshop will provide an opportunity for participants to practice using their intuition, thereby increasing confidence in their own particular intuitive style. $740

Natural Genius: An Authenticity of Being

Elisa Lodge

Natural genius is a powerful creative force that arises when a deep sense of self-worth and trust is felt, and reflects a wholehearted acceptance of the many facets of our being. We are all geniuses in wonderful and mysterious ways that lie undiscovered within us.

Participants will have an opportunity to explore self-defeating patterns and beliefs that inhibit natural genius and learn practical tools to unleash untapped energy, passion, and creativity.

Individual and group exercises will be used, including a whole-body thinking process to balance right and left brain, stimulate intuition, and support more spontaneous "feeling" aspects of our thinking. By freeing and integrating breath, sound, feelings, energy, and movement as the non-verbal expression of our aliveness, participants can contrast the difference between self-imprisonment and inner freedom, pretense and presence, acting and being.

As we regain the power to dance our unique dance, voice the wisdom buried in our bones, we open to the heart of our personal power. $740

Weekend of November 19–21

Accepting Life's Transitions: Letting Go — Moving On

Mary Goldenson (Devarani)

For workshop description see September 3-5
$380

Fathers and Daughters: Finding the Harmonies

Sidney Simon & Julianna Simon

Influenced by gender, generation, and society, fathers and daughters face inevitable conflicts. Establishing a vital father-daughter bond can be very challenging. Fathers must embrace their masculinity in healthy ways and learn to face parts of themselves that society teaches them to disassociate from — their vulnerability, their feelings, and emotional needs. A daughter must reclaim her pride in the feminine and examine her relationship to the world of men and feelings of powerlessness, inadequacy, awe, and anger that can disconnect her from her father and the capacity to fully express her own love and power.

Sid and Julianna Simon, a father-daughter team of experienced counselors, believe the possibilities for healing are abundant once fathers and daughters move beyond blame and denial. Participants will explore:

- The father-daughter relationship as a drama beginning with an adult father and baby girl; one that goes back in time to include the father's childhood as well;
- Issues of power, sexuality, emotional expression, and conflicts in values;
- Ways of healing, forgiving, and moving on to a mutually rewarding relationship.

Fathers and daughers, either alone or as pairs, are welcomed to celebrate the joys of the father/daughter relationship, reckon with unanswered questions, and acknowledge, feel, and work on healing the wounds and losses. $380

The Doors of Compensation^{SM}

Michael Kramer & Paule Marx

In the course of our daily lives we accumulate many tensions — meeting deadlines, dealing with our work environment, our relationships, and our internal needs. These tensions accumulate and eventully need to be resolved. In the Arica theory, designed by Oscar Ichazo, these tensions are released through 9 Doors of Compension. These 9 Doors are closely related to the nine ego fixations of the enneagon. (For example, there is a relationship between the ego fixation of the over "justice-maker" and the corresponding door of compensation of cruelty).

Participants will examine and clarify their experiences in all 9 Doors — cruelty, gluttony, panic, phobias, crime, over-exertion, psychosomatic illness, toximania, and sensuality. They will begin to recognize three distinct degrees of compensation across the four realms of life experience: the physical, emotional, intellectual, and spiritual.

As we learn to observe our own psyche without judgment, our internal tensions begin to relax. The recognition of habitual modes of behavior is in itself a change of awareness. With a more developed sense of fair and accurate self-observation, we can generate a positive arc of energy that directly benefits our evolution.

Meditation, theater games, group work, breathing and movement exercises, as well as enneagon theory, will all be part of the workshop.

C. E. credit is available for nurses; see pages 50-51. $380

Doors of Compensation is a servicemark of Arica Institute, Inc.

Ecopsychology

Theodore Roszak & Betty Roszak

The urgent need to discover our bond with the living planet radically changes our psychological priorities. Ecopsychology is a new approach to therapeutic theory and practice that seeks to address the anguish of what Theodore Roszak calls the "ecological unconscious," the voice of the Earth within us. Ecopsychology's goal is a new definition of sanity that goes beyond what Robinson Jeffers called "man apart" to what is boundlessly greater: the "transhuman magnificence" of the natural world.

Drawing upon *The Voice of the Earth*, Theodore Roszak's latest book, this workshop will review the relevance of Freud, Jung, Gestalt, humanistic psychology, and other schools of therapeutic thought to the environmental crisis of our time and to ecopsychology.

Through poetic soundtexts and discussions, Betty Roszak will present the ancient tradition of the "Earthbody" in the light of recent scientific discoveries and the new cosmology. She writes: "Our emerging cosmological vision requires an enlargement of our capacity to listen to the planet, to feel our kinship with the nonhuman. Through the experience of art, we can awaken the organic imagination that allows us to hear the transhuman speaking to us."

Recommended reading: T. Roszak, *The Voice of the Earth* (Touchstone Books); B. Roszak, "Starbirth" and "The Crest of the East Pacific Rise," soundtexts on audiocassettes (available at the workshop). $380

Week of November 21–26

Vision Painting

Helen Malcolm-Neeb

Vision painting is a transformative adventure recreating aspects of your life spiritually, professionally, and physically. Through meditation and guided visioning, you can explore the many layers of self that motivate your life. Subconscious symbols and dream images are evoked on the path to the inner self.

You can acknowledge your creative spirit and open a channel for the images to flow onto paper. The painting becomes the process of the hand following the emotions of the heart, creating from your highest potential a personal map of your life as you would like it to be.

This is an opportunity to affirm your spirit from a place of play, creativity, and strength. Explore the creative force within you that inspires any type of career or creative adventure. The maps we create will use symbols, pictures, color, and words. Create a vision of your future as you want it to be.

Beginners and artists are welcome. $740

Transition and Renewal

David Schiffman & Susan Kuttner

This workshop is designed for people who are contemplating major changes in career, relationship, place of living, or spiritual orientation. The objective will be to examine what personal perspectives and resources can help us through the process of transition in a thorough, honest, and heartfelt way.

These five days are an opportunity to gather strength and clarity for creating simple, effective solutions for dealing with change and uncertainty. It will combine:

- Emotional clearing work — simple ways to maintain a mood of self-acceptance and personal clarity; methods for cultivating the emotional strength and integrity we need to express ourselves freely; taking risks effectively;
- Physical atunement — practices using movement and massage to restore and nourish ourselves; re-experiencing the physical roots of our own playfulness;
- Unraveling the mysteries of the spirit — using poetry, prayer, music, ritual, and ceremony to mark the passages we move through as we grow older.

The pace will be gentle and restorative with ample time to consider each individual's dreams, desires, and dilemmas. We will approach the process of transition with an open-mind and buoyant spirit. $740

Spiritual Healing: Laying on of Hands

Maria Lucia Sauer Hollomon

This workshop will explore various methods of contacting our spiritual natures as a process of working with the subtle energy body.

Maria Lucia, a longtime student of Native American and Brazilian methods of shamanic healing, will demonstrate the power of the natural forces and their use in healing, as well as practical methods of using the hands as instruments for physical, emotional, and spiritual healing.

Come equipped to let go of old patterns as you experience new energy, movement, and growth. This will be a journey of renewing and awakening the creative spirit and our untapped human potential.

C. E. credit is available for nurses; see pages 50-51. $740

The Subtle Art of Meditation

David Streeter

The experience of insight, tranquility, inner strength, and aliveness can be found within our everyday life through the ancient art of meditation.

This workshop will approach traditional meditation practice in an unusual way. In our retreat atmosphere we will prepare the body-mind for silent listening with fluid movement from the martial arts and yoga. We will incorporate breathing methods (Prana-Yama) and energy work with Zazen (sitting meditation). Other activities will include a silent listening hike in the wilderness, group meditation in a nearby contemplative monastery, and Zazen at our new meditation center nestled close to a waterfall.

This approach to the subtle practice of meditation through the body can inspire the student to discover his or her rich interior life and that crystal clear still point described so well in every spiritual tradition.

C. E. credit is available for nurses; see pages 50-51. $740

Weekend of November 26–28

Introduction to Gestalt Practice

Eric Erickson

For workshop description see October 8-10. $380

Zen and Tao Living: Into the Next Millenium

Chungliang Al Huang

This weekend will be a tribute to Alan Watts, pioneering spirit who passed away 20 years ago this month. Chungliang, a longtime friend/collaborator of Alan Watts and the co-author of Watts' final book, *Tao: The Watercourse Way*, will explore and examine the essence of Tao and Zen traditions and their influences in the West. Incorporating Tai Ji and Zazen practice, Koan, Haiku poetry, and other perennial techniques such as humor, laughter, chanting, and dancing, we will work toward transcending our intellectual blocks for attaining joyful SATORI (enlightenment)!

Recommended reading and viewing: By Watts, *The Way of Zen*; *Tao: The Watercourse Way*; *The Wisdom of Insecurity*; *Psychotherapy East and West*; and *Nature, Men and Women*. By Huang: *Quantum Soup: Fortune Cookes in Crisis*; *Embrace Tiger, Return to Mountain*; and *Tai Ji: Beginner's Tai Ji Book*. Also, Tai Ji videos from Living Tao Foundation (217) 337-6113. $380

Relationship Intensive for Sexual Abuse Survivors and/or Partners

Carolyn Braddock & Guest Staff

The objective of this workshop is to help release participants from the "victim" position in relationships, both verbally (what is spoken) and nonverbally (what the body speaks). Focus will be on the areas and dynamics in relationships which are most commonly affected by sexual abuse and how they can become barriers to intimacy. These include: body image, sexuality, trust, establishing clear boundaries, and taking responsibility for the kind of relationships you want to create. Survivors often have great difficulty sharing what they think and feel because old patterns have prohibited them from "telling secrets" and expressing themselves emotionally.

Participants will explore new ways of being emotionally honest and "feeling" their experiences, and work on developing new patterns that empower relationships. Using breath, sound, and movement, the group will role-play and use video and experiential exercises to demonstrate new patterns of reacting and relating. The goal will be to develop healthy ways of creating safety, trust, and aliveness in close relationships. Gestalt, body work, creative cognitive work, humor, and play will also be used.

Please Note: This workshop is for couples *and* singles, and professionals who counsel.

Recommended reading: Braddock, *Bodyvoices: Using the Power of Breath, Sound, and Movement to Heal and Create New Boundaries* (Page Mill); Hendricks, G. & K., *Conscious Loving* and *Radiance* (Bantam); and Covington, *Awakening Your Sexuality*. $380

Cosmic Conspiracy: A Game of Enlightenment

Robert Anton Wilson

Robert Anton Wilson writes: "Based on my psychological works and science-fantasy novels, this Game may shake the foundations of your world. When you enter the portals of Chapel Perilous, you will be given a deceptive Cover Story and a Real Identity — which is also fiction and exists only for the duration of the Game (if you're lucky). Thus, every participant is a liar — and you can't be too sure about the leader either. In regular sessions, I will lecture on such concepts as the presentation of the self in everyday life, the social creation of reality, the Game element in behavior, for between sessions you will have to deal with these abstract concepts in very concrete ways as spies, criminals, government agents, and extraterrestrials, as Cosmic Forces of Good and Evil attempt to lure you into their plots and counter-plots.

"Can you find the Maltese Falcon before any other player? Is some clever villain among you using the Game as a front to deal drugs or to brainwash other players? Will you spot the CIA assassin before you're 'killed' and removed from the Game? If you do get 'killed,' what will happen in Rebirthing before you can enter the Game with a new Ego? As you deal with these increasingly urgent questions, you will also have to decide if this "Game" is teaching you social psychology, mysticism, agnosticism, paranoia, or if it's just a Game after all.

"Warning: The Attorney General has determined that this Game may be hazardous to your dogma." $380

Week of November 28–December 3

Relationships: Letting Go — Moving On

Mary Goldenson (Devarani) & Gustavo Rabin

For one human being to love another: that is perhaps the most difficult of all our tasks, the ultimate test and proof, the work for which all the other work is but preparation. —Rilke

The fabric of our lives is made up of relationships. All of life's relationships will be the focus of this workshop: family, friends, lovers, co-workers, partners.

Often beliefs, defenses, fears, and emotions about past relationships continue into our present relationships and keep us from spontaneous feelings of love, trust, and joy. The goal of this workshop is to experience these patterns and create new ways to relate in the moment to ourselves, others, and our work. This workshop can help you:

- Find out how your relationships mirror you;
- Get a clearer picture of what you want and how to get it;
- Examine ways you sabotage yourself;
- Learn more about how others see you;
- Learn practical tools and knowledge that will help create empowered relationships.

$740

The Power of Voice

Arthur Samuel Joseph

This workshop introduces a method called Vocal Awareness, which includes vocalizing, sound meditation, movement, song study, and development of the speaking voice as a means for deepening contact with the self. Participants will work individually and in groups exploring breathing, toning, a capella, and accompanied vocalizing with poetry, sonnets, and songs.

Vocal Awareness is an art form that addresses in precise ways how language affects the brain. It is now well-known in the field of psychoneuroimmunology that endorphins are released by the brain in response to verbal cues and visual imagery. Research also points to a strong correlation between language, breath, and psychophysical response. Knowing this, developing one's own language becomes a means for self-integration.

The aim of this workshop is to explore the voice as metaphor, to tap into issues of self-expression and self-esteem, and to have fun while developing vocal abilities. It is valuable for lay people and professionals alike, and is open to beginners through advanced. *Tape recorders are required.*

C. E. credit is available for nurses; see pages 50-51. $740

Loving Presence: Psychotherapy as Spiritual Practice

Ron Kurtz

True love is no game of the faint hearted
and the weak. It is born of strength and
understanding. — Meher Baba

How do we become full human beings? Where do we find the strength for "true love," and how do we develop "true love," the kind of presence that tells clients, "nevertheless there is meaning!" How do we express all this first as qualities we bring to relationship and finally as method and technique? In what ways is psychotherapy basically a spiritual discipline?

We will approach these questions using the wisdom of Buddhism and Taoism and the teaching methods of Hakomi Body-Centered Psychotherapy. The emphasis will be on discovery, particularly the discovery of *how we do what we do by being who we are*. We will also study how the images and energies which give rise to this way of being are evoked, nourished, and sustained.

The work will be experiential, with short talks, exercises, and demonstrations. And of course we will be laughing, singing, dancing, and otherwise conducting ourselves with love and joy.

$740

Weekend of December 3–5

A Weekend with Seymour Carter

Everyone has unused capacities for further personal development. When these capacities are recognized and given attention, a natural force is released which, like a tide, can carry the individual to a higher level of ability and action. Fritz Perls taught how to recognize the force of avoided issues in dealing with blocked energies. When unfinished issues are confronted and assimilated, it is possible to feel potent and in charge of one's life.

In this workshop, participants will deal with these issues by examining the influence of the inner dialogue on thoughts and the nature of impasse, as well as tendencies within themselves toward psychological completion and well-being. The basis of this work is the gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, and aikido. Each participant's process of development will be honored, encouraged, and treated as unique. $380

Quantum Healing: A Weekend with Deepak Chopra

Dr. Chopra will draw on modern science and the ancient wisdom of Ayur-Veda to delve deeply into the quantum level inside each of us, exploring how the mind directs the body to sickness or health. By unfolding the basic concepts of mind/body medicine, he reinterprets the physical body and offers a new paradigm for optimum health.

A leading researcher in the mind/body healing field, Deepak Chopra will share his insights and years of research through discussion and exploration with participants.

C. E. credit is available for nurses; see pages 50-51. $380

The Group 2000

Deborah Miller

The Group 2000 is comprised of those people who have contributed $2000 or more in one year to Esalen and wish to help Esalen fulfill its mission. Those joining this group will be kept informed of the latest developments in theory, practice, and experiential work at Esalen and the plans and possibilities for Esalen's future. Group 2000 members also have an opportunity to express their ideas and concerns regarding the future and direction of the Institute.

Each year at Esalen the Group 2000 has a special weekend or weekends which provide a variety opportunities. This weekend the Group 2000 will participate in Deepak Chopra's workshop (see above), as well as other special group sessions.

For more information contact Deborah Miller, Director of Development at (408) 667-3007.

$380

Week of December 5–10

Friends of Esalen Week

Deborah Miller

The Friends of Esalen support the Esalen scholarship fund, which is designed for those who could not otherwise afford full workshop fees. In appreciation, Esalen is offering this five-day program especially for current and new Friends at a reduced fee.

A primary leader will lead several sessions during the week. Other sessions, from which participants may choose, form a potpourri of Esalen experiences — massage, meditation, movement, and gestalt — and will be taught by various residential leaders. This workshop is an opportunity to sample a variety of Esalen experiences, to work with one primary leader, and to meet with old and new Friends of Esalen.

Additional information will be provided in the *Friends of Esalen Newsletter*. For more information, please call Ginger Hart, Friends of Esalen Coordinator, (408) 667-3007, or sign up through the standard reservation process with the Esalen office. $690

Weekend of December 10–12

Advanced Zero Balancing: The Alchemy of Touch

Fritz Smith

In this advanced Zero Balancing weekend, participants will refine and expand their Zero Balancing skills, examine emotional and psychological content held in different tissues and energy fields of the body, and apply this knowledge to Zero Balancing sessions with each other. There will also be time for discussion and problem-solving. This workshop will strive to present a broader understanding of the healing process as participants deepen their relationships with their work and each other, and explore new ways of interacting with the body/mind through touch.

Prerequisites for this program are the five-day Basic Zero Balancing program, or its equivalent, a working knowledge of Zero Balancing, and the readiness to further develop one's effective use of touch.

C. E. credit is available for acupuncturists (and nurses); see pages 50-51. $380

Moving from Love Addiction to Healthy Intimacy

Jed Diamond

Many of us are successful in our professional lives, but struggle in our love lives. Our romantic relationships are a series of disappointments, yet we continue to pursue them. We seek lovers who will make us feel whole, yet lose our sense of self. We find it difficult to let go of partnerships that are no longer working. We become relationship "anorexics," starving ourselves of love because we are afraid to risk being hurt again. Many of us become addicts and don't even know it. We turn to each other out of the same needs that drive some people to drink and others to cocaine. Interpersonal addiction, "love" addiction, is not only our most common addiction, but is the core out of which all other addictions emerge.

This workshop offers a safe and supportive setting in which to explore sexual, romantic, and relationship difficulties. We will learn to heal the wounds that have kept men and women apart and practice the skills of healthy intimacy.

Small group interaction, writing, guided meditation, walking in nature, and movement based on aikido and energy awareness will be used to help heal old wounds. We will learn to understand and honor the similarities and differences between men and women, discover why we seek intimacy but get hooked on intensity, and learn the seven stages involved in developing joyous and peaceful intimate partnerships. $380

Giving Values a Voice: Marketing in the New Paradigm

Terry Mandel

People are hungrier than ever for genuine human contact. In spite of the progress being made in business to respond to that need, marketing still rings mostly false. Even people committed to running businesses that reflect their inner convictions often use approaches that play on people's fantasies and fears — or they avoid marketing entirely.

When we align our attitudes and actions with our values and vision, however, marketing becomes a vehicle for transformation as much as for information. Freed from the stigma of how others use or abuse it, marketing offers us the power to give voice to that which most inspires us.

In this experiential workshop, we will use storytelling, guided meditation, and individual, partnered, and group process to:

- uncover beliefs, attitudes, and assumptions about what we have to do to be successful;
- explore a new paradigm of marketing that values both transactions and relationships;
- identify audiences most receptive to our offerings and how to reach them most effectively;
- turn our messages into magnets rather than hooks;
- challenge the myth of competition; and
- learn to successfully promote ourselves in a way that is consistent with our individual and organizational style, values, and intentions.

Highly experiential, this workshop is appropriate for entrepreneurs, consultants, healing professionals, artists, and others who want to improve the quality of their professional relationships. $380

Conscious Health Communication (CHC): A New Model for Ultimate Aliveness

Richard Helfant & Robert Corff

Thoughts in your mind have made you what you are and thoughts in your mind will make you what you become. — Ponder

Do you want to live a healthier, more empowering life? A new approach has been developed to make this possibility available to everyone. The Conscious Health Communication (CHC) model provides the tools to re-energize your sense of self, your body, your stress coping skills, and helps you prepare for a healthier future.

Health can be defined as the full, free flow of vital life energy throughout the mind and body. This energy is affected by one's internal and external communication. An unacknowledged inner voice can exist which controls the forces for health and vitality, or sickness and fatigue. This inner voice often contains strong beliefs about your body's well-being. The body may respond to these messages with either enhanced energy and vigor or by constricting, cutting down, and blocking off.

This workshop will provide an exploration of your own CHC. Through simple exercises, participants will re-awaken a healthy flow of energy throughout their internal and external worlds. Experiential techniques will be used to help restore a sense of power, vigor, and control over your body/mind, and unlock your ability to achieve a higher level of ultimate aliveness. New tools for coping with stress, eating habits, and the body/mind relationship will be explored.

C. E. credit is available for nurses; see pages 50-51. $380

Week of December 12–17

Esalen will be closed to the public for staff week during these five days.

Weekend of December 17–19

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 24-26. $380

Body Rejuvenation

Dub Leigh & Audrey Nakamura

The goal of this workshop is to start rejuvenating the body, mind, and spirit. A fast way to do this is to work the body. Transform the old, hard, short, nonresilient tissue into soft, lengthy, bouncy tissue free from trauma, stress, and pain. Work on changing the despondent, hopeless, negative, grouchy person into an enthusiastic, positive, upbeat one.

The recipe for beginning to rejuvenate the body will be demonstrated in one session to the group, and then experienced and performed by each participant.

This seminar is recommended for everyone. The older you are, the more stuff you have to work with. Class size is limited (two students per table). Bring a swimsuit — two piece for women.

Please note: *Since this is a hands-on class using particular methods, participants are asked not to receive body work outside of class until the workshop is over.*

Recommended reading: Leigh, *Bodytherapy: From Rolf to Feldenkrais to Tanouye Roshi* (Water Margin Press).

C. E. credit is available for nurses; see pages 50-51. $380

A Weekend with Ilana Rubenfeld

This workshop will provide an introduction to the Rubenfeld Synergy™ Method, a healing system that uses gentle touch, movement, gestalt practice, creative imagination, music, and humor.

Memories and emotions stored in the body can result in energy blocks and imbalances. Through exercises designed to contact, release, transform, and balance these cellular patterns, participants can freely explore their innate healing potential. The atmosphere is one of acceptance, caring, and laughter, encouraging participants to move toward integration, empowerment, freedom, and new possibilities.

Participation in this workshop fulfills one of the requirements for acceptance into the Rubenfeld Synergy™ Training Program.

Recommended reading: Rubenfeld, *Twenty-Five Years of Simple*. For more information contact The Rubenfeld Center, 115 Waverly Place, New York, N. Y. 10011. $380

Introduction to Focusing

Melanie Jones

Focusing is a step-by-step process for gaining entry into a physically felt intelligence called "body wisdom" or "body knowing." This method evolved from research conducted by Eugene Gendlin and his associates at the University of Chicago. They wanted to determine what leads to successful outcomes in psychotherapy and found that success cannot be predicted by either the personality of the client or the orientation of the therapist, but instead is related to the client's awareness of felt experience in the body. They also found that this awareness can be cultivated. The Focusing method developed by Gendlin teaches this awareness of felt experience.

This workshop will cover the six steps outlined in Eugene Gendlin's *Focusing*, which participants are encouraged to read before the workshop. Participants will be introduced to a holistic way of paying attention to themselves and others by creating an inner climate of gentleness, friendliness, allowing receiving, being with, touching, listening, and waiting. This differs from the usual ouside climate of forcing, pushing, shoving, and demanding. Both positive and negative experiences as they are carried in the body will be explored, without the usual response of being overwhelmed by feelings or running away from them.

Focusing's applications extend far beyond its use in psychotherapy. It enhances other methods of change or growth and is used in education, business, and work with the terminally ill. The Focusing process will be experienced through demonstrations, and working in partnerships with supervision and feedback.

Recommended reading: Gendlin, *Focusing* (Bantam).

C. E. credit is available for nurses; see pages 50-51. $380

Energy, Resources, Environment, Development, and Security

Amory Lovins

Energy policy is well along in a revolution which the leader's 1976 *Foreign Affairs* article helped to launch. That paper redefined the problem as not simply where to get more energy, of any kind, from any source, at any price, but rather how to find just the amount, type, scale, and source that would do each desired task at least cost. This end-use/least-cost approach has proven fruitful in examining a wide range of other issues too, ranging from efficient use of water and minerals to the interlinked problems of sustainable, economic development (from local to global), redefining security, rethinking agriculture, and protecting the earth.

Understanding the links between these subjects often makes it possible to solve many problems at once. Efficient energy use, for example, can simultaneously help the poor, displace insecure (or all) sources of oil, abate global warming and acid rain, stem nuclear proliferation, save wildlands, cleanse air and water, create wealth, and preserve the interests of our descendants.

This seminar will begin with energy — chiefly its efficient use and renewable supply — both as factual background and as a conceptual launching pad for related issues. It will then branch out in the directions of most interest to participants, emphasizing interconnections and a vision across boundaries between various disciplines. Modest acquaintance with numbers and with technical economic fundamentals will be helpful, though not essential, as the seminar is equally concerned with social, political, and ethical issues and with practical methods of implementation — drawing on the participants' diverse perspectives and experience. $380

The Core Self: The Heart of the Matter

Ron Alexander

Resources for healing such as spontaneity, curiosity, trust, creativity, and joy, are found in the core self. Time also heals and helps activate these resources. This workshop will assist participants — especially health professionals — in their process of healing and acquiring new experiences and skills in microanalysis of mind/body process. Participants will be encouraged to cultivate a friendly relationship with their unconscious in order to heal old patterns and create healthier pathways for new learning connected to living, loving, working, and relating.

The goals of this work will be to enhance self-esteem; to become free of trauma and self-images of the past; to become conscious in the present moment; to communicate well; to become empowered as a leader; and to develop a cohesive personal vision. The tools we will use include: gestalt practice, self-psychology, metaphor, insight (Vipassana) and Zen meditation, breathing skills, guided imagery, dream work, deep music, group process, and immersion into nature.

Recommended reading: Heider, The *Tao of Leadership;* Polster, *Every Person's Life is Worth a Novel;* and Szuzuki, *Zen Mind, Beginner's Mind.*

C. E. credit is available for nurses; see pages 50-51. $380.

Week of December 19–24

The Body and Zen

Dub Leigh & Audrey Nakamura

The goal of this seminar is twofold:
1) to use body work methods and principles for releasing tension, trauma, and toxins from connective tissue; and 2) to circulate the vital energy in an aligned body. The group will draw from Rolfing® (structure), Feldenkrais® (function), and Zen (energy) to obtain these goals.

This is a hands-on workshop. Participants will give and receive body work and learn methods to recognize, work with, and relieve some types of chronic muscle pain. The class will be limited in size (two people per table). Participants are asked to bring a swimsuit, two-piece for women.

Please note: *Since this is a hands-on class using particular methods, participants are asked not to receive body work outside of class until the workshop is over.*

Recommended reading: Leigh, *Bodytherapy : From Rolf to Feldenkrais to Tanouye Roshi* (Water Margin Press).

C. E. credit is available for nurses; see pages 50-51. $740

Five Days with Ilana Rubenfeld

This workshop introduces the Rubenfeld Synergy® Method, a holistic system developed over the past twenty-five years that integrates body, mind, emotions, and spirit for healing of self and others. This blend of gestalt practice, Alexander Technique, Feldenkrais® exercises, and Ericksonian hypnosis will be utilized as a gateway to contact, express, and work through deep feelings and memories locked in the body. Group exercises and individual demonstrations will incorporate gentle touch, movement, music, and humor. Key issues will be:

- Surviving the wounds of a dysfunctional family
- Evoking innate healing potential
- Interdependence between emotions and posture
- Dreams and body metaphors that reveal life patterns
- Playfulness and humor
- Tools for self-care

This workshop fulfills one of the requirements for acceptance into the Rubenfeld Synergy® Training Program.

Recommended Reading: Rubenfeld, *Twenty-Five Years of Simple*. For more information contact The Rubenfeld Center, 115 Waverly Place, New York, New York, 10011. $740

Focusing, Dream Work, and Interactional Relationships

Melanie Jones

Focusing is a step-by-step process for gaining entry into a physically felt intelligence called "body wisdom" or "body knowing." This method evolved from research conducted by Eugene Gendlin and his associates at the University of Chicago. They wanted to determine what leads to successful outcomes in psychotherapy and found that success cannot be predicted by either the personality of the client or the orientation of the therapist, but instead is related to the client's awareness of felt experience in the body. They also found that this awareness can be cultivated. The Focusing method developed by Gendlin teaches this awareness of felt experience.

This workshop is for anyone in a helping profession, or for individuals involved in business or personal relationships. Focusing can help you become more aware of your own inner process, which in turn allows you to become more sensitive to the inner process of others. Participants will practice the Focusing process called "Experiential Listening," a method of listening for the bodily felt sense in what the other is saying and responding from one's own felt sense of the situation.

There will be an introduction to Gendlin's integrative approach to dream work. Theories of Freud, Jung, Perls, and others will serve as a resource for questions and discussion.

The workshop will include demonstrations and working in partnerships with supervision and feedback. It might be a good idea to bring a partner to work with you.

C. E. credit is available for nurses; see pages 50-51. $740

Drawing and Painting

Leigh Hyams

Artwork comes straight through an open mind — and with it comes clarity of vision, increased awareness of oneself in relation to the environment, and a deepening understanding of the world of art and its meaning in one's life.

The leader's unique teaching methods help students to work fearlessly, exhuberantly, sensitively, and observantly from the very first session. Using a wide variety of art materials, many techniques and ideas about image-making will be explored. Participants will work from Esalen's natural landscape, still lifes, models, dreams, myths, fantasies, and memories.

Individual and group critiques, demonstrations, slides, and discussions of art from many cultures will be used to give the group a broader understanding of visual language. Each participant will complete a portfolio of their own drawings and paintings, and work toward developing a new sense of themselves as an artistic, creative human being.

This is a workshop for people who want to revitalize their connection with art and the environment, as well as those who have had no previous experience. The only prerequisites are curiousity about the creative process and a willingness to explore the rich possibilities inherent in the act of drawing.

$740

(plus $40 materials fee paid directly to the leader)

Christmas Present

Paul Rebillot & Audrey Savage

We have idealized birth in the Christmas story — the newborn child surrounded by adoring parents, singing angels, comforting animals; worshipped by the wise and the simple, welcomed into the world and loved for simply being who he was.

Most of us were not welcomed in the same way. Christmas can be a time of healing, a time in which we turn toward the image of the divine child as toward a mirror of our own deepest self.

Using gestalt, guided fantasy, theater games, and rituals, we will seek to release ourselves from the excess baggage of past regrets and future expectations in order to return to the divine simplicity of our own present being. $740

Weekend of December 24–26

Improvisational Wisdom: Finding the Robin Williams in You

Paula Shaw

The nature of creativity is elusive and inexplicable. Our most creative moments often seem to come from nowhere and may happen when we least expect them. Einstein's theory of relativity came to him suddenly and unscientifically, and Mozart saw many of his greatest compositions "tout ensemble", or all-at-once. At the other end of the creative spectrum, we marvel at the lightening quick humor of Robin Williams, a kind of brilliance that seems boundless. What are the conditions that put us in touch with our own creativity and brilliance, and how do we access them?

This weekend is a playful introduction to letting go of your own programmed patterns and discovering the joy of spontaneous creation. The first premise of improvisational theater games (which Robin Williams claims unleashed him) is to "go in blank." Within the game

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structures, participants are coached to be receptive — stop, look, and listen; deny nothing; release control; let go of planning ahead. This process can help you learn to trust your own intuition, sense of humor, eloquence, and physical grace, and lets you get out of your own way to make room for exhilarating flashes of creative brilliance. The workshop is also just a lot of fun. $380

On Longing

Elliot Waker Aronson & Kim McCourt

Most of us have longed for something in our lives — a warm, communicative relationship with a parent, or brothers and sisters; deeper satisfaction with a job or career; being a parent; a fulfilling love relationship; closer ties with our friends or children.

Some of these longings might be fulfilled eventually, but others may always remain distant or elusive. In either case, it is important to recognize and explore these longings. If they remain buried and unacknowledged, the vacuum is often filled with fear and resentment. Acquiring the ability to express our longings is a path towards knowing and loving ourselves. This can open the door to living a more joyous and fulfilling life.

The purpose of this workshop is to identify and explore our deepest longings. A safe and supportive environment will be provided where participants are encouraged to make use of a variety of verbal and non-verbal techniques, including art, fantasy, and movement. $380

Spiritual Autobiography

Dan Wakefield

Participants will use drawing to evoke memories of former eras of their lives, to look at past experience in a new way, to write about it and share their stories with others. Insights from childhood and adolescence, singular experiences of their lives, and the role of a friend or mentor will provide the material for creation in pictures and words. Such re-experiencing can offer fresh understanding and appreciation of the richness of one's life; connections can emerge as the story of crucial turning points is told.

A concluding exercise will show participants how to draw a road map of their journey that can serve as a guide for continuing to write their on-going spiritual autobiography. The "right to reticence" and confidentiality will be honored in the process. The workshop offers acknowledgment and appreciation rather than criticism of writing or experience. $380

Rituals of Transformation

Paul Rebillot & Audrey Savage

People are continually approaching thresholds, transition points from one state of being to another. To live is to change. The tendency, however, is to resist change, to cling to the familiar, to remain stuck at the threshold. This tendency is the source of much stress and pain that people experience in life.

A ritual does not make a change happen. Instead, it awakens within the psyche the archetypal pattern of change; it teaches the participant how to change. By acting out the ritual, people learn, not only in their minds but in the feelings of their hearts and the movements of their bodies, the process of transformation. Rituals can both prepare people for change as it happens in the course of their lives and help heal the passages that were not completed in the past.

During this workshop, group members will look at what they need to say good-bye to in the past, and what new steps they need to take in order to cross their present threshold. Sub-groups will work together to design and enact individual rituals in order to support and help their healing process.

Just as the body can move from one position into another, so can the full being; hearts can move, minds can move. The basic tenet of ritual is that one can trust the body to show the appropriate path, that way so supported by the full being that doors seem to open before one. Joseph Campbell said that when someone can discover his or her authentic path, the way seems blessed with magic. To find this way is the work of "Rituals of Transformation." $380

Biofeedback Assisted Open Focus and Brain Wave Synchrony Training

Les Fehmi & Susan Shor

Brain wave activity is directly correlated with the way one pays attention. Synchrony is associated with "in-to-it," broadscoped attention and effortless performance; desynchronized brain wave activity is associated with remote, narrow-focused attention and effortful performance. Brain wave synchrony and attention training can guide one toward an awareness that is simultaneously narrowed-in on detail, panoramic in scope, and bathed in an effortless sense of the moment.

The Open Focus methods presented in this experiential workshop support the rapid reduction of both conscious and unconscious physical and emotional stress and pain. Rather than ignoring unpleasant experience, participants will practice melting it directly, using attention skills they already possess. This method of dissolving stress and pain generates a sense of well-being and creative energy. Interested workshop participants will receive biofeedback training using an instrument that monitors brain activity from the major lobes of the brain and provides a feedback signal when whole-brain, in-phase synchrony is produced. An Open Focus tape will be provided for home practice.

Holidays inspire the desire for closeness. Give yourself the present of learning fundamental self-intimacy skills that can blossom into intimacy with others.

C. E. credit is available for nurses; see pages 50-51. $380

Week of December 26–31

Play, Spontaneity, and Performance Art

Nina Wise

The leader writes: "I read once that rats were once put in a maze with one path leading to a small room with food, another leading to a room charged with an electrical current, and a third path leading to a room with play things. The rats learned to avoid the electric shock. But the food room and the play room were equally popular. Play, it seems, is as essential to rats as nutrition."

Play is also an integral part of human culture. In tribal societies, people sing, make music, drum, dance, and tell stories as part of their daily lives. With the advent of technology and specialization, we modernized folk have forgotten how to play together. Singers sing, dancers dance, actors act, while the rest of us sit and watch.

This workshop is about remembering; remembering how to dance, how to sing, how to tell stories about our lives, how to make it up as we go along, how to be together in a way that is lively, spontaneous, and creative. The workshop will include meditation, chanting, relaxation, movement, singing, writing, drawing, and theater games. We will also do spontaneous performance with and for each other in a safe and supportive environment.

Note: Everyone is afraid of performing, even professionals. Don't let your fear stop you. It's fun, challenging, and rewarding. $740

Five-Day Massage Intensive

Kathleen O'Shaughnessy & Rita Thangaraj

This workshop is for those individuals who are just beginning to explore touch as deep communication. The central theme will be primary approaches to full-body massage, which the leaders will introduce through demonstration and experiential exchanges. Self-awareness through movement, sound, and breath will be used to enhance the senses. Discussion will offer insights into various approaches to body work and how they address both the physiological and emotional body.

C. E. credit is available for nurses; see pages 50-51. $740

You Can't Get Enough of What You Don't Really Want

David Hawkins

We become who we are in an interpersonal world. Our lifestyles, our personalities, and our bodies are shaped by the relational strategies we develop in response to our needs and the demands/possibilities of our early environment. As adults, we often find that these strategies contain patterns that are repetitive, uncomfortable, and self-defeating. Nevertheless, they are temporarily rewarding enough for us to pursue them in an addictive fashion. But these addictive patterns can be substitutes for ways of being that would bring us closer to what we want. We often avoid patterns that give us what we want because they can evoke our vulnerability and put us in touch with our most private shame.

A self-examining group can become a social microcosm in which we play-out and observe our addictive patterns. More importantly, it can become the source of support for us to risk being more fully ourselves, to overcome shame, and to get what we truly desire.

Participants in the workshop will:

- work together to create a climate for exploration;
- experience how the group can become a corrective lens through which to see ourselves and others more clearly;
- identify addictive interpersonal behavior patterns;
- come to appreciate the group's extraordinary capacity to metabolize shame;
- learn to access the support needed for change. $740

Awakening Inner Power

Deborah Anne Medow, Mary Tesoro & Tom Elliott

Operating from the assumption that one's innate energies lie largely untapped, this group will explore alternative means of gathering inner power. Leonard Energy Training, a comprehensive system offering tools to meet the problems, pressures, and pain of everyday life situations, will be combined with gestalt to provide a foundation for personal growth and change. Yoga and massage will be interwoven with elements of the martial art of aikido to increase the flow of vital energy through the body, mind, and spirit. $740

Enhancing Communication Hypnotically

Paul Lounsbury & Nancy Winston

Embedded in a world of our own constructions, we can become deeply identified with the patterns that recursively tune our perceptions, color our emotion, shape our ideas, and inform our action. Finding the courage to break out of these roles can create a fresh and inviting quality of relatedness.

Therapeutic techniques developed from the leaders' training in hypnosis and psychotherapy with Milton Erickson, conceptual tools crafted from Gregory Bateson's communication research, and advances in cognitive neuroscience and the "New Cybernetics" will all be used to help participants increase the flexibility and control they have in their interpersonal communication.

Through instruction, group interaction, playful experiments, and hypnotic inductions, the leaders will guide participants through various dimensions of the communication process. Special attention to the hypnotic relationship, recognizing individual uniqueness, utilizing conscious and unconscious awareness, and the dynamics of induction, influence, and suggestion will highlight the workshop process.

Participants will explore ways to be more responsive, more willing to enter unknown territory, and more capable of extending the range and flexibility of sensory motor, emotional, and mental controls in their communication behavior.

Group process and hypnotic experiments will focus on expanding awareness and increasing appreciation of interpersonal differences. Prerequisites include tolerance for a modicum of confusion, willingness to be a group member, a sense of humor, and a desire for novel experience. $740

Weekend of December 31–January 2

Weekend Massage Intensive

George King & Ingrid May

Participants will be instructed in basic methods used in giving a pleasurable and beneficial massage. Fundamental elements of body work, such as breath awareness, grounding movement, quality of touch, and stress reduction will be introduced. The workshop is available to beginners as well as those who wish to brush up on their massage skills.

C. E. credit is available for nurses; see pages 50-51. $380

Renewal: New Beginnings in Midlife

Mark Gerzon

The tradition of making resolutions at the beginning of a new year reflects a deep yearning for growth throughout the life cycle. From work based on his new book about midlife entitled *Coming Into Our Own*, Mark Gerzon invites participants to dig more deeply into the spiritual ground in which our New Year's resolutions may be rooted. The workshop will provide a safe, healing space in which men and women can listen to their own and each other's stories of midlife transformation regarding work, love, health, and spiritual growth.

The purpose of the workshop, however, is to see beyond our own biographies. As in the lives of Jesus, Moses, Buddha, Mohammed, and other spiritual pathfinders, the middle years of adulthood are a time when many of us are deepening our spiritual quest. This is more than an individual quest to come to terms with growing older. It is a transpersonal rite of initiation into another stage of the human journey, into what C. G. Jung called the "second half" of life. $380

Music for Everyone: Finding Your Long-Lost Musician

David Darling

David Darling's magical work with late bloomers, non-prodigies, professional musicians, and "burned out" teachers has been opening hearts to the mystery of sound for the last two decades. "Music for Everyone" is an adventure into music making, rhythmic grooving, song writing, laughing, and listening.

Regardless of prior experience, this workshop will take you to a deeper, more powerful music level. Bring an instrument or play on David's collection of world instruments. $380

Completion and Continuance

Will Schutz

The leader writes: "I want to use the celebration of New Year's Eve to explore and experiment with several relevant ideas that fascinate me:

- 'You must close the old door before you open the new,' an observation of Elvin Semrad, a training analyst and my teacher for small groups
- 'Some people grow up and others merely grow old,' a comment from *Kings Row*.
- 'Reflect on the wonderful opportunity for annual new beginnings every New Year's eve
- 'Muse on age and the passage of time from the perspective of a new bumper sticker, 'I am younger now than I ever will be'."

$380

Exploring the World of Lucid Dreaming

Stephen LaBerge

Dreams are worlds of wonder, where anything imaginable can happen. Unfortunately, most of us sleep through our nightly journeys, unaware of the opportunities available. Only upon awakening do we realize that we have been dreaming.

We are not bound, however, to forever sleepwalk through our dreams. Lucid dreams are dreams in which we know we are dreaming while we're dreaming. Lucid dreamers are fully conscious that the world they are experiencing in the dream is a mental creation, and are completely free to act in the dream without constraints.

Research has shown that people can develop the skill of lucid dreaming, and that it can profoundly affect our brains and bodies. Participants will learn techniques for inducing lucid dreams and explore its uses: self-exploration, creative problem solving, enhancing self-confidence, healing, adventure, and self-integration leading to transcendence.

The scope of the seminar will extend beyond dreams and dream lucidity to provide an understanding of the nature of our experience of the world and our perceptions of "reality." Discussions will explore the possibility of comprehending all perceptions as illusory and waking realities as mental constructions very much like dreams.

The seminar is intended for avid dreamers and people seriously interested in self-exploration and the enhancement of consciousness.

Recommended reading: LaBerge, *Lucid Dreaming*, and LaBerge & Rheingold, *Exploring the World of Lucid Dreaming* (both, Ballantine). $380

Week of January 2–7

A Retreat for Women of Experience: Mid-Life and Beyond

Lenore Lefer & Anne Yeomans

For workshop description see October 8-10. $740

The Tao of Music Improvisation and Movement Meditation

Chungliang Al Huang & David Darling

The leaders will continue their traditional New Year's celebration with music and Tai Ji during the southern migration of gray whales and monarch butterflies. Chungliang Al Huang will lead participants each morning in Tai Ji meditation and Chi Gong breathing exercises in the fresh ocean air while David Darling plays Bach on the cello. Everyone is invited to rediscover the fundamentals of creative expression and the revitalization of body, mind, and spirit through Tai Ji dancing and music.

Recommended listening: Darling, *Cycles* and *Journal October* (both, ECM), *Minor Blue* and *Rhythm and Blues Suite* (both, Music for People (203) 672-0275).

Recommended reading and viewing: Huang, *Embrace Tiger, Return to Mountain* and *Quantum Soup: Fortune Cookies in Crises* (both, Celestial Arts); Living Tao Videos (217) 337-6113). $740

Feeling and Innovation

Dale Cummings & Karel Samson

Discovering creative solutions in our personal and occupational lives can transform leisure and work and enliven our experience. Webster defines feeling as "the capacity to respond emotionally" and innovation as the "introduction of something new." How these two themes interconnect will be the focus of this workhop.

Participants will use neo-Reichian methods of emotional release, exercises in creativity and innovation, role-playing, and discussion. A period of individual work in a small group setting will provide a safe environment of emotional support. As negative feelings are worked through, active creativity can emerge.

Through its focus on feelings and creativity, this workhop offers encouragement and practical ideas for reinvigorating personal and organizational experiences and for pursuing innovation and new (ad)ventures in daily life. $740

Mending the Fragmented Self through Soul Retrieval and Shamanic Practices

Sandra Ingerman & Carol Proudfoot-Edgar

Shamanism is the oldest spiritual system used for healing, problem-solving, and the general well-being of both the individual and the community. From a shamanic perspective, emotional and physical dis-spiritedness often results from "soul-loss," a trauma that keeps us dissociated from life, our bodies, our relationships, and from feeling our connection with the natural world.

This workshop will involve both soul retrieval and shamanic methods for integrating retrieved parts. Workshop space is available for 12 participants who will have a private session with a workshop leader who will act in the role of the shaman to spiritually retrieve parts lost in life traumas. Workshop space is also available for others who have already had a soul retrieval done.

The major focus of the workshop involves elements of core shamanism and practices involved in the reintegration of retrieved parts. The shamanic journey method and other practices for accessing important information for one's healing will be taught. Activities will include rituals and ceremonies focusing on "release and renewal" as each individual discovers their own personal vision of well-being. There will be an emphasis on raising and using the power of our circle for personal healing and growth.

Please bring a bandana, journal, drums, and rattles (if you have them).

Recommended reading: Ingerman, *Soul Retrieval, Mending the Fragmented Self* (Harper Collins).

C. E. credit is available for nurses; see pages 50-51. $740

January 2–9

Painting Experience with Michell Cassou & Stewart Cubley

It is rare for most people to use painting for its qualities of inner adventure and self-discovery, to paint purely for the process of exploration, not for the result.

The purpose of this workshop is to provide a setting to explore the self through painting — to discover in form and color a powerful tool for uncovering and dissolving blocks to emotional and spiritual expression. Participants will be given the support and stimulation to develop a natural way of painting based directly upon feeling. The work takes place in an authentic studio setting with large white surfaces to confront the creative void, along with a rich spectrum of colors and brushes. The workshop may be of interest to persons involved in a wide variety of disciplines, including art, education, counseling, and meditative practices. No prior experience in painting is necessary. Please bring a smock.

For further information about this workshop, contact: The Painting Experience Studio, 2101 20th Avenue, San Francisco, CA 94116 (415) 564-8515 $1110

(plus $30 materials fee paid directly to the leaders)

Weekend of January 7–9

Embrace Tiger, Return to Mountain (Tai Ji Intensive)

Chungliang Al Huang & Living Tao Staff

This workshop offers New Year renewal with fundamentals of Tai Ji practice. Chungliang Al Huang will share the crystallization of his most essential learnings. He will lead participants in sunrise movement meditation, five elements form, Chinese Chi Gong breathing, and life force revitalization exercises with Taoist philosophical and aesthetic dialogues and discourses.

Join the music, dancing, and celebration!

Recommended reading: Huang, *Quantum Soup: Fortune Cookies in Crisis* and *Embrace Tiger, Return to Mountain* (both, Celestial Arts); with Watts, *Tao: The Watercourse Way* (Pantheon). $380

Practical Application of Ancient Initiatory Mysteries

Gideon Dreyer

Difficulties and obstructions tend to throw us back upon ourselves. During hard times we are often confronted with the parts of ourselves we usually try to avoid. It becomes easy to blame others for our difficulties, and we often deny what is happening in order to avoid dealing with ourselves. Difficult situations arise — that we can't change. But what we can change is the way we react to them, and how we let them affect our lives.

Participants will examine and focus on the tendency to become immobilized when obstacles cross their path. The teachings given to neophytes during initiation riates in ancient India, Egypt, and Greece will be passed on and explored for their practical application in contemporary life. These initiation rites can help each individual reach a personal understanding of what is needed in order to react to difficult times with strength and confidence. The workshop will focus on spiritualizing thoughts, feelings, and actions, and cultivating the will to act accordingly. In this way, external obstacles become an occasion for inner enrichment and education. The workshop itself could be considered an initiation, inasmuch as each participant can emerge from it existentially changed. $380

Reinventing Love

Robert Solomon & Heather Maycock Ogilvy

"Reinventing Love" is an interpersonal probe into the most highly valued of all passions, its promise and its disappointments. The workshop will emphasize the essential creativity of love and the need to express and "reinvent" an emotion that is not torn between defensive individualism and independence. We will explore the myths of love in order to find out why love goes wrong, why we choose the wrong partners, and how to choose the right one in order for love to succeed.

Participants will examine the connection between intimacy and anger, and the fragile connection between love and dependency. Above all, our aim will be to understand why love is so important to us and why it cannot be abandoned. $380

Regenerative Architecture: Making Nature Visible through Design

Sim Van der Ryn

Is it possible to design environments — buildings, neighborhoods, cities — integrated into the beauty and function of living nature? How can nature and transformative processes — including human consciousness — serve as a model and analog for the design of human environments that, like nature, live off solar income, create no wastes, and provide biodiversity?

This workshop is for anyone interested in the principles of creating whole, healthy environments. We will examine ways to weave basic natural processes and cycles — food and energy production, waste and water recycling— into the design of everyday life in homes, neighborhoods, and cities, thus reuniting production, consumption, and reuse in ways that inform and develop a new ecologically-based aesthetic. The instructor will illustrate with examples from his own architectural and sustainable design practice.

The Esalen environment will be used as a study site to examine design opportunities and our own awareness of environmental processes and the many possibilities for living in harmony with them. $380

Week of January 9–14

Body Poetry East & West

Chungliang Al Huang & Brother David Steindl-Rast

Both Chungliang and Brother David have given many workshops at Esalen. This is the first time, however, that these longtime friends are offering an Esalen workshop together. As two bridgebuilders between East and West, they will lead participants in exploring the ancient metaphors of fire, water, wood, metal, and earth through Tai Ji body movement and the play of poetic imagination.

Esalen institute provides a unique environment for this weeklong celebration of life: ocean, garden, hot springs, ancient trees, and human companionship all help us to find again the hidden springs of aliveness and to release the powers of creativity. $740

Sexual Abuse Survivors: Specific Strategies for Body, Mind & Spiritual Healing

Carolyn Braddock

Countless numbers of children consider the exploitation of their bodies part of their formative experience. Trusted adults assault, neglect, and sexually abuse them, leaving physical and emotional scars. During sexual abuse/assault, the body is the scene of the crime. Consequently, body sensations may be blocked and a protective body belief system develops. The child learns very early *not* to have a voice. Focusing on body, mind, and spiritual intervention, this seminar adds new *body-focused* dimensions to traditional strategies in dealing with those who have experienced sexual abuse.

Professional counselors and others need special skills to work with these victims/survivors. The survivors themselves need to develop procedures to overcome the physical and emotional consequences of being abused. Seminar participants will learn a unique form of body-centered intervention. The focus will be on several different ways in which survivors have embodied the sexual abuse and ways of working with each embodiment through breath, sound, and movement. This approach is applicable for the traditional psychotherapist, body worker, and those in the medical profession.

Participants will explore the survivor's body, mind, and spiritual belief systems, and the physical and behavioral manifestation of moving beyond these experiences. The importance of understanding the various dimensions of a person's reactions, especially body reactions, to sexual abuse is the key to developing predictive tools and guidance for the intervention process.

The leader will present specific body-centered intervention strategies and will detail patterns of child abuse and neglect, family dynamics, and body reactions. Participants will be actively involved in intervention demonstrations, discussions of ethical issues and case presentations from a body-oriented perspective. The focus will be on individual and group process with some time devoted to legal issues. Breath work, sound, movement, gestalt, body work, Tai Ji, role-playing, and creative cognitive work will also be used, creating a balance between work and play.

Note: *This workshop is for professionals, those in training, and others who are interested in a new body-oriented approach to working with sexual abuse survivors.*

Recommended reading: Braddock, *Bodyvoices: Using the Power of Breath, Sound, and Movement to Heal and Create New Boundaries* (Page Mill); Hendricks, G. & K., *Conscious Loving* and *Radiance* (both, Bantam); and Covington, *Awakening Your Sexuality.*

C. E. credit is available for nurses; see pages 50-51. $740

Chakra Integration: A Total Approach to Health

Laurie Lioness Parizek & The Esalen Teaching Staff

This workshop addresses everyone but is of special interest to health care workers, physicians, nurses, chiropractors, bodyworkers, and those interested in developing a working knowledge of the chakra system.

Chakras are vital life-enhancing centers that have their roots in the physical body, along the spine and deep in the brain. When open, they blossom like energetic flowers. When balanced, they refine the mainstream current of energy in the central nervous system and integrate the physical, spiritual, and energetic life of each individual.

This workshop will use meditation, sound, supportive hands-on work, and sensitive touch to balance the chakras and the mainstream spinal current. The aim is to gently and consciously open the channel that connects the earth to the heavens in each one of us. Experiences will be both private and shared. There will be an emphasis on centering, grounding, and breath practices.

Gentle, energetic touch, healing visualizations, a fluid bodywork style and deep pressure point release will be explored and integrated. How each participant can use this work with clients and patients, as well as friends and family, will be a focus of the workshop.

Healthy eating patterns that nourish the spiritual as well as the physical will be discussed and encouraged. Meditation will be used throughout the week to bring serenity and a deeper personal understanding and integration of the chakras.

Participants are invited to bring their favorite musical instrument and/or personal healing tools.

Recommended reading: Haas, *Staying Healthy with the Seasons* (Celestial Arts); Brennan, *Hands of Light* (Bantam).

C. E. credit is available for nurses; see pages 50-51. $740

The Art of Talking & Listening

Mudita Nisker & Dan Clurman

Every day we swim in an ocean of words, talking and listening. Yet many people can barely tread water with their communication skills. Making yourself understood and understanding others is a subtle and precise art, yet it is often a neglected part of our education. Fortunately, you don't have to be a born communicator; it's something you can learn.

This workshop will teach you new ways to deal with many situations from negotiating with your partner, boss, or associates, to engaging your child's cooperation. Using discussion, demonstration, and role playing, participants will explore ways to:

- give and receive criticism skillfully;
- send clear, concise messages which invite cooperation;
- share difficult to express feelings and still maintain good will;
- improve listening skills even in tough situations;
- identify your key assumptions and their effect on your communication patterns;
- develop non-verbal skills to enhance spoken messages;
- experience more delight in being with others.

This work draws from cognitive psychology, critical thinking, system theory, and Eastern philosophy. Our objective will be to help each individual cultivate the ability to identify communication hot spots and work them out constructively. In the process, you can discover your own truth and honor the truth of others.

C. E. credit is available for nurses; see pages 50-51. $740

Weekend of January 14–16

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 24-26. $380

Powerfully Presenting Yourself

Mary Goldenson (Devarani), Paula Shaw & Robert Corff

Why are some people so inspiring and impactful when they speak? What inhibits us from delivering our message? This workshop will explore the inhibitions to self-expression and communication, and help us move beyond them with more freedom in both our personal and professional lives. It is designed for people who want to develop a more powerful personal and public presentation, and better professional and business communication skills.

Courage, passion, and clarity need not be restricted to rare moments in life. Learn to live your own dream, express yourself more fully, and experience the satisfaction of being more authentic and self-assured.

Workshop leaders combine their expertise in the fields of psychology and the performing arts to guide you through this exciting adventure. The focus will be on self-exploration through individual and group work. Participants will use voice and body to express themselves with more power and passion. This process can help awaken your dreams and invigorate your life. $380

Creative Aging

Cecelia Hurwich

There is no such thing as a typical experience of old age. Late life offers unique opportunities to grow on all levels — cognitive, moral, emotional, and spiritual. It can be the best and most rewarding time of life. Adapting to life's circumstances and developing the power to influence our destiny as we age is to be vitally involved in creative aging.

The leader writes: "My ten-year longitudinal study on vitality and aging reveals four important characteristics present in creative agers: perceiving one's life as meaningful; having close relationships with friends of all ages; continuing to grow; and maintaining one's optimism." During the weekend, participants will learn ways to tap into the characteristics that enhance creativity in later life. There will be a variety of experiential exercises with supportive discussion, focusing on how to incorporate these characteristics into our own aging process.

Participation in this workshop will be valuable for persons who want to explore new approaches to creative aging, as well as people dealing with aging family members and professionals working with older persons. $380

Learning the Craft of Dreamwork

Stephen Aizenstat

Dreams can be imagined as looking-glass parables, each a complex story that reflects the personality and soul of the dreamer. This weekend's program will emphasize the healing potential of dream work. In so doing, the leader will review methods of dream work that consider the personal and collective unconscious.

New methods of dreamwork which take into account the world unconscious will be described. The world unconscious is seen as a deeper and broader dimension of the psyche and is imagined to contain the subjective inner natures (and subtle body) of all phenomena. It is believed that these inner subjective properties are reflected in the images of dreams and are, at an essential level, interrelated. It is at this level of the psyche that dream images provide access to an interconnected source of healing energy. This view, grounded in modern research and ancient wisdom, has practical implications for the use of dreams in physical and psychological healing.

Participants will learn how to employ specific methods of dreamwork which honor and actualize the healing potential of the psyche. Common dream themes, nightmares, lucid dreaming, archetypal imagery, and the recurring dream will all be discussed. $380

Intimate Connections

Mariah Fenton Gladis

Creating stable and fulfilling relationships is a challenge that everyone faces. To be successful, human relating must be understood and accepted as an activity, an ability that requires movement, purpose, emotional capacity, and extensive contact skills. People often believe that good relating evolves naturally, but they discover in the routine of living with families, friends, and lovers that, in truth, they have not been adequately prepared to meet the demands of loving relationships.

This workshop will focus on the nature and basic requirements of healthy relationships. It will offer participants opportunities to assess their abilities and disabilities, to develop awareness, and to practice risking positive action with others. It is for anyone who has "hit the wall" in a relationship or who has experieced being stuck at some seemingly impenetrable contact boundary and wants to break through. Particularly helpful for adult children of dysfunctional families, ACAs, and human relations professionals, this experiential and didactic workshop will blend individual and group gestalt work, spiritual healing, body work, and personal metaphor.

$380

Week of January 16–21

Cross-Cultural Shamanic Practices

Angeles Arrien

Participants of this workshop will be introduced to shamanic tools from diverse cultures in order to access and empower their inner teacher, healer, visionary, and warrior. The universal healing salves of singing, storytelling, dancing, and silence will be engaged to rekindle the spirit and retrieve any soul loss.

Group members will work individually and collectively to honor ancestor spirits by releasing limiting family patterns, enhancing personal and professional power by speaking with "spirit tongue" (truth-telling), and experiencing shamanic practices that reveal internal mythology, help heal wounds, and adjust imbalances.

This week qualifies as a foundational training for the Four-Fold Way, a cross-cultural shamanic training program by Angeles Arrien. $740

Creating is a Joy

James Fadiman

The body and mind screen and reveal the light blazing inside us. Creating is always self-healing. Real freedom allows real creativity.

Together we will strive to maintain an open flow between ourselves and our creative projects. Mornings we will uncover what inspires you, interrupts you, defeats you, and sustains you. When we need it, we will use teaching stories and beauty-finding exercises. Afternoons we will work on our own projects, alone or together. Evenings we will share, support, and help one another pry our jewels out of our stones.

Bring projects you are stuck on, working with, or starting. Include whatever you need to do your work, be it paints and canvas, wordprocessors, or carving tools. You just might have a breakthrough.

$740

Creating Exact Moments of Healing

Mariah Fenton Gladis

Adult children of alcoholic, dysfunctional, or abusive families (ACAs) must walk a road of recovery that requires determination, life-long commitment, and the creation of specific moments of healing. This workshop offers participants an opportunity to take a major step toward health, helping them define a plan for necessary moments they must create so they can move forward, transforming their personal history from one of liability to one of strength and wisdom. Focus will be on the promotion of healing in four fundamental relationships:

- With oneself — developing awareness, freedom from addictions, and healing of the body and soul from the residual effects of trauma;
- With others — improving one's capacity for moving out of isolation and into direct, open communication and trust; expanding intimacy skills while securing healthy boundaries;
- In the world — moving away from chaos and deprivation toward stability and abundance;
- Spiritually — searching for the meaning of one's history and accessing that part of the self that can utilize universal blessings.

This workshkop will be experiential and didactic, blending individual and group gestalt work, music, spiritual practices, and body work. A step-by-step recovery process developed by the leader will be incorporated throughout the workshop. The atmosphere will be one of trust and mutual support. This workshop is also appropriate for professionals who work with ACAs. Please bring a mirror and photographs of yourself at all ages.

C. E. credit is available for nurses; see pages 50-51. $740

January 16–28

Creative Bodywork: An Advanced Workshop

Deborah Anne Medow & C.C. (Carl Chase)

For workshop description, please see Special Programs, page 48: $1795

Weekend of January 21–23

Introduction to Vipassana Meditation

James Baraz

For workshop description see October 22-24. $380

Boundaries and Relationships: Principles from Aikido and Intuition Training

Wendy Palmer

By using the body as a reference point, we can experience boundaries energetically in addition to emotionally. Exercises done as a group or in pairs provide an opportunity to observe our patterns of inter-relating and to practice contacting our bodily intuition. These exercises, derived from the principles of aikido, enable us to train our states of attention, deepen our sense of self, and strengthen our capacity for relationships.

Participants will try to cultivate the "art of not knowing," the "power of not doing, but rather of being." Our masculine side, "the do-er" tends to overshadow our less developed feminine side — the non-active "being." There is a profound power in stillness and vulnerabiliy awaiting our discovery.

No previous knowledge/experience of aikido is needed.

Suggested reading: Palmer, *The Intuitive Body*; and *The Intuitive Body* (videotape to be published in Fall 1993). $380

Advanced Gestalt Practice

Christine Stewart Price & Guest Leaders

This workshop is for those people who have previously taken a "Gestalt Practice" workshop and want to return to a no frills group of straight open seat work. (Please refer to the "Gestalt Practice" description of October 3-8 for more information about introductory workshops.) The group will be limited to ten participants, and each person can count on time for an individual open seat session with one of the leaders. There will be some discussion and group exercises if time allows. This workhop is designed for those participants who have already experienced the value of group work and want to benefit from open seat sessions — both their own and those of other members of the group.

Recommended reading: Perls, *Gestalt Therapy Verbatim (Real People Press)*; Chodron, *The Wisdom of No Escape* (Shambhala).

C. E. credit is available for nurses; see pages 50-51. $380

The Evil Eye: A Workshop on Envy

Kathleen Riordan Speeth

Envy is perhaps the deadliest of the seven deadly sins: it is hatred for the good just because it is good. Yet almost every human being has felt its pangs, or the intense discomfort of being its target. There is the envy of the loser for the winner, of youth for maturity, of women for men and men for women, not to mention power-envy, sibling rivalry, mother-envy, sexual envy, and even spiritual envy. The nursery, the boardroom, and the corridors of power are rife with envy. What to do? Everywhere those who deem themselves "have-nots" live in envy of those they perceive as "haves." In this atmosphere of dissatisfaction, ill-will abounds.

During this weekend we will study the plight of feeling envy or being envied, and explore ways to prevent its destructive effects. Fear of being envied diminishes creativity and compassion. What is the best strategy? Confrontation? Withdrawal? There must be better ways.

The experience of envy itself, its lineaments and worries, its night anguish and day slips, will be exposed so that healing can begin. There are ways to use envy energy for the betterment of all. The possibilities of constructive repentence and reframing, of emulation and goodwill, are always available. Envy is despair of ever grasping the good — yet abundance is a choice and a frame of mind that is always available to those who wish it.

The antidote to envy is lovingkindness. Come rid yourself of the destructive effects of giving — or receiving — the evil eye. $380

Week of January 23–28

Gestalt Practice

Christine Stewart Price & Guest Leaders

For workshop description see October 3-8

$740

Tantra: The Art of Conscious Loving

Charles Muir & Caroline Muir

Few of us have been blessed with healthy childhood conditioning and education regarding the mysteries of sexual love and sexual energy. This can leave many individuals less aware and conscious about their sexuality than they are in other aspects of their lives. Tantra can transform sex into a loving meditation, putting more consciousness, energy, intimacy, joy, and love into sexual exchanges.

Participants will learn and discuss various ways to increase intimacy and passion in their relationship. Tantric meditation and ways to exchange sexual energy in a safe, non-sexual manner will also be taught in the workshop. These methods can then be practiced in a sexual way in the privacy of your own home.

This workshop is open to couples only.

$740 per participant

Spiritual Dimensions of Healing

Elizabeth Stratton

The desire to heal and be healed is a deep need within every human being. Seeing someone we love in pain brings out the instinct to touch that person in a compassionate way. Feeling or being ill ourselves can lead us to explore both spiritual and scientific dimensions of healing that we would otherwise not be open to.

Psychic healing, with its focus on the laying on of hands, understanding the meaning of the illness, and seeing into the heart of the person who is ill, brings a spiritual dimension to healing that can be a valuable adjunct to modern medicine and its high technology.

This workshop will provide both theoretical and practical tools to awaken the healer within. Self-healing methods such as opening the energy centers (chakras), communicating with the body, and guided healing imagery will be explored to assist participants in taking charge of their own health. In addition, participants will begin to learn to work with others in a healing capacity through laying on of hands and psychic healing.

C. E. credit is available for nurses; see pages 50-51. $740

Weekend of January 28-30

A Weekend with David Schiffman

For workshop description see September 19-24. $380

Weekend Massage Intensive

Brita Ostrom & Laurie Schutz

For workshop description see December 31-January 2 $380

Walking the Labyrinth: Reflecting on the Spirit in Our Lives

Lauren Artress

The labyrinth is a model of spiritual cosmology that is quite unrecognizable to the modern mentality since this understanding disappeared after the acceptance of Decartes' world view and the split of the mind/body/spirit. — Keith Critchlow, Architect and expert on the sacred geometry of Chartres Cathedral.

We are pressured and rushed most of our waking hours, and consequently forget or neglect to encourage and honor our connection to the Source, the Divine, however one defines the sense of something greater than ourselves.

This contemplative weekend will be spent walking the labyrinth as a way to wind down and reflect on what we hold sacred in our lives. Walking meditation will be the central focus supported by journaling exercises and mandala drawing to review our peaks and valleys. Participants will work toward gaining perspective on the major concerns presently confronting them in their lives. $380

A Healing for Healers

Carolyn Braddock

The people we serve in the healing professions can only go as far as we're willing to go in our own healing process. Past traumas of our own sexual abuse (and/or other forms of abuse) are often triggered as we work deeply with our clients. When these events are triggered, all our relationships are affected — those with our clients, ourselves, and those close to us. In order to work most effectively and compassionately in our profession, we need to work towards clearing up our unresolved issues. This workhop will help explore the ways in which we block our own growth and healing.

Participants will work on clearing the old, unresolved issues in their lives and explore the belief systems that have acted as barriers to their own personal healing process. In doing this, a balance will be created between work and play.

Time will also be spent working on setting limits and defining clear boundaries.

Through gestalt, ritual, humor, breath, sound, movement, creative arts exercises, and case presentations, new ways of intervention and healing will be explored, both for ourselves and our clients.

Please Note: *This workshop is for professionals and those in training.*

Recommended reading: Braddock, *Bodyvoices: Using the Power of Breath, Sound, and Movement to Heal and Create New Boundaries* (Page Mill Press); Hendricks, *Learning to Love Yourself* (Prentice Hall); and G. & K. Hendricks, *Conscious Loving* (Bantam).

C. E. credit is available for nurses; see pages 50-51. $380

Psychic Self Defense

Elizabeth Stratton

As most of us know from our own experience, working with or around people who are depressed, hostile, or anxious can affect our own moods and feelings. We are constantly affected by the emotions and thoughts of those around us, as well as by the accumulated moods of the environment in which we live and work. We can also be affected by the illnesses of people we are close to, sometimes to the point of actually manifesting their symptoms ourselves.

During this weekend we will have the opportunity to explore our psychic boundaries and discover how and when they can overflow into areas that cause emotional confusion. We will learn how to release negativity and strengthen boundaries that can help us to be less vulnerable in the future.

Recommended Reading: Stratton, *Psychic Self Defense* (Video: To order call 212-410-7340). $380

Week of January 30– February 4

Accepting Life's Transitions: Letting Go — Moving On

Mary Goldenson (Devarani)

For workshop description see September 3-5. $740

Partnerships of Love and Work: The Enneagram of Relationships

Helen Palmer

The logic and integrity of different styles of relating is modeled by an ancient typology called the enneagram, which identifies nine personality types and the way in which they interact. The outer study of the system correlates well with current psychological thinking, but describes optimal ways of relating rather than pathological trends. No way is better than another, but they differ radically in their point of view. At a deeper level of understanding, the preoccupations of thought and emotion that characterize each type are revealed as a continuum of experience that leads us to aspects of type such as empathy, omniscience, and love.

We will review the nine types from panels drawn from the class, and in so doing experience the styles of other seminar participants without interference from our own relationship bias. Adopting the view of a close companion breeds compassion and allows us to:

- see ourselves through the eyes of others and feel the pressure of their emotional life
- recognize those "irreconcilable differences" that are simply the result of different internal logic
- understand different views on relating
- transform our tendencies into their higher attributes

Emphasis will be on inner material, not personal process work. This is a highly interactive format. Bring your current relationship questions. This intensive can be applied as one of the prerequisites for the Enneagram Professional Training Program. *Previous work with the enneagram is required.* If you would like to discuss your background, contact the leader at (510) 843-7621. Workshop is limited to 40 participants.

Recommended reading: Palmer, *The Enneagram: Understanding Yourself and Others in Your Life* and *The Enneagram in Love and Work.* $740

Sports Massage

David Streeter

This workshop will focus on aspects of sports massage tha prove useful in other massage modalities. The curriculum includes: anatomy, to understand the rhythmic coordination of muscles working together; cross-fiber or cross-friction massage, simple strokes that promote healthy muscle tissue; and trigger point massage, to locate and relieve sensitive and congested points in muscle bundles and tendons. Trigger point work has proven beneficial in reducing myofascial pain caused by chronic tension.

Participants will progress through a study of the entire musculoskeletal system via brief lectures, hands-on practice, and one-to-one instruction. This workshop takes a simplified approach to what is usually a complex subject and gives participants a better idea of just what lies beneath their hands, and how to more effectively communicate with the human body. It is open to all levels.

C. E. credit is available for nurses; see pages 50-51. $740

Self-Empowerment and Purification: The Farther Reaches of Gestalt Therapy

Julian Silverman

We badly need a new orientation, a new perspective," wrote Fritz Perls. "We have graduated from the infants', 'I can't help myself,' to the adults', 'I can't help myself because. . .' But psychology and psychiatry were never meant to be after-the-fact justifications for continuing neurotic behavior, behavior which does not permit the individual to live up to the maximum of his capacities."

This workshop combines experiential and didactic sessions. It's primary focus is on developing a new perspective — the integration of a "purification process" with a personal psychology of empowerment. This psychology of self-empowerment is grounded in modern science and ancient wisdom.

Introductory Workshop Principle #1: Take responsibility for every emotion, every movement you make, every thought you have.

Recommended reading: *A Course in Miracles*

C. E. credit is available for nurses: see pages 50-51. $740

Soul, Spirit & Society

Richard Rohr

This workshop will be a combination of lecture, group discussion, guided quiet time, and encouragement for journaling and composition of short insight poems. The goal will be to achieve a deeper integration of one's soul work with an openness to transcendent Spirit. The group will also seek to find a deeper embodiment in the social issues of our time.

Participants will work toward leaving the workshop with a deeper understanding and ability to pray and to live. $740

Weekend of February 4–6

Journey to a Conscious Partnership

Harville Hendrix & Helen Hunt

Intimate relationships between men and women are a source of emotional healing, psychological growth, and spiritual evolution. In contrast to traditional views of healing that focus on the individual, this workshop views the intimate male/female relationship as a more effective path to healing and personal self-completion. Exploring the thesis that the purpose of the unconscious in a relationship is to complete your childhood, participants will be introduced to Imago Relationship Therapy and guided through exercises that will enable them to reinterpret conflict as an unconscious attempt at self-healing, use their relationship to achieve personal wholeness, and create a conscious partnership characterized by safety and passion.

Harville Hendrix and Helen Hunt are a husband and wife team who developed the idea of the "conscious marriage." Harville is the author of *Getting the Love You want: A Guide for Couples* and *Keeping the Love You Find: A Guide for Singles*. Helen Hunt is the founder of the New York Women's Foundation and president of the Sister Fund. $380

Somatics: Mastery of Muscles and Emotions

Eleanor Criswell Hanna

This workshop will explore the neuromuscular responses to emotional states — the somatics way to internal mastery of muscles and emotions — and the joy that comes with the body's renewed awareness and freedom. Guided somatic exercises and individual sessions with practitioners trained by Thomas Hanna will give participants the opportunity to experience this wonderful work.

Recommended reading: Hanna, *Somatics* (Addison-Wesley); *The Body of Life* (Knopf), and *Bodies in Revolt* (Freeperson Press). $380

The Chaos Revolution

Ralph Abraham

The chaos revolution — is it cultural hype, or the biggest thing since the wheel? Join us in a spirited exploration, with lectures, discussions, and first-person reports of the social transformation currently in progress. You will be briefed on news from the front lines of paradigm shifts sweeping the physical, biological, and social sciences, the arts, and the humanities. $380

Toward a Common Language: Psychotherapy and 12-Step Recovery

Peter Finkelstein & Peter Ways

Participants in "12-Step" programs are often irritated or bored when faced with conventional psychodynamic discussions of their addictive behavior patterns. Similarly, adherents to more classical psychological approaches are frequently condescending and dismissive when they encounter the AA point of view. Although both groups employ combinations of insight and social support in their work, their differences in basic orientation and treatment experience often cause defensiveness and frustration. As a consequence, it becomes very difficult for those involved in these two approaches to learn from each other.

This workshop, co-lead by a psychodynamic psychiatrist and a recovering physician steeped in 12-Step work, will attempt to develop a common language and inclusive style for dealing with addictive patterns that gathers strength from each model. The workshop will be useful to counselors and therapists from both sides of this conceptual gap, and for all persons wrestling with the similarities and contradictions of 12-Step and psychotherapeutic approaches. $380

Week of February 6–11

Belonging to the Universe

Fritjof Capra & Brother David Steindl-Rast

For many years Fritjof and David have met at Esalen to discuss new ways of thinking that affect all of us at the end of this millennium. Their conversations — at table, in the hot tubs, on cliffs overlooking the Pacific — have become a book, *Belonging to the Universe* (Harper, San Francisco, 1992) . Translated into German, Italian, Portuguese, Korean, and other languages, their dialogue is now available to people all over the world. But few people have had the opportunity to share in its "live" continuation.

This workshop will provide an opportunity to do just that — to talk with authors in the beautiful surroundings in which their book originated. No training in science is necessary to participate, only an honest concern for basic human questions, a readiness to celebrate life, and an openness toward the joy of belonging to the universe. $740

Five-Day Massage Intensive

Char Pias Brenner & Dean Marson

The basic approach of Esalen massage consists of long, flowing strokes which conribute to deep relaxation and a feeling of wholeness. To achieve these goals, participants will be instructed in fundamental methods of Esalen massage which includes quality of touch, breath awareness, stress reduction, and grounding techniques. The concept of working with someone's essential being is another aspect that will be addressed.

Meditation will be used to promote focusing abilities. The workshop is available to beginners as well as those who wish to brush up on their massage skills.

C. E. credit is available for nurses; see pages 50-51. $740

Awakened Mind: Five-Day Brainwave Training Intensive

Anna Wise

The Awakened Mind is a state of consciousness that releases deep inner resources, capacities, and powers that often lie dormant and unaccessible. This workshop will help you develop the intricate combinations of brainwave frequencies that underlie optimum mental states. Biofeedback monitoring combined with different methods of meditation, visualization or "sensualization," and deep psycho-phsyiological relaxation will help you learn how to master your own brainwaves.

Techniques for accessing repressed memories and creating a bridge between your conscious and your unconscious mind will be taught. Bridging this gap and making this connection with your innermost self allows you to begin a process that encourages healing and integration. The leader will also focus on the importance of the interrelationship between brainwaves and the human energy system, specifically the kundalini process.

Throughout the workshop, the Mind Mirror EEG will be used to demonstrate brainwave patterns and Electrical Skin Resistance Meters will be used to measure the depth of arousal and relaxation of your autonomic nervous system, illuminating the interrelationship between your body and your mind.

C. E. credit is available for nurses; see pages 50-51. $740

Couples Workshop

Jack Rosenberg & Beverly Kitaen Morse

Most couples are reluctant to seek help in their relationships; instead they wait, hoping that the relationship will improve. If couples approached medical help the same way they approach marriage counseling, many of them would visit the doctor when they ought to be lining up at the mortician.

Designed on a preventive model, this workshop will deal with the underlying structures and defenses in relationships before they surface as terminal problems. It will also examine attitudes and beliefs about sexuality and how to make sex better.

Recommended reading: Rosenberg, *Total Orgasm* and *Body, Self, and Soul: Sustaining Integration*. $740

Weekend of February 11–13

The Light at the End of History

Terence McKenna

Nature as both the ground of being and the mysterious transcendent dimension into which history is being dissolved will set the theme. The approach of the Third Millennium provides a sense of urgency and exuberance as we explore the implications of different cultural images of nature from Archaic Gaiaism to constipated Christianity, thanotoptic modernity, and psychedelic and techno millenarianism. A kind of strolling lawn party through the pleasantly replanted wreckage of Western Civilization is planned. The stress will be on sharing experiences and ideas that empower each of us and the language composed reality that is ours alone. The power of experience, understanding, language, and imagination in the life of the emergent neo-archaic movement will be our springboard to deeper matters: nature, history, and making conscious the task of fusing current cultural chaos into the feminized silocyberspace of true post-history. $380

Your Deep Mythology: Tap into Its Magic

Stanley Krippner & David Feinstein

A major review of David Feinstein and Stanely Krippner's book, *Personal Mythology*, states: "neither Carl Jung nor Joseph Campbell showed us how to use myth for personal and societal growth. Feinstein and Krippner begin to answer that question." This workshop will teach you how to understand your life story as an unfolding mythology and how to reach into unconscious realms to resolve conflicts and find potent new visions.

Each of us operates out of a deeply personal mythology, a guiding theme that shapes our lives. This mythology functions largely outside of our awareness, yet with uncanny accuracy, we choose the characters and create the scenes that corespond to our deepest visions. Some of these visions serve us well, but others inevitably become outdated as we mature, or may have originally been created in response to limitations of our parents or other early circumstances and are restricting us as adults, leading to inner conflict and self-defeating behavior.

One of the most powerful steps we can take to increase our happiness and enhance our effectiveness in the world is to bring about constructive changes in this inner mythology, this invisible force that subliminally directs what we think, what we feel, and what we do. Drawing upon techniques from a spectrum of systems, including Jungian psychology, gestalt therapy, ancient spiritual disciplines, and modern clinical practice, you will be led through a powerful and moving sequence of experiences designed to discover the strengths of the mythology you are living and transform those aspects that are not serving you. Participants are invited to bring a journal and record any dreams they recall prior to the workshop. $380

Mastering the Competitive Mind

Jena Marcovicci

In athletics as well as our professional lives, what matters most is the "score." Challenges are about winning at the expense of your partner and who you are. What has been lost is the fun and joy of just playing or finding meaning in what you do.

Jena Marcovicci is a sports psychotherapist who has worked with world-class tennis players and has seen what the pressures of competition can do to the human psyche. He leads "Dance of Tennis" workshops throughout the world and is experienced at helping people let go of conditioned behavior patterns that sabotage the joy and effort of playing a sport, or simply being successful in a particular aspect of either their professional or personal life.

The leader writes: "The more you relax, the better you play. It's the law of 'reversed effort.' By combining the Greek root of competition, meaning 'to rise together,' with the joy of your organic rhythms, you liberate yourself from your fight and flight reptilian mind set that envisions the person on the other side as the enemy. The result is a more balanced perspective that expresses power *with* as opposed to power *over*."

Whether you are a serious athlete, a would-be athlete, or someone who wants to learn to master your "competitive mind," this workshop can help redefine what winning means to you on a very personal level. Yoga, Tai Chi, discussion, and visual imagery will be used. Turn your adversaries into dancing partners and enjoy a whole new perspective on what winning really means. $380

Fire in the Earth: Poetry, Silence, and the Heart's Desire

David Whyte

This is a workshop for the New Year concerned with remembering half-forgotten and neglected desires that are central to our personal creativity and destiny. Fire has been an abiding image for creativity throughout human history, but the first steps into that flame depend upon our ability to rest in the silence present in our own bodies. These disciplines of silence are a way of understanding desire at a level deeper than we ordinarily experience.

Much of modern life distances us from our bodies, presenting the body as a problem to overcome rather than the center of our experience. In hard times we often find it more difficult to remember rest and silence, and it's during these times that we need them the most. At the very start of the new year, this should be a time to remember through poetry, silence, voice work, and movement, the priorities closest to our heart's desire.

Ability or knowledge of poetry welcomed, but not the least bit necessary. $380

Week of February 13–18

Craniosacral System: Basic Workshop

Jim Asher

This workshop is an opportunity to learn and practice gentle yet powerful skills to bring the craniosacral system into balance. There will be lectures and slides on functional anatomy of the membrane system and cerebrospinal fluid movement. There will be hands-on demonstrations of a variety of methods for tapping into bone and membrance motion, rhythm, amplitude quality, restriction, and interference.

Demonstrations will be followed by supervised practice. Time will also be spent evoking and developing palpatory sensitivity and fine-tuning the quality of touch.

This workshop is for people with a strong interest in developing hands-on skills and for those already practicing body work or counseling. Much of the focus will be on the head, jaw, neck, pelvis, and diaphragm systems. Cranial work can be effective in shifting emotional holding patterns and draining accumulated stress in the nervous system.

Recommended reading: Upledger & Vredevoogd, *Craniosacral Therapy* (Eastland).

C. E. credit is available for nurses; see pages 50-51. $740

Playing the Edge

David Schiffman

In the early stages of growth, success seems to be its own reward. Excitement, vitality, and the willingness to face life boldly are often characteristics of those who are involved in new and successful ventures. To keep this spirit alive is not easy. The enormous pressure, the grinding routines and demands of substantial involvement can dispirit even the healthiest people. To listen to one's heart and know what's real requires the courage to pause. In this willingness to stop and listen to the deeper self lives the true resources that guide and protect us.

The purpose of this week is to create a mood of sanctuary for people who are in transition and facing major changes in career, relationship, or matters of the spirit; those in need of a break from demanding stressful responsibilities; individuals interested in breaking new ground in the areas of self-nurturance, intuitive functioning, and problem-solving.

The process will be gently restorative, illuminating, and enlivening. The group intention will be to create a community based on trust and goodwill with emphasis on individual freedom. Traditional methods of self-inquiry (gestalt practice, bioenergetics, psychosynthesis) will be combined with innovative methods using music, meditation, poetry, and prayer to foster this spirit of living fully and comfortably. $740

Opening to Spirit

Joyce & Brian Lyke

As we approach the end of the millennium, humankind appears to be returning to the place where this cycle of spiritual and intellectual development began. We have thirsted for knowledge and an understanding of the nature of things. We have hungered for power and dominance over our environment. We have searched and explored the far reaches of our planet and solar system, and we have longed to find meaning and purpose in our activities. Instead, we have found that our technical abilities and scientific explorations have outpaced our spiritual understanding and our ability to be effective caretakers of this planet. There is much suffering, pain, and disillusionment among us. We have gained the world, and lost our souls.

This workshop is about Spirit, and listening and opening to its voice. Our intention is to find and nourish the Spirit within each one of us and in the circle we form together. We will use Sufi self-remembering exercises, meditation, gestalt awareness practice, movement, and rituals drawn from Native American tradition. Our primary resource, apart from our collective life experience, is Nature and the Spirit of the Esselen land. $740

Week of February 13-25

Advanced Training in Shamanism and Shamanic Healing

Michael Harner & Sandra Ingerman

For workshop description see Special Programs page 48.

Weekend of February 18–20

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 24-26.
$380

Feldenkrais and Musical Improvization (Or You Don't Have to Suffer to Sing the Blues)

Phil Cardillo

The Feldenkrais Method is becoming well-known throughout the world as a subtle and powerful tool for self-growth. Its usefulness is wide-ranging. It is extremely effective for dealing with back and neck pain, for children with learning disabilities, for athletes or dancers who want to move more elegantly and gracefully, for artists who want to stimulate their creativity, and for anyone who wants to increase their sensitivity and kinesthetic awareness.

The work is effective in all these settings because of a process which it stimulates in the nervous system: a process of LEARNING.

This workshop will focus this powerful learning method on the art of musical improvization. In a safe, supportive environment, we will explore simple jazz standards, blues, and modal improvization. Players of all instruments (including voice) at all levels, are welcome, especially beginners. We'll spend lots of time singing and jamming, tuning into our bodies, allowing music to flow through us that will surprise and delight us with its beauty and passion. Come prepared for five days of deep work, cleverly disguised as lots of fun. $380

Toward Waking Up: Cultivating Mindfulness

Charles Tart

Ordinary consciousness is a kind of waking sleep, an absorption in our personal and cultural illusions. This apparently strange Eastern concept is actually supported in detail by Western psychological data. Given this, how can we awaken? Our essential selves are often invalidated and suppressed in childhood, as part of "education." How can we rediscover and nourish them? Our instinctual and sensory wisdom lies buried under cultural noise and distraction. How can we come to our senses?

G. I. Gurdjieff, one of the first teachers to adapt Eastern spiritual methods to Western culture, developed practices for awakening from our sleep, our cultural trance. Occasional retreats to exotic places like Esalen are quite useful, but ordinary life is the best setting for using psychological and spiritual development practices that emphasize balanced work on mind, emotions, instincts, and body. In this workshop we will examine Gurdjieff's main ideas, adding to them from, and integrating them with, modern growth psychology.

Self-observation and self-remembering will be taught as a primary meditation-in-life for increasing self-understanding and living more effectively in the here-and-now. These techniques use that most marvelous tool that is always with us, our bodies. We will also review basic formal meditation practice as an aid to mindfulness. Emphasis will be on practicing awakening as part of everyday life.

Recommended reading: Tart, *Waking Up* (Shambhala). $380

Week of February 20–25

Making It Float

Robert Hall

For workshop description see October 3-8.
$740

Writing through Loss

Nancy Bacal

To write from the heart is to heal the heart…

One of life's most unavoidable realities is that we all experience loss. Whether it be with love, death, youth, health, marriage or work, and whether we like it or not, we are all subject to the rules of the universe. Illusion begins when we expect continuance; when we believe we can manipulate life in accordance with our plans. Loss inevitably involves pain, and pain becomes suffering when we resist life as it is — when we deny ourselves the natural rhythms of mourning and change.

This workshop is intended to help participants pave a way to joy through surrender and the expression of true feelings. It is also an opportunity to use loss as a bridge to a new perspective on life. Rather than let ourselves feel diminished by what is gone, we will utilize it as material for writing. Even the cruelest tragedy can be transformed through the practice of writing and the telling of stories. As we write, we come to know ourselves; as we share, we move out of isolation. The dark riches of our lives are released to deepen our emotional and creative lives, and inspire the journey of our companions.

Meditation, movement and/or hiking will be included, but our primary tools will be pen and paper. More than skill, enthusiasm for the writing process and a desire for change are the only requirements.

Recommended reading: Beck, *Everyday Zen*; Moore, *Care of the Soul*; Goldberg, *Writing Down the Bones*. $740

Turning on the Light: A Conscious Choice to Live

Laura De Nuccio & Guest Leaders

In the sunlight of awareness, each thought and action becomes sacred.

— Thich Nhat Hanh

To live fully is a choice only each individual can make. This workshop will be concerned with two essential elements in self-transformation that can enable participants to live more fully — opening and clearing the personal self, while developing and expanding one's higher self.

Participants will explore many aspects of the unfolding self — physically, sexually, emotionally, mentally, and spiritually. Each of these aspects will be addressed through conscious breathwork, movement, meditation, and earth ritual. Guided meditations will be included for enlivening the vitality of cells and tissue, for dissolving energetic blockages and to quiet, still, and expand the mind. Emphasis will be on cultivating compassion and patience as we learn how to come into alignment with our own truths in a healthy relationship to others and to the planet.

A creative cognitive process will be used to attend to "unfinished business" from the past or present that holds significant "charge" (energy). Focus will be on forgiveness of one's self and others while speaking your personal truth.

Time will be scheduled for group meditation, yoga, and light hiking in the beauty of Big Sur. This is a time of nurturing and giving thanks for the life that we live and share.

Recommended reading: Fields, et al., *Chop Wood, Carry Water* (Tarcher); Rodegast & Stanton, *Emmanuel's Book* (Bantam); Chopra, *Quantum Healing* (Bantam); Thich Nhat Hanh, *Miracle of Mindfulness* (Paralax Press).

C. E. credit is available for nurses; see pages 50-51. $740

Weekend of February 25–27

The Vision and Practice of Human Transformation

George Leonard

For workshop description see October 8-10. $380

A Workshop for Couples: Independence & Intimacy

Mary Goldenson (Devarani)

Very little in our culture prepares couples for the challenge, "There is room for both of us." Too often the relationship becomes a battleground for unresolved issues, hurts, and beliefs.

In this workshop, couples will have an opportunity to explore and reclaim the unspoken expectations they project onto each other, begin healing past hurts that create distance, and learn new ways of communicating. They will have a supportive environment where they can experience themselves as courageous and able to take risks. Experiential processes will be drawn from gestalt, Reichian work, dance, imagery, and meditation. $380

Prisons, Passions & Play

Stephanie Waxman & Dennis Hicks

Is your passion withering,
locked behind bars of old fears and new worries?
Is your playfulness kept prisoner by a self-conscious,
upright guard?

This workshop will utilize two processes that can help passion and play can become a more dynamic part of your life. "Council," also known as "talking circle," is a process that uses a talking stick to implement communication. Council may be the oldest democratic group process in the world. Used by many peoples, including Native Americans and Quakers, Council allows each person to speak his or her truth and each listener to bear witness. This traditional process can have a powerful effect on communication and introspection.

Interspersed with the Councils will be a process of play based on theater games. Insights gained from working together in Coucil will be explored through improvisational theater techniques such as mirroring, nonverbal and physical work with images, and the re-enactment of our personal and collective metaphors. The centering experience of Council combined with the healing power of play can help you discover the keys to your own prisons.

The workshop will take advantage of the unique atmosphere at Esalen. Participants will draw on the natural environment so they can create their own talking stick, making it easier to bring Council home with you.

Each participant is asked to bring an "object of passion" to the first session. It should be something about which you feel passionate or something which represents your passion. $380

When Success is Not Enough

Peller Marion

If I had known what it would be like to have it all, I would have settled for less.

—Lily Tomlin

Since 1950, materialism has sky-rocketed in the United States. Indeed, many of us are wealthy beyond the wildest dreams of our ancestors, and yet we struggle more than ever for self-esteem and meaning in our lives.

When alternative measures of success are not available, the deep human need to be valued and respected by others is acted out through consumption. Buying things becomes both a means to self-esteem and social acceptance. "The avarice of mankind is insatiable," wrote Aristotle, who believed that as soon as one desire was satisfied, another would appear to take its place. If our wants are insatiable, there is simply no such thing as enough.

Peller Marion has designed a weekend that explores the questions: How much is enough? What is an achievement junkie? What is my definition of success at this time in my life? How do I create my own personal philosopy of life? How do I live by my own agenda?

Participants will explore the paradox of success in their own lives. A variety of experiential processes will be drawn from readings and discussion, games, dance, gestalt, imagery, and meditation.

Recommended reading: Marion, *Crisis Proof Your Career: How to Find Job Security In An Insecure Time* (Birch Lane Press).

C. E. credit is available for nurses; see pages 50-51. $380

Ritual, Ecstasy, and Women's Spirituality

Margo Adler

This workhop for women explores the ideas, the rituals, and the celebrations that come out of the women's spirituality movement. Margo Adler uses chant, songs, and sacred circles as ways for women to explore the healing power, joy, and ease that comes from doing rituals with women. The basic philosophy that informs this workshop is neopaganism and goddess spirituality. This perspective is non-hierarchical and starts with the idea that we, ourselves, are sacred and flowing with potential. Ritual is a tool that can end our alienation from nature and from each other. The workshop explores ways of reclaiming the vitality and mystery of ecstatic religions without the dogmatic and patriarchal attitudes that have caused so many women to leave their own religious traditions.

The workshop will combine joyful exuberance (chants, laughter, songs, and drumming) with time for quiet meditation, including a voyage to meet the Goddess within ourselves. This should be two days filled with joy and fun. Please bring drums, rattles, instruments, and one or two personal items that have special significance to place on a community altar as a way of sharing your own stories. $380

■ SPECIAL PROGRAMS

The prices quoted below for these longer programs are for standard accommodations or bunk bed rooms (when available) as described in "Reservation Information" pages 10-11. Scholarships are also available; please see "Scholarship Information" on page 10.

September 10–19

Painting Experience with Michell Cassou and Stewart Cubley

It is rare for most people to use painting for its qualities of inner adventure and self-discovery, to paint purely for the process of exploration, not for the result.

The purpose of this workshop is to provide a setting to explore the self through painting — to discover in form and color a powerful tool for uncovering and dissolving blocks to emotional and spiritual expression. Participants will be given the support and stimulation to develop a natural way of painting based directly upon feeling. The work takes place in an authentic studio setting with large white surfaces to confront the creative void, along with a rich spectrum of colors and brushes. The workshop may be of interest to persons involved in a wide variety of disciplines, including art, education, counseling, and meditative practices. No prior experience in painting is necessary. Please bring a smock.

For further information about this workshop, contact: The Painting Experience Studio, 2101 20th Avenue, San Francisco, CA 94116; (415) 564-8515.

$1500 (plus $30 materials fee paid directly to the leaders)

October 31-November 12

Integrative Body Practice (IBP) Professional Training Program

Jack Rosenberg & Beverly Kitaen Morse

This will be a 12-day residential training program in Integrative Body Practice. IBP emphasizes breathing as a vehicle for the integration of body, mind, emotions, and spirit, and views the body as the foundation for psychological and transpersonal growth. Object relations developmental theory will be integrated with body work. This workshop is for licensed professionals and graduate students in related fields. The leaders will be assisted by Andrea Juhan and the staff of the Rosenberg-Rand Institute of Venice, California.

Recommended reading: Rosenberg et al., *Body, Self, and Soul: Experiencing Integration* (Humanics); and *Total Orgasm* (Bookworks).

For information write or call: Marjorie Rand, Rosenberg-Rand Institute, 1107 W. Washington Blvd., Venice, CA 90291; (310) 394-0147. $1795

November 12–December 10

28-Day Massage Practitioner Certification Program

Vicki Topp & Esalen Massage Staff

This monthlong program offers professional level instruction in massage practice, movement, and self-care. The emphasis will be on developing basic massage skills through daily lecture, demonstrations, and illustrated anatomy classes. Individually tailored supervised practice sessions, using each other as models, will be scheduled throughout the program. In addition, meditation and gestalt awareness will be included for deeper, more integrative learning. Bodywork will be studied as a tool for optimal well-being and as a valued aid to transpersonal growth.

Students wishing to fulfill certification requirements will have 6 months, following successful completion of this program, in which to give and record 30 massage sessions. Upon payment of a $50 processing fee, payable to the Esalen Massage School, a California state-approved certificate of completion will be issued. This is a professional training group with limited admission. Please request an application form when making your reservation.

C.E. credit is available for nurses; see pages 50-51. $3325

January 16–28

Creative Bodywork: An Advanced Workshop

Deborah Anne Medow & CC. (Carl Chase)

> *No one is ever competent enough, nor is any technique ever effective enough. It is only the continuing growth of the practitioner that can guarantee competence and effectiveness.*
>
> —Thomas Hanna

This is an opportunity for certified massage practitioners to improve their skills, stimulate their creativity, and experience current trends in massage and bodywork. Some anatomy, movement, and meditation will be included. This workshop offers 75 hours of advanced massage training credit where applicable.

Priority will be given to Esalen certified practitioners.

C.E. credit is available for nurses; see pages 50-51. $1795

February 4–11

Hoffman Quadrinity Process

This is a comprehensive seven-day program focusing on healing the wounds of chilhood, letting go of negative behaviors, experiencing forgiveness, acceptance, love for self and others, and learning to live from your spiritual essence. This process seminar in the Big House at Esalen is well-suited for executives, leaders, and entrepreneurs.

For more information, cost, and to apply, please call the Hoffman Institute:
(510) 654-2448.

February 13–25

Advanced Training in Shamanism and Shamanic Healing

Michael Harner & Sandra Ingerman

Shamanism is the most ancient system known for using the mind, heart, and spirit to heal oneself and othes, and to solve the problems of daily living. This 12-day intensive course emphasizes the universal methods of classic, core shamanism, such as shamanic journeying, and their practical application to contemporary life.

Course prerequisite: a previous workshop with Michael Harner or other authorized faculty member of the Foundation for Shamanic Studies, either at Esalen or elsewhere.

Recommended reading: Harner, *The Way of the Shaman* (Harper & Row) and *Hallucinogens and Shamanism* (Oxford).

For more information, cost, and to apply, please contact Michael Harner, Foundation for Shamanic Studies, Box 670, Belden Station, Norwalk, CT 06852; (203) 454-2825. Early application is recommended.

Massage Practitioner Certification Program

Esalen offers a California state-approved massage program. Upon completion of a 130-hour massage practitioner workshop, and after giving 30 additional massages elsewhere, graduates will receive their certificates (there is a $50 processing fee for certificates). Workshops for certification are offered twice a year. This program provides at least 130 hours of instruction, including anatomy, supplemented by study in body-mind disciplines such as yoga, movement, and gestalt awareness work, fulfilling the state requirement.

Healthspring Outreach and Education

The Healthspring Project offers education and information that extends Esalen's work in the healing arts and sciences to the outside world. It is an independent service-oriented program of Esalen teachers and their associates. Healthspring offers a global information network linking visitors to Esalen with centers, teachers, and health professioanls focused in the fields of somatics and psychology that are located in their home area. Our listings are public information and are not meant to be an endorsement of any individual or institution.

The Healthspring library offers books on health and healing, bodywork, somatic studies, psychology, nutrition, and related studies which may be borrowed by students for a given period while at Esalen. Donations of appropriate books are greatly appreciated.

For access to this program, write to Laurie Lioness Parizek at Esalen, c/o Healthspring.

■ WILDERNESS PROGRAMS

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The standard refund policy reflects the fact that few of these expenses can be recovered.

To reserve a space in a wilderness workshop, we require a deposit of $200. The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your nonrefundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your deposit is forfeited.

September 21–25

Path of the River: A Rogue River Journey

Steven Harper & Oregon River Experiences Expeditions

Oregon's Rogue River provides a unique environment of dramatic variety, which is intimate and awesome, soft and demanding, yet always rewarding for those who are open to all it has to offer. The Rogue offers clear water, tall green forests, vertical walled canyons, and challenging rapids. The river is a teacher and primary metaphor. The group may draw from energy awareness, dance, meditation, and principles of aikido to enhance their experience of this majestic wilderness area.

Participants will have a choice of riding on a raft with a guide or piloting their own raft with a partner. Instructions will be offered in basic aspects of river life, such as paddling and minimum-impact river camping. There will be time to discuss the area's natural and cultural history, to hike, and to sit quietly and reflect.

River experience is not necessary, though participants should be prepared for the challenge of vigorous physical activity and to participate fully. The workshop begins September 21st at 8:30 A.M. in Galice, Oregon. There will be a pre-trip meeting the evening before at 7:00 P.M. Oregon River Experiences will supply all the necessary river rafting gear, guides, meals, and shuttle. Complete details and a personal equipment list will be sent upon registration. This is a unique opportunity and space is limited.

Due to Esalen's special arrangement with Oregon River Experiences, the following cancellation policy is in effect for this workshop: A $200 nonrefundable deposit per person will confirm your reservation. Balance is due August 20th. If you cancel prior to August 20th, your nonrefundable deposit, less a $50 registration fee, can be applied to other Esalen programs, to be used within one year. *No refunds are available after August 20th.* $700

■ FUTURE PROGRAMS

Listed here are a few of the programs and workshop leaders scheduled for the months ahead. This is not an invitation to register, but information to assist you in your long-range plans to participate in an Esalen workshop. Dates are subject to change. Please call the Esalen Office or see the next catalog for more specific information.

February 27 - March 27
28-Day Massage Certification Program

March 27-April 8
Emotional Healing:
From Co-Dependence to Aliveness

April 10-24
Painting Experience with Mechaell Cassou & Stewart Cubley

May 22-June 17
Certification in Clinical Hypnosis

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CONTINUING EDUCATION PROGRAMS FOR NURSES

The Board of Registered Nursing has approved Esalen as a provider of Continuing Education for registered nurses, provider number 01152. Only those programs listed below offer continuing education credit. Workshop leaders have the final decision in applying for C.E.U. eligibility. Beginning November 1, 1993, there will be a $10 processing fee for C.E.U. certificates. If you need additional information on our C.E. courses or future C.E. outreach programs, please contact Sherry Sanders Galloway, R.N., Continuing Education Coordinator, (408) 667-3000.

September 5-10
Five-Day Massage Intensive
CC. (Carl Chase) &
Kathleen O'Shaughnessy
30 hours

Organizations of the 1990s:
Managing with Heart
Maggie Seeley & Thom Allena
30 hours

September 10-12
Freeing Our Bodies/Our Selves through Movement: A Feldenkrais® Approach
Patrick Douce
10 hours

September 19-24
Cortical Reeducation® and
Integrated Awareness
Harriet Goslins &
Lansing Barrett Gresham
30 hours

September 24-26
Weekend Massage Intensive
Vicki Topp & Esalen Massage Staff
10 hours

Transpersonal Medicine
Jeanne Achterberg & Frank Lawlis
10 hours

October 3-8
Gestalt Practice
Christine Stewart Price & Guest Leaders
30 hours

Making it Float
Robert Hall
30 hours

October 8-10
Introduction to Gestalt Practice
Christine Stewart Price & Guest Leaders
10 hours

Psychoneuroimmunology
and Its Implications
George Solomon & Margaret Kemeny
10 hours

The Art of Leadership:
Excellence in Business, Management & Communication
Ron Alexander & Bruce Gregory
10 hours

October 10-15
Rituals for Healing
Jeanne Achterberg & Frank Lawlis
30 hours

Clinical Program for Professionals: Integrating Gestalt, Self Psychology
and Mind-Body Healing
Ronald Alexander & Bruce Gregory
30 hours

The Medicine Wheel Way
Carol Proudfoot-Edgar & Bob Edgar
30 hours

October 10-17
Cortical Reeducation® and the Feldenkrais® Method
Harriet Goslins & Patti Lawrence
30 hours

October 15-17
Living Better with Chronic Pain and Illness
David Levenson & Dayle Sarasohn
10 hours

October 17-22
Intermediate and Advanced Massage
Peggy Horan & George King
30 hours

October 22-24
Introduction to Vipassana Meditation
James Baraz
10 hours

Weekend Massage Intensive
Dean Marson & Laurie Lioness Parizek
10 hours

October 31-November 5
Advanced Trigger Point I and
Esalen Massage
Arthur Munyer & Esalen Massage Practitioners
30 hours

Handwriting: A Path Inward
Vimala Rodgers
30 hours

November 7-12
Authentic Movement
Tina Stromsted
30 hours

Rekindling the Spirit in Work and Love
Howard Schechter & Barbara Lee
30 hours

November 7-14
Healing from Sexual Abuse:
A Seven-Day Intensive for Survivors
Carolyn Braddock & Guest Staff
30 hours

November 12-14
Coping with Contemporary Stress:
Developing New Habits for Wellness
Meyer Friedman
10 hours

November 12-December 10
28-Day Massage Practitioner
Certification Program
Vicki Topp & Esalen Massage Staff
30 hours

November 14-19
Self-Hypnosis: Methods, Practice & New Learnings
Mark Lehrer & Guest Leaders
30 hours

November 19-21
The Doors of Compensation℠
Michael Kramer & Paule Marx
10 hours

November 21-26
Spiritual Healing: Laying on of Hands
Maria Lucia Sauer Hollomon
30 hours

The Subtle Art of Meditation
David Streeter
30 hours

November 26-28
Introduction to Gestalt Practice
Eric Erickson
10 hours

November 28-December 3
The Power of Voice
Arthur Samuel Joseph
30 hours

December 3-5
Quantum Healing:
A Weekend with Deepak Chopra
10 hours

December 10-12
Advanced Zero Balancing: The Alchemy of Touch
Fritz Smith
10 hours

Conscious Health Communication (CHC): A New Model for Ultimate Aliveness
Richard Helfant & Robert Corff
10 hours

December 17-19
Body Rejuvenation
Dub Leigh & Audrey Nakamura
10 hours

Introduction to Focusing
Melanie Jones
10 hours

The Core Self:
The Heart of the Matter
Ron Alexander
10 hours

December 19-24
The Body and Zen
Dub Leigh & Audrey Nakamura
30 hours

Focusing, Dream Work, and Interactional Relationships
Melanie Jones
30 hours

December 24-26
Biofeedback Assisted Open Focus and Brain Wave Synchrony Training
Les Fehmi & Susan Shor
10 hours

December 26-31
Five-Day Massage Intensive
Kathleen O'Shaughnessy & Rita Thangaraj
30 hours

December 31-January 2
Weekend Massage Intensive
George King & Ingrid May
10 hours

January 2-7
Mending the Fragmented Self through Soul Retrieval and Shamanic Practices
Sandra Ingerman & Carol Proudfoot-Edgar
30 hours

January 9-14
Sexual Abuse Survivors:
Specific Strategies for Body, Mind & Spiritual Healing
Carolyn Braddock
30 hours

Chakra Integration:
A Total Approach to Health
Laurie Lioness Parizek &
The Esalen Teaching Staff
30 hours

The Art of Talking & Listening
Mudita Nisker & Dan Clurman
30 hours

January 16-21
Creating Exact Moments of Healing
Mariah Fenton Gladis
30 hours

January 16-28
Creative Bodywork:
An Advanced Workshop
Deborah Anne Medow & CC. (Carl Chase)
30 hours

January 21-23
Introduction to Vipassana Meditation
James Baraz
10 hours

Advanced Gestalt Practice
Christine Stewart Price & Guest Leaders
10 hours

January 23-28
Gestalt Practice
Christine Stewart Price & Guest Leaaders
30 hours

Spiritual Dimensions of Healing
Elizabeth Stratton
30 hours

January 28-30
Weekend Massage Intensive
Brita Ostrom & Laurie Schutz
10 hours

A Healing for Healers
Carolyn Braddock
10 hours

January 30-February 4
Sports Massage
David Streeter
30 hours

Self-Empowerment and Purification: The Farther Reaches of Gestalt Therapy
Julian Silverman
30 hours

February 6-11
Five-Day Massage Intensive
Char Pias Brenner & Dean Marson
30 hours

Awakened Mind: Five-Day Brainwave Training Intensive
Anna Wise
30 hours

February 13-18
Craniosacral System: Basic Workshop
Jim Asher
30 hours

February 20-25
Turning on the Light:
A Conscious Choice to Live
Laura DeNuccio & Guest Leaders
30 hours

Making it Float
Robert Hall
30 hours

February 25-27
When Success if Not Enough
Peller Marion
10 hours

■ WORK STUDY PROGRAM

JOHN ROSENTHAL

Work Study Program is for those who are interested in an intense and complete involvement with the Esalen environment. It is a work-oriented program, emotionally and physically, and only rarely is it restful. It is not for those who wish to take catalog workshops or for those who are unwilling to be fully engaged in the work-life of the community. Participants will work 32 hours per week in one of Esalen's departments (kitchen, garden, farm, housekeeping, maintenance, or grounds) and will participate, along with staff and long-term students, in that department's program. It is necessary for applicants to be able to speak and understand English.

During most evenings and one weekend intensive, work students are together as a group exploring different practices and approaches available at Esalen, with specifically assigned leaders who will be with the group throughout the month coordinating the study schedule and facilitating many of the evening sessions.

The selection of work students is done by Bette Dingman, the Work Study coordinator, in consultation with department supervisors. Since this is a work program, preference is given to applicants who are open and willing to learn about themselves within the work context as well as within the evening and weekend study/process groups. Applicants with particular skills or physically limiting conditions are urged to mention them on the application.

First-month work students, in particular, are assigned to departments largely on the basis of community need. No work students will be assigned to the office or Gazebo School/Park until they have fulfilled a minimum of one month in one of the aforementioned departments.

The study portion of the program is usually divided into two sections each month: each emphasizes one type of growth practice, such as gestalt, meditation, Reichian work, massage or somatics work, and so forth. Participants must be prepared to stay at Esalen for the full duration designated for that particular program, assuming that they meet the standards of the Work Study Program. Two programs are planned for each month. Those scheduled thus far for 1993 include:

September 19–October 17

With the emphasis on the practice of massage, *David Streeter* will explore the inner power of the human being. He will combine the fundamental essence of Zen meditation with movement from the martial arts and yoga. These principles will then be applied to the art of massage and the art of being in the world.

Mary Goldenson's (Devarani) program of letting go and moving on employs Reichian methods, dance, imagery, gestalt, and meditation.

October 17–November 14

Eduardo Eisner and guests will lead a month concentrating on emotional release work and self-awareness, incorporating gestalt practice, group and individual process, rituals, movement, and body work.

Eric Erickson and *Steven Harper* will lead a monthlong exploration of integral practices using meditation, movement work, wild nature, and gestalt for inter and intrapersonal learning.

November 14-December 12

A men's group will be lead by *Pennell Rock*. Through gestalt, psycho-drama, movement, meditation, and discussion, the group will work with four archetypes of manhood: king, warrior, magician, and lover. There may be some cross-over sessions with the women's group.

Karuna Licht will lead a women's group. Through guided imagery, gestalt practice, mask-making, art, and dance, we will awaken our intuitive awareness as women.

December 12-January 9

Robert Nadeau will emphasize functional centering. Using grounding, energy awareness, aikido, and movement work, the physical, mental, and spiritual aspects of centering will be explored.

Dianne Lawrence and participants will explore their relationship with themselves and others through acting, writing, theater, and painting.

The group will create a communal performance to be presented at month's end.

January 9–February 6

This month with *Gideon Dreyer* will focus on the experience of becoming immobilized when confronted with certain obstacles and how we can use these situations for inner enrichment and education. Participants will focus on spiritualizing their thoughts, feelings, and actions, and cultivating the will to act accordingly.

Eric Erickson will lead a group devoted to the development of integral practices. Gestalt practice, meditation, movement exercises, the experience of nature, and body work will be explored as complementary awareness practices which, when combined, integrate mind-body-spirit into a greater whole and enhance personal development and transformation.

February 6–March 6

Julian Silverman's program will be based on *A Course in Miracles*. The program provides a format for thoughtfulness using the Course's teachings in such areas as communication, relationship, goal-setting, decision-making, and spirituality in everyday life.

Maria Lucia Sauer Holloman & Anita Eubank Donovan will invite the creative spirit to come alive during this monthlong by combining music, art, movement, and ritual with practice of the fundamental healing art of laying-on-of hands.

Institute of Transpersonal Psychology Offers External Master's Degrees

Work students now have the opportunity to integrate their work study experience at Esalen with the external degree program of the Institute of Transpersonal Psychology. The external degree format enables students to study at any location. Work students will be able to continue the dynamics of personal growth fostered at Esalen while earning master's degrees in transpersonal studies or in transpersonal psychology.

Inquiries and applications should be made directly to ITP. Contact:

Nancy Fagen
External Program
Institute of Transpersonal Psychology
744 San Antonio Road
Palo Alto, CA 94303
(415) 493-4430

Inasmuch as the Work Study Program is a complete program in itself, please do not plan to take regularly scheduled catalog workshops during your stay. Professional services, such as massage, are available at staff rates.

Accommodations are shared, with up to four people to a room, usually at South Coast Center, a staff complex located 1½ miles north of Esalen.

A deposit of $400 in U.S. currency is required with your application. The work scholar fee is $750 each month for all 28-day work study programs. Work students may be invited to ramain for a second or third month depending on space available and community needs. There are no scholarships available for the Work Study Program.

For more information contact Bette Dingman: (408) 667-3010.

Note: *Application is not registration in the program. Registration is made only after approval of application and upon receipt of deposit. The balance of the fee is due on arrival. Of the original deposit, $100 is nonrefundable and may be transferred to other programs within one year of receipt. Please return the application form (see next page) with your deposit to:*

Work Study Program, Esalen Institute,
Big Sur, CA 93920.

KAREN PREUSS

WORK STUDY PROGRAM APPLICATION

Name ______________________ ☐ Male ☐ Female

Date of Birth ______________________ Occupation ______________________

Place of Employment ______________________

Daytime Phone (____) ______________________ ______________________
HOME ADDRESS

Evening Phone (____) ______________________ ______________________
STATE AND ZIP CODE

Date of Application ______________________ ______________________
COUNTRY

Do you have any physically limiting conditions which might affect your full participation in this program? ☐ Yes ☐ No

If yes, please be specific. ______________________

Which program(s) are you interested in? Please list the leader's name. ______________________

Please note: When focused programs continue with the same leader for more than one month, participants must be prepared to stay at Esalen for the full duration of that particular program.

The Work Study Program is for 28 days, beginning and ending on Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: __________ to __________ 2nd: __________ to __________ 3rd: __________ to __________

Work students may be invited to remain for a second or third month, depending on space available and the needs of the Esalen community. Please indicate your availability for such an invitation.

☐ No extension ☐ One-month extension ☐ Two-month extension

Assignments to departments are made according to community labor needs. However, if you have particular skills that you're willing to use, especially in food preparation, gardening, maintenance, mechanics, construction, or housecare, please mention them here.

____

☐ Please check here if you have emergency medical skills (M.D., R.N., or E.M.T.) and are willing to use them during your stay.
Attach a personal statement about your interest in the Work Study Program and why you'd like to participate.
After January 1, 1993 all applicants will be required to sign a standard release from liability and assumption of risk form as a condition of participation in the Work Study Program.
Please Note: No pets allowed.

THE FRIENDS OF ESALEN

The Friends of Esalen provides financial aid to people who are eager to attend our workshops but cannot afford them. We believe that one of our first priorities is to make our programs available on a broader basis. Friends of Esalen contributions fund scholarships to make this possible.

We invite you to join us. In addition to knowing that you have given someone else the opportunity to experience Esalen, you will receive the *Esalen Catalog*, the *Friends of Esalen Newsletter*, and other special mailings to Friends for one year. Periodically we offer a discounted workshop just for members of the Friends of Esalen. We hope you feel your experience at Esalen is worth sharing and that you will join us in extending Esalen into the lives of other people.

☐ I wish to become a Friend of Esalen; I enclose my check for a one-year membership in the category marked below.

☐ I wish to renew my membership in the Friends of Esalen; I enclose my check for the category marked below.

☐ Student (to age 22)	$25	☐ Supporting member	$100-450	☐ Group 2000	$2,000
☐ Senior Citizen (65 & over)	$25	☐ Sustaining member	$500-950	☐ Founders Circle	$5,000
☐ Associate member	$35	☐ Patron	$1,000		

Name ______________________ Student Affiliation ______________________

Address ______________________ City ______________________

State ______________________ Zip ______________ Date ______________

Please mail to: The Friends of Esalen, Esalen Institute, Big Sur, CA 93920. Contributions are tax-deductible to the extent allowed by law.

■ AUDIO RECORDINGS

The Dolphin Tape Series

Titles for this tape list are varied, ranging from a rather full selection from Carl Rogers, Buckminster Fuller, Huston Smith, Abraham Maslow, and Joseph Chilton Pearce, to the latest from Terence McKenna and Brother David Steindl-Rast. And there are a few sleepers and surprises, including several gems and jewels from unexpected sources.

There are also contributions from Laura Archera Huxley and from her husband Aldous Huxley, bringing back to life the original inspiration for the human potential movement, eloquently expressed in Huxley's public addresses in the years just before Esalen's birth.

Finally, we have the original conversations in a newly-published book entitled *TRIALOGUES at the Edge of the West* (Bear & Co. 1992), built from interplay between three explorers of chaos, imagination, and creativity.

Dolphin Tapes has no complete catalog, just overlapping tape lists. When you place an order, let us know your field of interest or your favorite speakers. We may have more information on some of them. Most tapes are in stereo. Tape length is normally 1 to 1 ½ hours.

Single-tape titles are $10:

Abraham/McKenna/Sheldrake: *Sampler from the TRAILOGUES*, 1989-1990
Abraham/McKenna/Sheldrake: *Cast of Characters*, 1989
Angeles Arrien: *Basque Mysticism* (ITA Boston), 1979
Gregory Bateson: *The Limits of Science*, 1978
Joseph Campbell: *Tibetan Book of the Dead*, 1981
George Friebott (with Stan Grof): *Nikola Tesla: The Inventor*, 1984
Gerald Heard: *The Power of Wonder* (KPFA Berkeley), 1954
Aldous Huxley: *On Language* (MIT Cambridge), 1960
Aldous Huxley: *Why Art?* (MIT Cambridge), 1960
Laura Huxley: *Recipes for Living and Loving* (Guided Imagery), 1963
Robert Johnson: *The Roots of Modern Masculinity*, 1990
Stanley Keleman: *Biological Roots of Spiritual Experience* (Kairos), 1970
Timothy Leary: *American Culture: 1945-1985* (College of Marin), 1977
Janet Lederman: *Early Childhood Experience* (KAZU Pacific Grove), 1987
Abraham Maslow: *Psychology of Religious Awareness*, 1967
Terence McKenna: *Personal Biography and the Time Wave*, 1992
Terence McKenna: *Science and Agriculture*, 1992
Terence McKenna: *Art and Eros*, 1992
Joseph Chilton Pearce: *Intelligence of the Heart*, 1992
Fritz Perls: *Dream Theory and Demonstration*, 1967-1968
Christine Price: *Intro to Gestalt Practice* (Friends of Esalen), 1992
Paul Rebillot: *The Pluto Story: Journey into Madness*, 1984
Carl Rogers: *The Intensive Group*, 1966
Carl Rogers: *The Person of Tomorrow*, 1970
Carl Rogers: My *Philosophy and How It Grew* (AHP Hawaii), 1972
Rogers/Bateson: *Dialogue on Thinking, Feeling, Learning* (Marin), 1975
Daniel Sheehan: *Philosophy of Christic Institute*, March 1991
Anne Simkin: *Choice and Changes Using Gestalt* (Findhorn), 1989
Huston Smith: *No Wasted Journey*, 1968
Huston Smith: *The Coming World Civilization*, 1968
Huston Smith: *The Nature of Reality* (Boston), 1979
Brother David Steindl-Rast: *Three Ways of the Spiritual Path* (Big Sur), 1990
Brother David Steindl-Rast: *The Body: Sensuousness & Spirituality*, 1990
Rick Tarnas: *Bringing It All Home* (Esalen), 1992
Alan Watts: *Interviewed by Michael Murphy* (SS Vallejo), 1964
Arthur M. Young: *The Bacon-Shakespeare Controversy*, 1983
Arthur M. Young: *The Reflexive Universe*, 1983

Two-tape titles are $18

Walt Anderson & Ted Roszak: (2)*The Upstart Spring* (Esalen), 1984
Angeles Arrien: (2)*Cross-Cultural Shamanic Practice*, 1991
Joseph Campbell & Sam Keen: (2)*The Dark Side of the Forest*, 1985
Prem Das: (2)*The Huichol Cosmology* (Creation & Return), 1977
Ram Dass: (2)*Creation, Creativity, Spirituality*, 1987
Buckminster Fuller: (2)*The Critical Path* (Maui), 1982
Abraham Maslow: (2)*The Farther Reaches of Human Nature*, 1987
Terence McKenna: (2)*The Magical Mystery Tour*, 1989
Ralph Metzner: (2)*Metaphors of Transformation*, 1982
Joseph Chilton Pearce: (2)*The Magical Child*, 1975
Fritz Perls: (2)*Neurosis, Psychosis, and Dreams*, 1978
Carl Rogers: (2)*A Weekend at Esalen*, 1983
Daniel Sheehan: (2)*Christic Institute Update and JFK*, March 1992
Frederick Spiegelberg: (2)*India and the Saints*, 1964
Alan Watts: (2) *Eastern Religion and Western Therapy*, 1971
Janet Zuckerman: (2)*The Feeling Process*, 1987

Four-tape titles are $36

Buckminster Fuller: (4) *Integrity Day* (Marin), 1983
Terence McKenna: (4) *Psychedelics and A Free Society*, 1984
Fritz Perls: (4)*Working with Dreams*, 1968
Rupert Sheldrake: (4) *Resonance and the Habits of Nature*, 1987
Rupert Sheldrake: (4) *Revival of Animism*, 1990
Brother David Steindl-Rast: (4) *Enjoying Poetry*, 1992

The Dolphin Vinyl Album Tape Sets:

Aldous Huxley: (6)*The Human Situation Lecture Series (Part I)*, 1959	$60
Abraham Maslow: (6)*The Eupsychian Ethic*, 1969	$60
Joseph Chion Pearce: (6)*Journey to the Heart*, 1990	$60
Fritz Perls: (6)*The Perls Encounter*, 1968	$60
Carl Rogers: (6)*The Basic Encounter Group*, 1967	$60
Rupert Sheldrake: (6)*Resonance and Presence of the Past*, 1985	$60
Brother David Steindl-Rast: (6)*Approaches to Christian Mysticism*, 1987	$60
Buckminster Fuller: (8)*The Pajaro Dunes Tapes*, 1977	$72
Terence McKenna: (8)*The Esalen Scholar-In-Residence Series*, 1989	$72
Joseph Chilton Pearce: (8)*Insight and Ecstasy* (Quest), 1981	$72
UCB Symposium: (8)*The Sixties: Its Leaders and Legacies*, 1987	$72
Abraham/McKenna/Sheldrake: (10) *TRIALOGUES at the Edge* (Vol. I), 1992	$88
Virginia Satir: (10)*Conjoint Family Therapy*, 1967 (Archives)	$88
Joseph Campbell: (10)*World Mythology Series*, 1969 (Library Archives)	$88
Esalen Series: (12)*The Value of Psychotic Experience*, 1968	$98
Esalen Symposium: (12)*Wilhelm Reich: His Life and Work*, 1974	$98
Gregory Bateson: (12)*The Informal Esalen Lectures*, 1975-1980 (Library)	$98

Please add $3.00 to your complete order for handling and mailing (add $3 more if you wish priority mail). Overseas orders add $1.00 per tape for mailing. California residents include 7 ½% tax. (Institutional purchase orders please add 10% to tape cost for invoicing and deferred payment). Allow 4 to 6 weeks for delivery. (Most orders are mailed within two weeks.)

Please mail your order and your check payable to:
DOLPHIN TAPES, P.O. Box 71, Big Sur, CA 93920

Advertisement: Dolphin Tapes is a private company independent of Esalen.

■ GENERAL INFORMATION

Esalen lies 300 miles north of Los Angeles and 175 miles south of San Francisco, situated directly over the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot springs, was once the home of a Native American tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute, By Reservation Only.

There are various ways to experience Esalen, ranging from an overnight visit to a long-term stay as a seminarian. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the methods of personal growth available here. The "Experiencing Esalen" workshops, scheduled periodically, offer an introduction to practices such as gestalt, massage, sensory awareness, and meditation. From such a sampling, participants can then choose those approaches they are most attracted to and pursue them in subsequent seminars.

Another way of being at Esalen which allows a much greater involvement with the place and its community at a lower expense is the Work Study Program, an intensive work-oriented program for individuals who want to make a directed, personal commitment to self-exploration and growth and a contribution to the Esalen community. Participants can enroll in the general interest track, which gives an overview of several disciplines, or choose a more specific course of study from the focused track, such as gestalt, meditation, Reichian work, or massage.

Information regarding special interest sections may be obtained by writing Bette Dingman, c/o Esalen. For a full description of the Work Study Program, please turn to page 52.

For those who wish an extended stay of a month or more, there are frequent long-term programs which involve didactic seminars or professional trainings as well as experiential workshops. Please see Special Programs.

Finally, there are other events that enrich life at Esalen. There are occasional forums in which writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights there may be lectures, films, dance performances, or other forms of entertainment. Body work of various kinds is available by appointment with individual practitioners. There is also a community event schedule offered. Please check the bulletin board for details when you arrive.

Conferences at Esalen

It is now possible to arrange for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100) on a space available basis. For further information, contact the conference coordinator, (408) 667-3038.

With the completion of the Big House renovation, we can now accommodate groups of people in a single facility. The Big House provides meeting rooms, ten bedrooms with twenty beds, a kitchen for meal preparation, and a dining area. We invite people who work together on a regular basis, be they corporate, government, legal, artistic, or familial groups, to design a workshop according to their own needs, using Esalen resources and catalog faculty. Participants also have access to other Esalen amenities, including massage, the hot springs, swimming pool, and bookstore. Reservations for the Big House must be made at least nine months in advance. For more information contact Pat LeWine, (408) 667-3038.

Catalog Subscriptions

If you would like to receive the next three issues of the *Esalen Catalog*, please refer to the inside front cover for subscription rates and send your check or money order (U.S. currency) in the enclosed subscription envelope, or mail it to Subscriptions, Esalen Institute, Big Sur, CA 93920.

Contributions to Esalen Institute are tax-deductible. The expenses of attending Esalen, including travel, are deductible for federal income tax purposes as an educational expense if incurred to maintain or improve professional or work skills. (See Income Tax Regulation 1.162-5.) Esalen Institute reserves the right to cancel any program at any time.

The Hot Springs at Esalen

We would like those people who are planning their first visit to Esalen to know that swimsuits are optional, and nudity common, in the hot springs, massage area, and swimming pool. We encourage each individual to choose what is most comfortable, either wearing a swimsuit or not, and emphasize that the environment at Esalen is one of personal sanctuary and respect for the human body.

Accreditation

Many formal educational institutions recognize the time spent at Esalen as being worthy of credit in their own curriculum; check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs. Please submit a written request to the office supervisor.

Medical Programs

Some programs offered at Esalen qualify for continuing education credit with the California Board of Registered Nursing. For current C.E. listings, see pages 50-51.

Recommended Reading and Mail Order Books

Most books listed as recommended reading for workshops are available through Esalen's bookstore. Other merchandise is also available. For ordering information please call (408) 667-3049.

Disabled Access

Esalen now provides a means of transportation to the baths for those with physical limitations which prevent them from walking. A vehicle was purchased, in part, through the generosity of Dr. John W. Harris who believes, as we do, that those among us who are aged, infirm, or handicapped should also be able to enjoy the hot springs.

If you are disabled and would like to plan a visit to Esalen or participate in a workshop, please give the office as much advance notice as possible. While disabled access to some parts of the property is difficult, with enough planning, arrangements can be made for access to most of our facilities.

■ BIOGRAPHICAL INFORMATION

A

Ralph Abraham,
known for his work in dynamics and chaos theory, is professor of mathematics at UCSC, and author of Chaos, Gaia, Eros: The Orphic Trinity in Myth and Science, *and co-author of* Trialogues at the Edge of the West.
p. 44

Taisha Abelar
is an anthropologist and the author of The Sorcerers' Crossing, *published by Viking Penguin.*
p. 27

Jeanne Achterberg,
professor at the Institute of Transpersonal Psychology, is a pioneering researcher in imagery. She is the author of Rituals of Healing; Woman as Healer; *and* Imagery and Healing.
p. 19, 22, 50

Ken Adams
is a social theorist and co-founder of ROSE X MEDIA HOUSE. He has contributed to various magazines such as Mondo 2000 *and* Magical Blend, *and is a National Endowment for the Arts recipient.*
p. 15

Margo Adler
is the author of Drawing Down the Moon, *the classic work on neopaganism and goddess spirituality. She is also the New York correspondent for National Public Radio.*
p. 47

Stephen Aizenstat
is the founding president of Pacifica Graduate Institute, a core faculty member of Pacifica, and a clinical psychologist. He conducts dreamwork seminars throughout the U.S. and Europe.
p. 40

Ronald Alexander
is a creativity and health consultant in the entertainment industry. He teaches clinical training groups in gestalt and mind/body healing in Santa Monica, California, and is director of clinical training at Ryokan College.
p. 22, 34, 50, 51

John Allen,
life member of the PGA and former tour player, has been a teaching golf professional for over twenty years and a serious student of the inner game for the past eight.
p. 19, 26

Thom Allena
is an organizational consultant who develops "soul" in organizations through outdoor team building, ritual and myth, and humor. He works with judges, attorneys, and victims to arrange "win-win" solutions for resolving criminal offenses.
p. 16, 50

Anne Armstrong
has been doing transpersonal counseling for thirty years and has trained professionals to use their intuitive abilities.
p. 25,

Jim Armstrong,
a former engineer, is a lifelong student and teacher of esoteric studies.
p. 25

Elliot Waker Aronson,
social psychologist, professor, researcher, and author, combines the scientific with the humanistic and spiritual in his work.
p. 28, 36

Angeles Arrien,
a native Basque, is an author, anthropologist, and educator. Her teachings are based on the universality of values, ethics, and experiences as they relate to myths, symbols, and the arts.
p. 41,

Lauren Artress
is Canon for Special Ministries at Grace Cathedral and director of Quest, Grace Cathedral Center for Spiritual Wholeness in San Francisco. She is also a licensed therapist (MFCC).
p. 42

Jim Asher
has practiced cranio-sacral work and Rolfing since 1971. Certified by Ida Rolf, he is a senior instructor for the Rolf Institute and Colorado Cranial Institute.
p. 45, 51

B

Nancy Bacal
is a lyricist and screenwriter. Student of meditation and black belt in Aikido, her work includes the award-winning film, RAGA, starring Ravi Shankar. She conducts ongoing writing workshops in Los Angeles.
p. 16, 46

James Baraz
has taught Vipassana (insight) meditation retreats since 1977. He is on the Board of Directors of Insight Meditation West and the Dharma Foundation.
p. 24, 41, 50, 51

Jeff Berner
has photographed in many countries, received two awards from Life magazine, and photo-illustrated Uncarved Blocks, Unbleached Silk: The Mystery of Life, *by the late Alan Watts.*
p. 21

Ralph Blum,
author of The Book of Runes *and* The RuneCards, *has been exploring the use of the Viking Runes as a tool for self-counseling since 1977.*
p. 17

Carolyn Braddock
is a body-centered therapist and consultant in private practice in Lakewood, Colorado. She is the author of Bodyvoices: Using the Power of Breath, Sound, and Movement to Heal and Create New Boundaries. *She trains professionals in the field of sexual abuse.*
p. 28, 31, 39, 42, 50, 51

Char Pias Brenner
has lived at Esalen Institute since 1977. She is a facilitator of the expressive arts and a teacher of Esalen Massage.
p. 44, 51

Jerilyn Brusseau
is founder and executive director of Holyearth Foundation, the Earthstewards Network, and the Institute for Conflict Resolution.
p. 21

Heather Lynne Burch
has a background in self-acceptance training, eidetic imagery, and shamanism. She teaches methods for unifying the self and developing a deeper creativity. She practices in New York and Naples, Florida.
p. 16, 19

C

John Caple
is writer, speaker, consultant, and work-life advisor to company presidents. In earlier careers he was a business executive and college professor.
p. 26

BEST COPY AVAILABLE

Fritjof Capra,
physicist and systems theorist, is the founder of the Elmwood Institute, an ecological think tank. He is the author of The Tao of Physics, The Turning Point, and Uncommon Wisdom. He also wrote the screenplay for Mindwalk, a film based on his books.
p. 44

Phil Cardillo
is a guild certified Feldenkrais practitioner who has a practice at Esalen and in Mill Valley, California. He has played the guitar for twenty-nine years and has taught music for over twenty.
p. 46

Niyaso Christine Carter,
co-founder of The Art of Being in Hawaii, combines Western psychotherapy practices with Eastern disciplines in healing and sexuality. She received her training in Europe and India.
p. 28

Paul Carter,
co-founder of Meta Education and Training Arts, leads workshops around the world on whole/parts transformation, Ericksonian hypnosis, creativity, and self-expression.
p. 28

Seymour Carter,
longtime gestalt teacher at Esalen and in Europe, combines studies in sensory awareness, Zen Buddhism, aikido, and other body-oriented practices.
p. 28, 32

Michell Cassou
is the founder of an original approach to painting designed to stimulate and unblock creativity. She is director of the Painting Experience Studio in San Francisco.
p. 17, 38, 48, 50, 51

CC. (Carl Chase)
is a body worker who specializes in cross-fiber friction and deep tissue methods. He has also studied sports massage and soft tissue manipulation.
p. 16, 41, 48, 50, 51

Randy Cherner
conducts a three-year apprenticeship training program for practitioners in the field of Somatic Education. He is founder of a somatics center in Corte Madera, California.
p. 25

Deepak Chopra
is an expert on mind/body medicine and lectures internationally. He is the author of Quantum Healing and Perfect Health.
p. 32, 51

Dan Clurman
has an M.A. and M.F.C.C. and teaches critical thinking at Golden Gate University. He is in private practice in Oakland, California.
p. 25, 40, 51

Ricci Coddington,
certified practitioner of Holotropic Breathwork and on the Grof Transpersonal Training Staff, has been part of the Arica School for 20 years. She is in private practice in the Bay Area.
p. 27

Stephen Cohen,
Esalen resident and gestalt practitioner, is a longtime golf hacker who recently founded The Kingdom Tour, dedicated to bringing inner game golfers together for world travel.
p. 19, 26

Robert Corff
teaches performance in Los Angeles. He has had leading roles on television, Broadway, and in motion pictures. His workshops deal with self-presentation in business and professional life.
p. 33, 40, 51

Stewart Cubley,
artist and scientist, is co-founder with Michell Cassou of the Painting Experience Studio in San Francisco.
p. 17, 38, 48, 49

Dale Cummings,
certified Radix® teacher and marriage and family counselor in West Los Angeles and Los Gatos, is director of training for the Radix® Institute.
p. 38

Rabbi William Cutter
has a doctorate from UCLA and was trained in the Ford-Esalen project in Confluent Education. He teaches modern literature and education at Hebrew Union College and serves on the liturgy committee of the Central Conference of American Rabbis.
p. 19

D

David Darling
is a master cellist, composer, conductor, and teacher whose many recordings include Journal October; Cycles; River Notes; and Amber.
p. 37, 38

Laura DeNuccio (Ma Prita),
a certified Radix® practitioner on Esalen's teaching staff, has twenty years' experience leading groups in Reichian body work, gestalt, movement, meditation, and vision work. Her current interest is swimming with wild dolphins in Hawaii.
p. 20, 47, 51

Jed Diamond
is a writer, counselor, and teacher who specializes in healing relationships and the planet. He is the author of Looking for Love in All the Wrong Places: Overcoming Romantic and Sexual Addictions.
p. 33

Florinda Donner
is an anthropologist and the author of Shabono, The Witches Dream, and Being-In-Dreaming, recently published by Harper, San Francisco.
p. 27

Anita Eubank Donovan
practices psychotherapy and spiritual healing in San Francisco. She is co-founder and advisory member of the Creative Arts Center at Esalen.
p. 53

Patrick Douce,
one of Moshe Feldenkrais's first American students, has lived at Esalen since 1972. Since 1986 he has lived part of the year in Bali, where he observes Balinese and other Indonesian energetic sciences.
p. 17, 50

Gideon Dreyer
is a clinical psychologist from Capetown and the Netherlands. He has taught at several universities and institutes. His main interest is ancient and modern initiation.
p. 39, 53

E

Bob Edgar,
formerly a professor of biology at Caltech and UCSC and founding Provost of Kresge College, UCSC, is experienced in group process and organizational development. He is interested in the shamanic journey method as a path for spiritual development.
p. 22, 50

Edith Eva Eger

is Clinical Assistant Professor of Psychiatry at UCSD Medical School. She has a private practice in LaJolla, California, and is a consultant to the military on post-traumatic stress reaction.

p. 25

Eduardo Eizner,

a licensed psychologist from Belgrano University in Argentina, is an Esalen staff member and co-director of Gazebo School Park.

p. 52

Tom Elliott

holds a black belt in aikido and a degree in psychology. He is a national self-defense trainer who is dedicated to both women's and men's empowerment.

p. 37

Eric Erickson

is a long-term student of Gestalt and Eastern philosophical traditions.

p. 31, 51, 52, 53

F

James Fadiman

has given many workshops at Esalen. He teaches .Transpersonal psychology, sits on three corporate boards, and writes both textbooks and novels.

p. 41

Les Fehmi,

psychologist, author, and researcher, is the founder/director of the biofeedback clinic at the Medical Center of Princeton. He is the originator of the Open Focus Method.

p. 36, 51

David Feinstein,

a clinical psychologist, is co-author of Personal Mythology and Rituals for Living and Dying. *He has taught at The Johns Hopkins University School of Medicine.*

p. 45

Peter Finkelstein,

a psychiatrist practicing in Woodside and San Francisco, teaches at Stanford and writes about emotional issues in medical training and practice. He counts among his important influences Sigmund Freud, Irv Yalom, and Van Morrison.

p. 44

Joyce Frazee,

a gestalt practitioner in private practice, is the senior supervisor of the Gestalt Training Institute of Vancouver, Canada. She is a director of Hollyhock Institute and gives dream workshops in Canada, the U.S., and Europe.

p. 27

Meyer Friedman,

director of the Meyer Friedman Institute at Mount Zion Medical Center, UCSF, co-discovered the Type A behavior syndrome and currently directs the Coronary/Cancer Prevention Project.

p. 29, 50

G

Mark Gerzon

has training as a clinical psychologist and family therapist. He is the author of several books, most recently Coming Into Our Own: Understanding the Adult Metamorphosis *and* A Choice of Heroes: The Changing Faces of American Manhood *(recently reissued).*

p. 37

Mariah Fenton Gladis,

gestalt practitioner and trainer, founded and directed the Bucks County Institute for twelve years. She is director of the Pennsylvania Gestalt Center for Psychotherapy and Training.

p. 41, 51

Mary Goldenson (Devarani)

is a psychologist, chiropractor, and certified Radix® teacher with a private practice in West Los Angeles.

p. 15, 30, 32, 40, 43, 47. 52

Harriet Goslins

is the originator of Cortical Reeducation® She is a Feldenkrais® practitioner with a background in psychosynthesis, applied kinesiology, craniosacral work, and social anthropology.

p. 19, 23, 50

Bruce Gregory

is a psychologist in private practice who specializes in mind/body healing and health psychology. He works with corporate executives who are experiencing difficulties with leadership skills.

p. 23, 50

Lansing Barrett Gresham

is the originator of the system of enhanced perception known as Integrated Awareness and founder of the Touchstone Center in Cotati, California.

p. 19, 50

H

Robert Hall,

physician, psychiatrist, and teacher, has studied the mind-body process and meditation for twenty-five years. He is co-founder of the Lomi School and the Tomales School of Psychotherapy.

p. 21, 46, 50, 51

Eleanor Criswell Hanna,

Professor of Psychology at Sonoma State University, is editor of Somatics, *director of the Novato Institute for Somatic Research and Training, and author of* How Yoga Works.

p. 44

Michael Harner

has practiced shamanism and shamanic healing for more than thirty years and has pioneered their return to contemporary life. His books include The Way of the Shaman; The Jivaro; *and* Hallucinogens and Shamanism.

p. 46, 48

Steven Harper

taught for Colorado Outward Bound and the National Outdoor Leadership School. He coordinates Esalen Wilderness Programs and is director of Earthways Wilderness Journeys.

p. 18, 19, 24, 49, 52

David Hawkins,

a psychiatrist in private practice, has trained group therapists at Duke University and nationally, and is past president of the American Academy of Psychotherapists.

p. 37,

Richard Helfant,

former Director of Cardiology at Cedars-Sinai Medical Center and Professor of Medicine at UCLA, is a cardiologist, teacher, and author of Women Take Heart.

p. 33, 51

Gay Hendricks

has been a psychologist and body-centered therapist for twenty-five years. He is the author of Learning to Love Yourself, *and the co-author of* Conscious Loving, *and* At the Speed of Life.

p. 24

Kathlyn Hendricks,

a movement and body-centered therapist, trains mental health professionals internationally and is co-author of Conscious Loving *and* At the Speed of Life.

p. 24

Harville Hendrix
is founder/president of the Institute for Relationship in New York City and author of, Getting the Love You Want: A Guide for Couples and Keeping the Love You Find: A Guide for Singles. *He is the originator of Imago Relationship Therapy.*
p. 43

Nick Herbert
is the author of Quantum Reality, Faster Than Light, *and the forthcoming* Elemental Mind. *He is also "Fringe Science" columnist for the magazine* Mondo 2000.
p. 25

Dennis Hicks
is a licensed marriage, family, child counselor with a private practice in Los Angeles. He facilitates groups for men, fathers, cancer patients, and survivors of sexual abuse.
p. 47

Gabriele Hilberg
has conducted workshops for health professionals in Europe, Australia, and New Zealand. She supports individuals in healing childhood traumas and furthering spiritual development.
p. 28

Geoffrey Hill
is an analytic psychotherapist in private practice in Los Angeles who uses film as a therapeutic tool for expanded inner awareness and social consciousness. He is the author of Illuminating Shadows: The Mythic Power of Film.
p. 25

Maria Lucia Sauer Holloman
has practiced spiritual healing in Brazil and the U.S. since 1982. She has been a resident student and teacher at Esalen and conducts trainings and seminars internationally.
p. 31, 50, 53

Peggy Horan
has been practicing and teaching massage at Esalen for twenty years. She is a student of childbirth, dance, and movement.
p. 24, 50

Chungliang Al Huang
teaches Tai Ji philosophy of the creative process, East/West synthesis, and the joyful art of movement meditation. He is the founder-president of the Living Tao Foundation, and the director of Lan Ting Institute in the Sacred Mountains of China.
p. 31, 38, 39

Helen Hunt
is a community activist in the women's empowerment movement, founder of the New York Women's Foundation and the Dallas Women's Foundation. She is also founder and president of the Sister Fund and a board member of the MS Foundation.
p. 43

Cecelia Hurwich
is a life-span developmental psychologist and author of Vital Women in Their 70s, 80s, and 90s. *Through her involvement in research on creative aging, she has become an outspoken figure in the field.*
p. 40

Leigh Hyams
is a painter and teaching-artist at UC Berkeley Extension whose work has been exhibited in the U.S., Europe, and Russia. A Fullbright scholar, she leads art tours to Europe and South America for museums and universities.
p. 35

I

Sandra Ingerman
is an international faculty member of Michael Harner's Foundation for Shamanic Studies. She is the author of Soul Retrieval: Mending the Fragmented Self.
p. 38, 46, 48, 51

J

Jerry Johnson
is a broadcaster, pastor, and spiritual guide who has spent more than twenty-five years as a manager inside corporations, including ABC. He counsels people through job/life transitions, and has hosted a talk show, "Man to Man," on KCBS Radio.
p. 17

Bronwyn Jones,
editor of The Book of Runes *and* The RuneCards, *has been working and teaching with Ralph Blum since 1982.*
p. 17

Melanie Jones
is the administrator and a certified trainer on the teaching staff of The Focusing Institute. She is an associate of Mary McGuire and Gene Gendlin.
p. 34, 35, 51

Arthur Samuel Joseph
is a private teacher and professor of voice. He is the creator of Vocal Awareness, a method that integrates mind, body, and spirit through the vocal arts.
p. 32, 51

K

Margaret Kemeny
is trained in behavioral science and immunology. She conducts psychoneuroimmunologic research at the UCLA School of Medicine on individuals infected with the HIV virus.
p. 21, 50

George King
has for three decades been a teacher of somatic poetry, a connoisseur of touch bringing about euphoria and encouragement to those interested in knowing more about themselves.
p. 24, 37, 50, 51

Michael Kramer
began working with Fritz Perls at Esalen in 1966 and lived on the south coast of Big Sur for many years. He has been a student and teacher with Arica since 1971.
p. 30, 51

Stanley Krippner
is Professor of Psychology at Saybrook Institute and California Institute of Integral Studies, and co-author of Personal Mythology, Dreamworking, Dream Telepathy, *and* Realms of Healing.
p. 45

Ron Kurtz
developed the Hakomi method and is founder of the Hakomi Institute. He is the author of Body-Centered Psychotherapy, *and* The Hakomi Method. *He is currently writing a book on psychotherapy as spiritual practice.*
p. 32

Susan Kuttner
is a marketing and communications consultant, both in business and the healing arts. She assists her clients in becoming more effective, more powerful, more heartful, and more successful in their efforts.
p. 24, 31

L

Stephen LaBerge
is a scientist dedicated to the transformation of human consciousness. He teaches and researches conscious or "lucid" dreaming at Stanford University.
p. 38

Frank Lawlis,
a diplomate and elected Fellow of the American Psychological Association, is president of the Institute of Transpersonal Psychology. He specializes in behavioral medicine.
p. 19, 22, 50

Dianne Lawrence
has been painting, selling, and exhibiting her work in Los Angeles for twelve years. Previous to that she spent ten years as a professional actress and performance artist.
p. 52

Patti Lawrence
is a Cortical Reeducation® and Feldenkrais® practitioner who employs hypnotherapy, cranial-sacral, kinesiology, and Somatic-Emotional Release® to harmonize body, mind, and spirit.
p. 23, 50

Barbara Lee
is a Circle Maker who has worked with groups and individuals for more than twenty years using the circle format to facilitate growth and truth telling.
p.28, 50

Lenore Lefer
is a psychotherapist in San Francisco who also does teaching and training in psychosynthesis. She leads group workshops in the U.S., Canada, and Russia.
p. 22, 38

Marc Lehrer
teaches clinical hypnosis and biofeedback internationally. He studied hypnosis with Milton Erickson and John Grinder, and resides in Santa Cruz, California.
p. 29, 50

Dub Leigh,
longtime body work practitioner, was trained and certified by his friends Ida Rolf, Moshe Felkenkrais, and Tanouye-roshi.
p. 34, 35, 51

George Leonard
is the author of Mastery; The Silent Pulse; *and* The Transformation. *He is a fourth-degree black belt in aikido and founder of Leonard Energy Training (LET).*
p. 21, 47

David Levenson
is an internist who works with people who have chronic pain and illness. He is formerly Clinical Associate Professor of Medicine at Stanford University and is presently a consultant to the Sequoia Hospital Pain Treatment Center in Redwood City, California.
p. 23, 50

Karuna Licht
is an artist and counselor interested in healing the heart and living creatively.
p. 52

Elisa Lodge,
is an expressive arts therapist with an extensive background in the healing arts, movement education, and performance art.
p. 30

Paul Lounsbury
is a founding member of the New York Forum for Psychotherapy Cybernetics. He studied hypnosis and psychotherapy with Milton Erickson and is in private practice in New York City. He specializes in the innovative use of hypnosis.
p. 37

Amory Lovins
cofounded and directs research at Rocky Mountain Institute, a ten-year old nonprofit resource policy center in Colorado. The Wall Street Journal's Centennial Issue *named him among 28 people in the world most likely to change the course of business in the 90's.*
p. 34

Nancy Kaye Lunney,
formerly a vocal coach and accompanist, is the originator of Singing Gestalt, which utilizes lyrics and songs as a means of self-expression. She is director of programming at Esalen.
p. 26

Kathryn Lydecker,
licensed marriage and family therapist, is a senior associate of the Lomi School, an innovator in somatically-based psychotherapy. She is in private practice in Santa Cruz, California.
p. 17

Brian Lyke
is committed to following a path with heart and Spirit. In former lives he was a college chaplain, and Esalen's General Manager. He is currently in the process of being reborn.
p. 46

Joyce Lyke
is a teacher in the Ridhwan Work School, which is dedicated to understanding personality and essential development. Her passion is spiritual unfoldment in herself and others.
p. 46

M

Helen Malcolm-Neeb,
artist, consultant, and teacher, works with a visionary consulting team designing long-range vision paintings for individual clients and Fortune 500 corporations.
p. 30

Terry Mandel
is a consultant, teacher, and writer focusing on marketing and managing with integrity, systemic planning, exceptional customer service, and authentic communications. She is a contributor to The New Paradigm in Business *(Tarcher/Putnam, 1993).*
p. 33

Jena Marcovicci
was a touring professional tennis player (1972-1976) who competed against such players as Borg and Vilas. He has a private sports psychology practice in Richmond, Massachusetts.
p. 45

Peller Marion
is a psychologist, writer, and an organizational management consultant. She is president of Peller Marion Associates, Inc., an outplacement and executive development coaching corporation in San Francisco. She is the author of Crisis Proof Your Career: How to Find Job Security in an Insecure Time.
p. 47, 51

Dean Marson
is a practitioner and instructor of Esalen Massage who uses self-care techniques as a means of introducing people to the pleasure and potential of human touch.
p. 24, 44, 50, 51

Paule Marx,
an Arica teacher since 1977, has a Chua Ka massage practice in San Francisco and is interested in Tibetan Thangkah painting and permaculture.
p. 30, 50

Ingrid May
is a German trained physical therapist currently with the Esalen massage staff. Her massage work integrates dance, movement, breath awareness, and meditation.
p. 37, 51

Kim McCourt
is a licensed marriage and family counselor, and senior associate at the Lomi School. Her bodywork

practice incorporates cranial sacral, intuitive hands-on energy work, orthopedic massage, and shiatsu.
p. 36

Terence McKenna,
author and explorer, has spent twenty-five years studying ontological foundations of shamanism and the ethno-pharmacology of spiritual transformation. He is the author of True Hallucinations; The Archaic Revival; *and* Food of the Gods.
p. 45

Deborah Anne Medow,
Esalen workshop leader and body work practitioner since 1969, teaches ashtanga yoga, massage, creative movement, gestalt awareness, and related healing disciplines throughout the U.S. and Europe.
p. 37, 41, 48, 51

Deborah Miller
is Esalen's Director of Development and editor of the Friends of Esalen Newsletter. She has a master's in body-oriented psychotherapy and is a California Marriage & Family Counseling intern.
p. 32, 33

Beverly Kitaen Morse
is a marriage and family counselor in private practice in Santa Monica and a senior instructor at the Rosenberg-Rand Institute for Integrative Body Psychotherapy.
p. 27, 44, 48

Caroline Muir
has been a yoga practitioner for over 20 years. She is a Tantric Sex expert who specializes in sexual healing and awakening the goddess energy in women.
p. 42

Charles Muir,
a professional yoga instructor for 25 years, is director of the Source Schools of Tantra Yoga in Hawaii and California. He is co-author (with his wife) of Tantra: The Art of Conscious Loving.
p. 42

Arthur Munyer,
a member of the Esalen massage crew, is a trigger point specialist and longtime body work practitioner trained by Dub Leigh and Lauren Berry.
p. 27, 50

N

Robert Nadeau,
an aikido master, has been a leading exponent of energy awareness at Esalen since the 1970s.
p. 52

Audrey Nakamura
was trained by Hawayo Takta, Dub Leigh, and Tanouye Tenshin-roshi. She has been a practitioner for sixteen years.
p. 34, 35, 51

Little Bear Nason
is the seventh generation spiritual leader of the Esselen Indian Tribe of Big Sur. His life is an apprenticeship to the Earth.
p. 18

Mudita Nisker
directs Communication Options and has conducted communication trainings nationally since 1978. A clinical supervisor at the California Institute of Integral Studies, she has a private practice in Oakland, California.
p. 25, 40, 51

Wes "Scoop" Nisker
is considered the dean of new radio journalism and is editor of Inquiring Mind, *a journal of the Vipassana Buddhist community. He is the author of* Crazy Wisdom.
p. 26

O

Heather Maycock Ogilvy,
a psychologist in Menlo Park, California, has been in private practice for 17 years, working with adults and children. She is a longtime Esalen group leader.
p. 39

Sharon Olds
teaches writing workshops in the Graduate Creative Writing Program of New York University and at the Squaw Valley Community of Writers. She has published many books of poems, including The Gold Cell *and* The Father.
p. 18

Richard Olney
studied with Alan Watts, Fritz Perls, and Alexander Lowen, and has been influenced by the eidetic imagery work of Akhter Ahsen. He has led self-acceptance trainings in the U.S. and Europe.
p. 16, 19

Kathleen O'Shaughnessy
has had a fascination with expanded mind and body states through the experiential modes of meditation, somatics, nutritional healing, ancient plant teachers and hands on work for twenty-four years.
p. 16, 36, 50, 51

Brita Ostrom,
a longtime Esalen massage practitioner, incorporates Trager training and gestalt awareness with the personal energetic connection of the Esalen massage. She is a certified MFCC in California.
p. 42, 51

Lorenzo Ostuni
an Italian philosopher and anthropologist, is the author of various symbolic psychosystems for studying and integrating human personality. He is founder of the Institute for Biodrama in Rome.
p. 21

P

Helen Palmer
has for the past 20 years directed CITI, a training center that unites psychological work with the agendas of sacred tradition. She has authored The Enneagram *and* The Enneagram in Love and Work, *both published by Harper/Collins.*
p. 43

Wendy Palmer
is a fouth degree black belt in Aikido and co-founder and teacher at Tamalpais Aikido Dojo in Mill Valley, California. She is the author of The Intuitive Body.
p. 41

Laurie Lioness Parizek
coordinates a reference library at Esalen and pilots Healthspring Referral and Education. She blends innovative and traditional approaches to health and healing and works with body, mind, and breath.
p. 24, 40, 50, 51

Danaan Parry
is executive director of Holyearth Foundation, the Earthstewards Network, and the Institute for Conflit Resolution. He is a clinical psychologist who has lectured and mediated conflicts around the world, including Northern Ireland, Pakistan, and Russia.
p. 29

Christine Stewart Price
is a teacher and ongoing student of gestalt practice and other approaches to developing awareness.
p. 21, 42, 50, 51

Carol Proudfoot-Edgar
was a counseling psychologist at UCSC for seventeen years. She leads workshops that focus on integrating shamanic methods and Native American teachings. She is a certified shamanic counselor and teaches for Michael Harner's Foundation for Shamanic Studies.
p. 22, 38, 50, 51

Jill Purce
is the author of The Mystic Spiral. *She investigated the mystical dimension of sound with Karlheinz Stockhausen and the magical use of the voice and overtone chanting with Tibetan lamas.*
p. 15

Johanna Putnoi,
a senior associate of the Lomi School, has studied Feldenkrais, aikido, and Continuum dance. She has a private practice in Palo Alto, where she is also director of Body Therapy's massage program.
p. 17

R

Gustavo Rabin
is a clinical psychologist who focuses on relationships, life's transitions, and creativity. He has a private practice in Los Angeles.
p. 32

Paul Rebillot,
a group leader at Esalen for sixteen years, combines gestalt methodology with theater and ritual. He divides his time between Europe and the U.S.
p. 17, 18, 35, 36

Jane Marla Robbins
has been a professional actress, teacher, and writer for twenty-five years. She has acted in movies (Rocky I, II, V); television ("Falcon-crest"); and on Broadway. Her plays have been produced in New York, London, Copenhagen, and Spoleto.
p. 23

William Pennell Rock
is founder-director of Origins, a workshop process for creating and performing contemporary myths. He leads workshops in archetypal gestalt psychodrama in the US, Asia, and Europe. He is author of Performing Inside Out.
p. 52

Vimala Rodgers,
master graphotherapist and author, trains health professionals, psychotherapists, and persons committed to personal transformation. She is director of The Institute of Integral Handwriting Studies.
p. 27, 50

Richard Rohr
is a Franciscan priest who founded the New Jerusalem community in Cincinnati and the Center for Action and Contemplation in Albuquerque. He has authored several books and tapes on spirituality and social critique.
p. 43

Nancy Rosanoff
works as a psychic, teacher, counselor, and corporate consultant based in New York. She is the author of Intuition Workout.
p. 29

Jack Rosenberg,
a psychologist and director of the Rosenberg-Rand Institute of Integrative Body Psychotherapy in Venice, California, is the author of Body, Self, and Soul.
p. 27, 44, 48

Betty Roszak,
co-author with Theodore Roszak of Masculine/Feminine, *is a poet whose soundtexts have been played for the American Association for the Advancement of Science and other scientific groups.*
p. 30

Theodore Roszak
is author of The Making of a Counterculture, *and* The Voice of the Earth, *and several works of fiction.*
p. 30

Ilana Rubenfeld,
thirty-year pioneer in the integration of body-mind-spirit field and originator of Rubenfeld Synergy® Method, is a certified teacher of Alexander Technique, Feldenkrais® Method, and trained with Fritz and Laura Perls in gestalt practice.
p. 34, 35

S

Stephano Sabetti,
founder of the Life Energy Process, has a doctorate in psychology and trains therapists internationally. He is also an organizational consultant.
p. 16

Andrew Samuels
is a Jungian psychoanalyst in practice in London. He has published many books including Jung and the Post-Jungians, The Plural Psyche, *and* The Father.
p. 26

Karel Samson
is a teacher and researcher of innovation at the University of Vermont and at Nijenrode Universiteit in his native Netherlands.
p. 38

Robert Sanoff,
a senior associate of the Lomi School, has led workshops and trainings in personal growth for twelve years. He has been in private practice in Santa Rosa, California since 1976.
p. 17

Dayle Sarasohn
is a stress management consultant and gestalt therapist with fifteen years of experience working with individuals and groups. She has a special interest in health issues and problems of aging.
p. 23, 50

Audrey Savage,
gestalt practitioner and body therapist, works with woman's issues, sexuality and spirituality, and the tarot. She is the author of The Fourth Woman *and* Twice Raped.
p. 17, 18, 35, 36

Howard Schechter
is a teacher, consultant and group leader in the area of individual and organization development. He shares the insights of more than twenty-five years of study in psychology, sociology, philosophy, and religion.
p. 28, 50

David Schiffman
is a longtime group leader at Esalen. His primary interest is in facilitating people who are in transition towards a more heartful, unstrained existence.
p. 18, 23, 24, 31, 42, 45

Ailish Schutz
has an extensive background in body work and holistic health. She has been conducting The Human Element with Will Schutz for five years and serving as CEO of Will Schutz Associates for the past six.
p. 15, 19

Laurie Schutz,
longtime Esalen massage practitioner and teacher, incorporates varied approaches to allow for nuturing, balance, and integration of the body. She has led parent-infant workshops.
p. 42, 51

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Will Schutz,
founder of the Antioch holistic studies department, is the creator of The Human Element*, a set of training materials for organizations. He is the author of* Joy and Profound Simplicity.
p. 15, 19, 37

Maggie Seeley
is a management consultant who teaches organizational behavior and ethics at the University of New Mexico, practices Buddhism, and leads a women's spirituality forum.
p. 16, 50

Charlotte Selver,
student of Elsa Gindler, introduced Sensory Awareness in the U.S., and has been closely connected with Esalen and the San Francisco Zen Center since their beginnings.
p. 27, 28

William Sharlin,
cantor emeritus at Leo Baeck Temple in Los Angeles, teaches at Hebrew Union College and serves on the liturgy committee of the Central Conference of American Rabbis.
p. 19

Paula Shaw
has been a professional actress and acting teacher for over 20 years in New York and Los Angeles. She teaches self-expression courses for non-actors across the US and Canada, and leads workshop in expanding well-being and creativity.
p. 35, 40

Fred Shoemaker,
an inner game teacher and golf professional, is founder of The School for Extraordinary Golf. He has taught seminars for the U.S., Canadian, and Japanese P.G.A. and often writes about the inner game.
p. 19, 26

Susan Shor,
a psychologist in private practice in New York, is co-director of the Biofeedback and Stress Management Clinic of Manhattan. She is a certified biofeedback provider, teacher, and lecturer.
p. 36, 51

Julian Silverman,
a former director and president of Esalen Institute, is a psychologist and educator. He has led group process and health care seminars throughout the U.S. and Europe.
p. 43, 51, 53

Julianna Simon
is a family counselor and a black-belt in karate. She maintains a private practice emphasizing gender issues and leads workshops nation-wide.
p. 30

Sidney Simon
is professor emeritus at the University of Massachusetts, author of many books, and father of five children. He leads workshops throughout the world.
p. 30

Tobin Simon
is co-founder of Proprioceptive Writing and co-director of the Proprioceptive Writing Center in Portland, Maine. He is formerly a professor of English and the Humanities.
p. 25

Fritz Smith
is a physician, cranial osteopath, certified acupuncturist, and founder of Zero Balancing. He is the author of Inner Bridges: A Guide to Energy Movement and Body Structure.
p. 33, 51

Gerald Smith
is a licensed psychologist in private practice in Belmont, California. He has authored two books on relationships — Couple Therapy *and* Hidden Meanings *— and has led workshops at Esalen for twenty-three years.*
p. 26

George Solomon,
physician and professor of psychiatry at UCLA, is a pioneer in the field of psychoneuroimmunology. His current research concerns psychoneuroimmunologic aspects of AIDS and of aging.
p. 21, 50

Robert Solomon
is a professor at the University of Texas at Austin and has been giving seminars at Esalen for eight years. He is the author of many books, including The Passions *and* About Love.
p. 39

Kathleen Riordan Speeth
is a Berkeley psychologist interested in creativity, Bach, roses, Schopenhauer, and Plato. She is the author of The Gurdjieff Work.
p. 23, 41

Brother David Steindl-Rast,
Benedictine monk, hermit, psychologist, and author, has lectured on five continents. He is concerned with the spiritual changes of our time.
p. 39, 44

Elizabeth Stratton,
is a healer, pastoral counselor, and teacher. She has a private practice in New York City and teaches a three-year training program for healers entitled Touching Spirit℠. She has been teaching at Esalen for twelve years.
p. 42, 43, 51

David Streeter,
a certified sports massage practitioner on the Esalen massage staff, has taught yoga and anatomy and worked as an athletic trainer. Before joining the Esalen faculty, he lived as a Camaldolese monk.
p. 31, 43, 50, 51, 52

Tina Stromsted,
faculty member in the Somatic Psychology Program at the California Institute of Integral Studies, integrates body-oriented, Jungian, and creative arts approaches in her teaching and private practice.
p. 28, 50

Rod Stryker
is an initiate in the traditions of Kriya and Tantric Yoga who has taught yoga and meditation for twelve years. A writer and speaker, he currently teaches at Yoga Works in Santa Monica, California where he leads teacher training programs.
p. 18

T

Charles Tart
is a psychologist who has worked with altered states of consciousness, parapsychology, and human potentials.
p. 46

Mary Tesoro,
a certified Leonard Energy Trainer, holds a black belt in aikido and is a national self-defense instructor whose work embraces issues of health, human potential, and peak performance.
p. 37

Rita Thangaraj
has taught massage, movement, and meditation since 1978. She has a master's degree in counseling and body psychology. Her work incorporates deep tissue release, Trager, and massage.
p. 36, 51

Vicki Topp,
currently the faculty coordinator for the Esalen massage staff, teaches soft and sensitive use of pressure points and deep tissue massage combined with emotional and transpersonal body practices.
p. 19, 29, 48, 50

Linda Trichner-Metcalf,
formerly a professor of English and Humanities, co-founded the practice of Proprioceptive Writing and has been teaching it since 1976. She is co-director of the Proprioceptive Writing Center in Portland, Maine.
p. 25

V

Sim Van der Ryn
is Professor of Architecture at the University of California, Berkeley. He is founder of the Farallones Institute, has served as California State Architect, and was Director of Appropriate Technology under Gov. Jerry Brown.
p. 39

Steve Vazquez,
a medical psychotherapist in practice in Fort Worth, Texas, is a teacher in the field of exceptional physical healing and is founder of Confluent Somatic Therapy.
p. 18

Alberto Villoldo
is a psychologist and anthropologist who has investigated the traditions of the ancient Americans in the Andes and the Amazon for more than 20 years. He is the author of The Four Winds *and* Journey to the Island of the Sun
p. 20

W

Dan Wakefield
is a novelist, journalist, and screenwriter whose workshops are based on his books Returning: A Spiritual Journey *and* The Story of Your Life: Writing a Spiritual Autobiography.
p. 36

Stephanie Waxman
is a children's book author and is a founding member of The Wims, an all female improvisational company, and of We Tell Stories, a children's theater company. She teaches at the Hebrew Union College.
p. 47

Peter Ways
is a medical educator and writer who has been an academic hematologist internist, author, and counselor to recovering alcoholics. He lives in Seattle and writes about medical self-care.
p. 44

JOHN ROSENTHAL

Laurie Weaver
is a teacher, counselor, and certified practitioner of Holotropic Breathwork with a private practice in San Francisco. She is a member of the Grof Transpersonal Training staff.
p. 27

Britt Welin
is an artist and co-founder of ROSE X MEDIA HOUSE. *She works with psychedelic methods, using computers and video to explore the relationships between eco-erotica and shamanism.*
p. 15

David Whyte,
poet, storyteller, and world traveler, is the author of two books, Songs for Coming Home *and* Where Many Rivers Meet. *He teaches throughout the U.S. and Britain.*
p. 45

Marianne Williamson,
author of the bestseller A Return to Love, *recently completed her new book,* A Woman's Worth. *She lectures internationally on spirituality and New Thought. She lives in Los Angeles.*
p. 20

Robert Anton Wilson
has worked as associate editor of Playboy. *Futurist, novelist, playwright, poet, lecturer, and comedian, he has authored 26 books, of which the most famous is* Illuminatus.
p. 31

Nancy Winston
is a counselor in New York City who has studied with Milton Erickson and has taught and trained clinicians in the use of hypnosis and counseling.
p. 37

Anna Wise
is an authority on the use of EEGs to measure and train brainwaves for high performance and meditative states. She has led workshops throughout the U.S. and Europe.
p. 44, 51

Nina Wise
is a performance artist who creates autobiographical and fictional pieces. Her multi-media works have been honored with seven Bay Area Critics' Circle awards and numerous grants and fellowships.
p.26, 36

Y

Anne Yeomans
is a psychotherapist in Concord, Massachusetts, who has used psychosynthesis as the primary framework for her work for the last twenty years. She gives workshops on conflict resolution and reconciliation, as well as the healing and empowerment of women.
p. 22, 38

Z

Nisha Zenoff,
an associate of Arnold Mindell, is a licensed counselor and certified Process Worker (Zurich), and a dance movement therapist. She divides her time between Palo Alto and the Oregon coast, and leads seminars internationally.
p. 20

■ ESALEN INSTITUTE RESERVATIONS FORM

This form is for your convenience in reserving a space in Esalen workshops. If you wish to make reservations for more than one person, please photocopy this form so that each registrant has his/her own form, unless you are registering as a couple with the same address and phone number. A nonrefundable deposit for each person registering and each workshop applied for must accompany this form. (Please see General Information, page 56, under Fees and Reservations, Making Contact with Us, and Cancellation and Refund Policy.)

Scholarship information is listed on page 11. If you wish to request a scholarship, please check the appropriate box:

☐ **Standard Scholarship** ☐ **Other Scholarship**

If you need more information, please refer to the inside front cover for Esalen's phone numbers and office hours.

Name of Registrant (Please Print) ____________________ Sex M ☐ F ☐ Couple ☐

Address ____________________

City ____________________ State __________ Zip __________

Home Phone: (____) ____________________ Work Phone: (____) ____________________

Occasionally there are unexpected situations that require us to contact you immediately before your stay here. If you will not be at the above numbers during the two weeks prior to the workshop, where may we reach you?

____

Please mark your first and second choices for housing after referring to pages 10-11 for accommodation descriptions and rates. Total cost includes workshop fees, lodging, and meals.

☐ Check for standard accommodations, if available.

☐ Check for bunk bed room, if available.

☐ Check for sleeping bag space, if available.

☐ Check if you wish to room as a couple.

Write here the name(s) of any person(s) with whom you wish to room.

____

Workshop Date	**Leader's Name**	**Fee**

All workshop reservations require a non-refundable deposit. Balance is due at time of check-in. See page 10.

Workshop Deposits Enclosed (Refer to page 10): __________

Tax deductable contribution to Esalen (Optional): __________

$5 Catalog Contribution (Optional): __________

Subtotal: __________

Total Amount Enclosed: __________

☐ Check here for $10 prepay discount (see page 10).

☐ Check here if this is your first visit to Esalen.

☐ Check here if you need directions to Esalen.

☐ Check here if you are a senior.

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DATE REC.		RES INITIALS		CIRCLE DEPOSIT	CC CK CA SUS
DEPOSIT AMT.		RES. BK		CC AUTH. #	
DATE TYPED		TYPED INITIALS		PP SCHOL	LIMO SENIOR

Passenger Van Service:
I want transportation from (check one):

☐ Monterey Greyhound Bus Station at approximately 3:45 PM

☐ Monterey Airport at approximately 4:00 PM on

____

(date of arrival, Fridays and Sundays only).

The $25 per person charge (subject to change) is payable on arrival at Esalen. **If your plans for use of the passenger van service change after you have made your reservation, please notify us.** The only departing van service from Esalen is on Fridays and Sundays at approximately 5:30 PM. Passenger van service is not available at any other time.

Other Notes:
All of our rooms are non-smoking. If you smoke, please plan to do so outside.

No pets allowed.

We are unable to act as a banking service for our guests. Please bring adequate funds for your stay.

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

☐ Check here if we may give your phone number out for ride-sharing.

If you would like to become a Friend of Esalen, see page 54.

Please make checks payable to Esalen Institute, in U.S. currency only. (There will be a $15 fee for returned checks.) Overseas residents must pay by checks drawn on U.S. banks or with one of the charge cards below. Checks or credit card information must accompany the reservations form. Or, you may **fax** this form to us at **(408) 667-2724.** If you do so, *you must include payment via one of the credit cards below.*

Your reservations can be charged to:

☐ MasterCard ☐ Visa ☐ American Express

Card No. ____________________ Exp. Date __________

Authorizing Signature ____________________

Thank you for your reservation. As soon as it is processed you will receive by return mail a receipt for your deposit and a notice of confirmation. Please review your confirmation for accuracy.

JANNA FOURNIER

■ *Esalen Institute is a center to explore work in the humanities and sciences that promotes human values and potentials. Its activities consist of public seminars, residential work-study programs, invitational conferences, research, and semi-automomous projects.*

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that no one come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

Esalen Institute is a center to encourage work in the humanities and sciences that promotes human values and potentials. Its activities consist of public seminars, residential work-study programs, invitational conferences, research, and semi-autonomous projects.

Esalen Institute
Big Sur
California 93920

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The ESALEN CATALOG

January–June 1994

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Esalen Institute, Big Sur, California 93920-9616

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Monday, Tuesday, Thursday, Saturday 10 a.m. to 3 p.m.
Wednesday 10 a.m. to 12 noon
Friday 10 a.m. to 5 p.m.
Sunday 12 noon to 5 p.m.

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The Esalen Catalog is published biannually by the Esalen Institute, Big Sur, California 93920-9616.

Subscription Information: Subscription cost for one year is $15 for the United States, $17 for Canada and Mexico, $22 for Europe and South America, and $25 for all other countries.

Although we're delighted to provide you with this issue of the catalog, if you are not currently a subscriber we would appreciate a $5 contribution to defray postage and production costs.

The Esalen Catalog is printed on recycled paper.

A CIRCLE

The incense wants to be one with the scent,
the scent to wrap itself round the incense.
Melody wants to take shape in rhythm,
rhythm turns to melody instead,
feeling looks for a body in form,
form can only find itself in feeling.
The infinite seeks the intimate presence of the finite,
the finite to disappear in the infinite.
I do not know whose scheme this is
in the eternal cycle of beginning and end
that between feeling and form should be this interchange,
that the bound should be on a search after freedom —
freedom asking to be housed in the bound.

— RABINDRANATH TAGORE

◆ FRIENDS OF ESALEN

An Update and an Invitation

Esalen is now thirty-one years old. We find ourselves in a fruitful period as we reexamine our work and clarify our purpose, our values, and our mission. Remaining committed to the ongoing work in Big Sur, we will focus our programs and research in the areas of environmental design, transformative practices, and theoretical work related to the human potential.

We invite you to support us as we develop these programs for Esalen's future.

◆ Environmental Design

This program is built on the work that has previously been done at Esalen and the dreams that have been part of those plans. We would like to expand the existing organic agriculture program, the use of alternative energy sources, and the recycling and sustainability projects. Our aim is to integrate environmental awareness into all decisions, choices, practices, and purchases made by the Institute. An effort will be made to develop alliances with other organizations that are fostering environmental consciousness and ecologically sound design practices. We will also expand the number of public programs, seminars, and conferences devoted to environmental design.

◆ Theory and Research

Esalen will foster strategic alliances with institutes, universities, healing centers, and individuals. We intend to bring people together from a variety of fields and backgrounds for ongoing focused discourse and collaboration. One of our objectives has been to provide support for scientists, scholars, and contemplatives whose work is neglected by mainstream institutions. We remain committed to these people and their endeavors as we work to overcome the fragmentation of knowledge in the diverse field of human potential.

◆ Transformative Practices

Since its very beginning, Esalen has been a center for transformative practices. We will refine and expand these efforts by:

- Bringing transformative practices into a unified curriculum
- Beginning a systematic appraisal of such practices and their effectiveness
- Developing a specialized work-scholar track in transformative practices

Over the years, many people have given to Esalen. These gifts remain part of the Esalen property — the many beautiful trees, the benches, the stonework. Esalen would not be the beautiful place it is without the generosity of so many people.

You may leave your gift unspecified, or choose to designate the project you wish to support. We will keep you updated about each of our projects through the Friends of Esalen newsletter. You will also receive the benefits of being a Friend of Esalen (see page 3).

We hope you will join us as we chart new directions for Esalen's future.

Warmly,

Deborah Miller

Deborah Miller
Coordinator, Friends of Esalen
Director of Development

☐ **Yes, I would like to join the Friends of Esalen as a**

Founders Circle Member	$ 5,000
Group 2000 Member	2,000
Patron	1,000
Sustainer	500-950
Supporter	100-450
Member	$ 35

☐ **Please use my gift for the following (check one):**

Center for Theory and Research	______
Environmental Design Project	______
School of Transformative Practices	______
Esalen Scholarship Fund	______
Esalen Bath House Restoration	______
Other Esalen Project (specify)	______
Use my gift as you see fit	______

Please return this form with your gift in the envelope included in the catalog. Check the box on the outside of the envelope marked "Friends of Esalen."

Esalen is a 501(c)3 nonprofit organization. Your gift is tax deductible to the extent allowable by law.

◆ ESALEN NOTES

Big House Availability

We are now scheduling workshops in our newly renovated Big House. This facility is available to groups of individuals who work together and would like to design their own Esalen program, drawing on our leaders and other resources. Ten bedrooms accommodating up to twenty individuals, ten bathrooms, a kitchen, dining room, and living room make it possible to house group members together, thereby enhancing the retreat environment.

To schedule or discuss possible formats, please contact Pat LeWine, program coordinator at (408) 667-3038.

Friends of Esalen Quarterly Newsletter

The *Friends of Esalen Newletter* is for and about the extended Esalen community. Published quarterly, it covers current events and other items not covered in the Catalog.

Through membership contributions, Friends of Esalen support the scholarship fund, the Friends network and newsletter, and other Esalen projects. In return, the Friends receive *The Esalen Catalog* three times a year, the quarterly *Friends Newsletter*, and opportunities to appear in the Friends Network Directory and to attend the annual Friends' workshop.

Esalen's Friends include people in 22 countries, from Big Sur to Nepal. If you would like to join us, please complete and return the membership form on page 55, or complete inside flap of envelope insert.

A Special Opportunity for Friends of Esalen

To celebrate the publication of Michael Murphy's book, *The Future of the Body*, we are offering an opportunity to become a Friend of Esalen for a gift of $100 or more and receive an autographed copy of Michael's book with the inscription of your choice. You will also receive the *Friends Newsletter*, Directory, and the opportunity to attend the yearly Friends' workshop. Please send your check to Friends of Esalen, Esalen Institute, Big Sur, CA 93920.

JOYCE LYKE

The Esalen Catalog (1962-1992) available via the Education Resources Information Center (ERIC)

Since 1962 there have been 103 issues of *The Esalen Catalog*. A Friends of Esalen project, organized by Ted Brandhorse and Deborah Miller, has collected these issues and entered them into the bibliographic database of the U.S. Department of Education's Educational Resources Information Center (ERIC), where it is identified by the Accession Number/Order Number ED 347118. ERIC records are announced in the monthly abstract journal *Resources in Education* (RIE) and the entire database can be searched online via DIALOG and BRS, and on CD-ROM via SilverPlatter and DIALOG products.

Anyone interested in The Esalen Catalog as human potential movement historical source material for research purposes can now obtain the complete thirty-year set from ERIC's document delivery arm, the ERIC Document Reproduction Service (EDRS, 7420 Fullerton Road, Suite 110, Springfield, Virginia 22153-2852; 1-800-443-3742).

◆ Aldous Huxley Centenary Conference

Aldous Huxley will be honored on the centenary of his birth at the conference "Children: Our Ultimate Investment." The conference will be presented by Laura Huxley and held in Los Angeles at the Wilshire Ebell Theatre on April 28 through May 1, 1994. Keynote speakers will include Joan Borysenko, David Chamberlain, Ram Dass, Piero Ferrucci, John Robbins, Chungliang Al Huang, Laura Huxley, Ashley Montagu, Michel Odent, Brother David Steindl-Rast, Michael Murphy, and Jean Houston. The conference is sponsored by the nonprofit organization "Our Ultimate Investment," founded by Laura Huxley in 1977.

The plenary sessions on April 30th will be dedicated to Aldous Huxley. Friends and scholars will speak about their relationships with Aldous and the impact he had on their lives. "The purpose of Aldous's work," says Laura Huxley, "was to remind us that we have choices, and that a saner and more loving society is a possibility. This conference is a pragmatic confirmation of that purpose." For tickets or information call or fax (213) 461-8248.

✦ RESERVATION INFORMATION

Phone

Making Contact with Us: Since it can be difficult to get through by phone, we encourage you to read the catalog and mail or fax your reservations. Our fax number is (408) 667-2724. Fax the reservation form and include your credit card information. (The fax line is for Esalen business purposes only, not personal correspondence.)

If you prefer to make your reservations by phone, please be prepared with your completed reservations form and your credit card when you call. Our reservations number is 408-667-3005. We know that all calls to Esalen are long distance; we will be as efficient as possible. Please be patient so that we can give you complete information and our best service.

Note: *Room and Board reservations must be made by phone, not by fax machine.*

Fees

Please Note: ***The price of a workshop includes room and board.***

Fees and Reservations: Pre-registration, by mail or phone, is required prior to arrival. A registration form is provided on page 68. Our address, phone numbers, and reservation hours are on the inside front cover. Since workshops fill quickly, it is advisable to sign-up as early as possible. In order to reserve a space in any workshop, we require full payment or the following deposits:

Weekend:	$150	19 to 21 days:	$450
5 to 7 days:	$250	More than 21 days:	$600
12 to 14 days:	$350		

Deposits are payable in U.S. currency only. Overseas residents must pay by checks drawn on U.S. banks or use a credit card. Balance of payment is due on arrival. (Please see page 5 for information on discounts and reduced rate options.)

Please indicate your second choice for a workshop in case your first choice is cancelled and we are unable to reach you. Workshop fees cover tuition, food, and lodging. Rooms and bathrooms are shared by two or more persons. Camping on the grounds, either in tents or campers, is prohibited. We do not have parking space to accommodate RVs.

Accommodations

Standard Accommodations: This is shared housing with two or more persons per room. In some cases, bathrooms are shared. Couples will always be housed together. The rates listed with the workshop descriptions throughout the catalog refer to these shared, standard accommodations.

7-Day Rate, per person	5-Day Rate, per person	Weekend Rate, per person
$1110	$740	$380

Bunk Bed Rooms: Bunk beds are available for seminar participants who are willing to share a room with three or more persons. There are a limited number of these spaces, which are reserved on a first-come, first-served basis.

$845	$550	$300

Sleeping Bags: Sleeping bag space may be available for workshop participants. Please inquire when you make your reservations.

$570	$375	$200

Own Accommodations: If you are staying off the property the following rates apply:

$660	$425	$235

We would like to remind you that scholarship assistance is available; refer to "Scholarship Information" as well as "Reduced Rate Options and Discounts" for other economical ways of staying at Esalen.

Ongoing Residence Program

Offered beginning mid-September and ending mid-June, the Ongoing Residential Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A minimum stay is 26 days (four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay with weekends free to enjoy room and board. Occasionally workshops are cancelled, so second choices are advised.

The cost is $3195 per 26-day-period for standard accommodations and $2520 for bunk bed rooms.

Room and Board

Occasionally, when beds aren't needed for seminarians, room and board is available. This gives visitors the opportunity to enjoy the grounds, the baths, and massage without participating in a workshop. Accommodations are standard (2 or 3 per room) or bunk bed (4 or more per room). Not all rooms have private baths. Room and board rates include dinner on the day of arrival and breakfast and lunch on the following day. We require full payment at the time of reservation. This payment is nonrefundable and nontransferable.

For a room and board stay between Sunday and Thursday, please call us no sooner than the Thursday before for room availability. For a Friday or Saturday night stay, please call no sooner than the Sunday before. The following rates are per person, per day.

	Weekend (Friday and Saturday nights)	Weekday (Sunday through Thursday nights)	(Two or more weekdays)
Standard Accommodations (2 or 3 per room):	$125	$105	$90
Bunk Bed (4 or more per room):	$85	$80	$70

Cancellation Policy

Cancellation and Refund Policy: If you cancel or change any part of your reservation at least five full days before the start of your workshop, your nonrefundable deposit, less a $30 processing fee, will be transferred to a credit account to be used within one year. If you cancel with less than five days' notice, you forfeit your entire deposit. If you have prepaid your entire reservations fee, we will retain the deposit, as above, less the $30 processing fee, and return the balance to you. (*Please note*: Wilderness Programs has a different cancellation and refund policy.)

If you have applied for a scholarship and we are unable to give you any assistance, we will, at your request, refund your deposit in full if you cancel your reservations at least five full days prior to the start of your workshop. If we are able to give you assistance and you cancel your reservations as above, we will return your deposit, less a $30 processing fee, unless you wish to transfer that deposit, less the processing fee, to a credit account to be used within one year. If you cancel with less than five days' notice, you forfeit your deposit.

Scholarship Information

Esalen is able to provide some scholarship assistance to workshop participants in exchange for a work commitment (usually in the kitchen or cabins) as follows:

	Assistance	Work
Weekend	$50	4 hours
5-9 days	$100	8 hours
12-14 days	$200	16 hours
14+ days	$300	24 hours

If this arrangement is desired, please check "Standard Scholarship" on the reservations form. If additional assistance is needed, please check "Other Scholarship" and write a brief note of explanation (type or print). If a scholarship is approved, it will be noted on your confirmation. Due to the number of requests we receive, we can only provide one scholarship per person per year.

Reduced Rate Options and Discounts

If you pay in full at the time you make your reservations, you will receive a $10 pre-payment discount per workshop and be eligible for express check-in upon arrival. This discount does not apply to scholarship recipients or sleeping bag accommodations.

Senior Citizen Discount: Esalen offers a special discount to individuals over 60 years of age. The discount for a weekend workshop is $25; for a five-day or longer workshop, it's $50. Please request this discount at the time of registration. When you complete the reservations form on page 68, please indicate the discounts for which you qualify. If you qualify, and you make your reservations by phone, be sure to ask for this discount. (Please note: Senior discounts are not available for the Work Study Program.)

Family Rates: Two full-paying adults housed in standard accommodations may have their children in the room for a meal charge of $19 per child per day ($9 for children under six). Note: If children are enrolled in Gazebo School/Park or an Esalen workshop, additional fees are required. Contact the Gazebo, (408) 667-3026, for information regarding their fees.

The Gazebo School Park Early Childhood Program

The Gazebo School Park is a unique educational experience for children one to six years. It is open year-round and has an average of 15 to 20 children in attendance each day.

The Early Childhood Program is available to seminarians who would like childcare at Esalen. Child care is provided during workshop hours only. Daytime activities for the children include gardening, pony rides, learning about animal care, exploring nature, a real boat, the magic castle, and an Indian tepee. Evenings are spent in the Gazebo Farmhouse with a teacher engaged in activities that are age appropriate, such as reading, learning and playing with the computer, baking, arts and crafts, or building-block play.

Reservations should be made a least a month in advance. Call the Gazebo Farmhouse, (408) 667-3026, for more information and reservations.

Weekend	$200
Week	$400

Internship Program: This is a three-month program for those who wish to have intense exposure to life at the Gazebo School Park and its unique educational resources. The Internship Program offers experience with children, the Gazebo environment and its teaching philosophy. Applicants must have completed at least three work scholar months at Esalen before being considered for this program.

Call the Gazebo Farmhouse, (408) 667-3026, for more information or reservations.

First month	$400
Second month	$350
Third month	$300

Seminarians as Volunteers

Seminarians in residence at Esalen are invited to contribute one or two hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out.

Transportation to Esalen

Bus Service: On Fridays and Sundays we have van service from the Monterey Greyhound stop leaving at approximately 3:45 p.m. and from the Monterey Airport at approximately 4 p.m. If you plan to use this service, please inform the Esalen office at least 24 hours prior to your arrival. The $25 one-way fee (subject to change) is payable to the Esalen office when you check in. Return reservations may be made at that time. The only departing van service from Esalen is on Fridays and Sundays at approximately 5:30 p.m.

Checking In

Check-in and Meals: Weekend programs begin with dinner on Friday and end with brunch on Sunday. Five-day and longer programs begin with dinner on Friday or Sunday and end with lunch on Friday or Sunday. Check-out time is noon on departure day. Rooms become available at 4 p.m.; however, guests are welcome to arrive anytime after 2 p.m.

F. Y. I.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are baked at Esalen.

For your safety: Please bring a flashlight for use at night while walking on the grounds.

Health Services: We are unable to provide medical supervision or pharmaceutical supplies. If you are on a health-care program and you plan to spend several weeks at Esalen, please arrive prepared to administer to your health-care needs.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Lost and Found: To inquire about items left behind from your Esalen visit, call (408) 667-3019.

Guests: Seminarians are not allowed guests on the property during their stay.

Pets: No pets are allowed on the property.

Smoking: Smoking is not permitted in any of our accommodations or meeting rooms.

✦ GUIDE TO WORKSHOPS

This is a guide to the workshops offered in this catalog. Although many of the them could be cross-referenced, most are listed only in their main subject area. We recommend that you read the workshop description before deciding to register. If you have never been to Esalen or taken an Esalen workshop, you might want to consider the "Experiencing Esalen" workshop scheduled throughout the catalog and listed in the Integral Practices section of this directory. Please call the Esalen office if you have questions concerning a workshop: (408) 667-3000 or 667-3005.

✦ THE ARTS / CREATIVITY

December 31-January 2 • Music for Everyone: Finding Your Long-Lost Musician
January 2-7 • The Tao of Music Improvisation & Movement Meditation
January 2-9 • The Painting Experience
January 9-14 • Body Poetry East & West
January 14-16 • Powerfully Presenting Yourself
January 16-21 • Creating is a Joy
February 11-13 • Poetry, Silence & The Heart's Desire
February 18-20 • Feldenkrais & Musical Improvisation (Or You Don't Have to Suffer to Sing the Blues)
February 20-25 • Writing through Loss
February 25-27 • Prisons, Passions & Play
February 27-March 4 • Language of the Drums: African Percussion, Chanting, and Dance
March 4-6 • The Language of the Drum: Advanced Level
March 6-11• The MAX: Stretching the Limits of Your Self-Expression
March 13-18 • Exploring Nirvana and Salvation through Film
March 18-20 • Writing about Self and Family: A Personal Investigation
March 20-25 • Creative Arts Center at Esalen
March 27-April 1 • Wild Heart Dancing
April 1-3 • Creative Arts Center at Esalen
April 1-10 • The Painting Experience
April 3-8 • Play, Spontaneity & Performance Art
April 10-15 • TA KE TI NA : The Forgotten Power of Rhythm
April 15-17 • Writing About Our Lives: A Workshop for Women
April 15-17 • Singing Gestalt: Solo or Duet
April 24-29 • Pilobolus Technique: Choreographic Creation
April 29-May 1 • Natural Genius: An Authenticity of Being
May 1-6 • Watercolor: A Window into Nature and the Self
May 20-22 • Shaping a Sacred Vessel: The Art of Basketry
May 27-29 • African Dance: Expressions of Spiritual Energy
May 27-29 • Creative Writing Brainstorming
May 29-June 3 • Acting is Doing
May 29-June 3 • Vision Painting
June 17-19 • Story Magic and Jewish Intuition

✦ BIOFEEDBACK / HYPNOSIS

February 6-11 • Awakened Mind: Five-Day Brainwave Training Intensive
March 27-April 1 • Enhancing Communication Hypnotically
April 17-22 • Self-Hypnosis: Methods, Practice, and New Learning with Brainwave Feedback
May 20-22 • The Awakened Mind: Brainwave Training
May 22-June 17 • Certification in Clinical Hypnosis

✦ BUSINESS / SOCIAL RESPONSIBILITY / ECOLOGY

January 7-9 • Regenerative Architecture: Making Nature Visible through Design
January 30-February 4 • Soul, Spirit & Society
February 25-27 • When Success is Not Enough
March 25-27 • Gestalt in the Workplace and in Your Life
April 8-10 • A Weekend with Tom Haydn
April 22-24 • The Art of Leadership: Excellence in Business, Management & Communication
April 29-May 7 • Big Sur Wilderness Journey: From Esalen to Tassajara Zen Mountain Center
May 6-8 • The Personal is Political: Interfacing Personal Growth & Social Action
May 15-20 • Big Sur Wilderness Experience
May 20-22 • Building a Successful Career as a Writer, Public Speaker & Consultant to Business & Industry
June 5-10 • Mountains & Waves
June 10-12 • Finding Inspired Work in Midlife
June 17-19 • Big Sur Wilderness Experience

✦ CONTEMPLATIVE / SHAMANIC

January 2-7 • Mending the Fragmented Self through Soul Retrieval and Shamanic Practices
January 16-21 • Cross-Cultural Shamanic Practices
January 21-23 • Introduction to Vipassana Meditation
January 28-30 • Walking the Labyrinth: Reflecting on the Spirit in our Lives
January 30-February 4 • Soul, Spirit & Society
February 11-13 • Fire in the Earth: Poetry, Silence & the Heart's Desire
February 13-18 • Opening to Spirit
February 13-25 • Advanced Training in Shamanism and Shamanic Healing
February 18-20 • Toward Waking Up: Cultivating Mindfulness
February 20-25 • Turning on the Light: A Choice to Live Consciously
February 27-March 4 • Soul Dramas: Past Life Regression & Spiritual Healing
March 6-11 • The Path of Transformation through Meditation
March 11-13 • Yoga Works: Tools for Well-Being
March 13-18 • A Modern Shamanic Initiation
April 3-8 • Midlife Crisis as Spiritual Emergence
April 8-10 • Joy is the Journey: Hatha Yoga & More
April 10-15 • Advanced Holotropic Breathwork & Meditation
April 17-22 • Nature and Contemplation
April 22-24 • Healing the Grief of Human Relationship: The African Shamanic Perspective
April 24-29 • Dzogchen: A Silent Meditation & Self-Inquiry Retreat
May 1-6 • Yoga: A Week of Learning and Rejuvenation
May 6-8 • Introduction to Vipassana Meditation
May 8-13 • Turning on the Light: A Choice to Live Consciously
May 13-15 • Buddhism and Deep Ecology
May 13-15 • The Way of the Lover
May 22-27 • Through a Glass, Darkly
June 12-17 • ISHTA: The Yoga of Empowerment
June 26-July 1 • The Subtle Art of Meditation

◆ DREAMS

December 31-January 2 • Exploring the World of Lucid Dreaming
January 14-16 • Learning the Craft of Dreamwork
May 22-27 • Dreaming: The Magic Mirror that Never Lies

◆ HEALTH / HEALING

January 9-14 • Chakra Integration: A Total Approach to Health
January 16-21 • Creating Exact Moments of Healing
January 23-28 • Spiritual Dimensions of Healing
March 20-25 • Spiritual Healing: Laying-on-of-Hands
March 27-April 8 • Emotional Healing: From Codependence to Aliveness
April 3-8 • The Healing Crisis: Fasting as a Pathway
April 15-17 • Caring for the Dying
May 6-8 • Medicinal Herbology: An Esalen Garden Workshop
May 20-22 • Acupressure Energy Workshop
May 29-June 5 • Healing from Sexual Abuse: A Seven-Day Intensive for Survivors
June 5-10 • Healing the Heart
June 10-12 • Optimum Health: Theory & Practice
June 26-July 1 • Starting to Heal Yourself

◆ INTEGRAL PRACTICES

January 14-16 • Experiencing Esalen
February 18-20 • Experiencing Esalen
February 25-27 • The Vision and Practice of Human Transformation
March 25-27 • Experiencing Esalen
April 22-24 • Experiencing Esalen
May 8-13 • Five-Day Lomi Intensive
June 17-19 • The Vision and Practice of Human Transformation
June 17-19 • Experiencing Esalen

◆ INTUITIVE DEVELOPMENT

January 21-23 • Boundaries & Relationships: Principles from Aikido & Intuition Training
January 28-30 • Psychic Self-Defense
March 4-6 • Practical Intuition: Introduction
March 18-20 • Sensory Awareness
May 27-29 • Experiencing Psychic/Intuitive Abilities

◆ MARTIAL ARTS / SPORT

January 2-7 • The Tao of Music Improvisation and Movement Meditation
January 7-9 • Embrace Tiger, Return to Mountain (Tai Ji Intensive)
January 21-23 • Boundaries & Relationships: Principles from Aikido & Intuition Training
February 11-13 • Mastering the Competitive Mind
March 25-27 • Essential Tai Ji: Body-Mind-Spirit in Action
March 27-April 1 • T'ai Chi Ch'uan: An East/West Approach
April 15-17 • The Modern Warrior
April 24-29 • Golf in the Kingdom: An Exploration of the Inner Game
May 6-8 • Harmonizing with the Spirit of the Universe: Aikido as an Integral Transformation Practice
June 5-10 • Golf in the Kingdom: An Exploration of the Inner Game

◆ MYTH / RITUAL

January 7-9 • Practical Application of Ancient Initiatory Mysteries
February 11-13 • Your Deep Mythology: Tap into Its Magic
February 25-27 • Ritual, Ecstasy & Women's Spirituality
March 11-13 • Rituals of Transformation
March 20-25 • The Joseph Campbell Foundation: A Mythological Toolbox
April 17-22 • Meeting the Madwoman & The Reindeer Woman
May 15-20 • Mythmakers: Discovering the Healing Power of Images
June 19-24 • Ceremony

◆ PHILOSOPHICAL INQUIRY / INTELLECTUAL PLAY

February 4-6 • The Chaos Revolution
February 6-11 • Belonging to the Universe
February 11-13 • The Light at the End of History
February 27-March 4 • The Russian Idea: Why Is It So Appealing?
April 1-3 • Crazy Wisdom: A Weekend of Philosophy & Laughter
April 8-10 • Cosmos & Psyche
April 22-24 • Voice in the Head: Conversation at the Edge of Magic

◆ PROFESSIONAL TRAINING PROGRAMS

January 16-28 • Creative Bodywork: An Advanced Workshop
February 27-March 27 • 28-Day Massage Practitioner Certification Program
March 4-6 • Clinical Program for Professionals: Treatment of Post-Traumatic Stress Disorder & Dissociative Disorders
March 13-18 • Bodywork Intensive: Strategies for Healing Post-Trauma Stress
April 24-29 • Clinical Program for Professionals: Integrating Gestalt, Self Psychology, and Mind-Body Healing
May 1-6 • Imagery Training for Health Care Professionals
May 20-22 • Refilling the Chalice: Time Out for Healers
May 22-June 17 • Certification in Clinical Hypnosis
June 3-5 • A Symposium for Bodyworkers, Health-Care Providers & Movement-Oriented Practitioners
June 12-17 • Renewal: A Hands-On Workshop for Health Professionals

◆ PSYCHOLOGICAL PROCESS

December 31-January 2 • Renewal: New Beginnings in Midlife
December 31-January 2 • Completion and Continuance
January 2-7 • Feeling and Innovation
January 9-14 • Sexual Abuse Survivors: Specific Stretegies for Body, Mind & Spiritual Healing
January 14-16 • Creative Aging
January 21-23 • Advanced Gestalt Practice
January 21-23 • The Evil Eye: A Workshop on Envy
January 23-28 • Gestalt Practice
January 28-30 • A Weekend with David Schiffman
January 28-30 • A Healing for Healers
January 30-February 4 • Self-Empowerment and Purification: The Farther Reaches of Gestalt Therapy
January 30-February 4 • Accepting Life's Transitions: Letting Go—Moving On

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February 4-6 • Toward a Common Language: Psychotherapy and 12-Step Recovery
February 13-18 • Playing the Edge
February 20-25 • Making It Float
February 20-25 • Writing through Loss
March 4-6 • Courage
March 6-11 • Changing One's Life
March 6-11 • The Art of Saying Goodbye
March 11-13 • The Core Self: The Heart of the Matter
March 13-18 • Gestalt Practice
March 18-20 • Gestalt Practice: The Art of Being Present
March 20-25 • Sanctuary
March 25-27 • Coming Out, Coming In: Defining Oneself within the Group
March 25-27 • Gestalt in the Workplace and in Your Life
March 27-April 8 • Emotional Healing: From Co-Dependence to Aliveness
April 1-3 • Introduction to Gestalt Practice
April 8-15 • Gestalt Practicum
April 10-15 • Self-Esteem through Endarkenment
April 15-17 • Settling with Oneself
April 24-29 • Change & Self-Esteem
April 29-May 1 • The Six Pillars of Self-Esteem
May 1-6 • A Week with David Schiffman
May 13-15 • Time-Shifting: Creating Time for Your Life
May 15-20 • Accepting Life's Transitions: Letting Go — Moving On
May 22-27 • Feeling and Innovation
May 27-29 • Accepting Life's Transitions: Letting Go — Moving On
May 29-June 3 • Self-Empowerment and Purification: The Farther Reaches of Gestalt
May 29-June 5 • Healing from Sexual Trauma: A Seven-Day Intensive for Survivors
June 5-10 • Healing the Heart
June 10-12 • Introduction to Gestalt Practice
June 12-17 • The Practical Art of Creative Risk-Taking
June 24-26 • A Weekend with David Schiffman
June 26-July 1 • A Week with Seymour Carter

RELATIONSHIPS

January 7-9 • Reinventing Love
January 9-14 • The Art of Talking and Listening
January 14-16 • Intimate Connections
January 23-28 • Tantra: The Art of Conscious Loving
January 30-February 4 • Partnerships of Love & Work: The Enneagram of Relationships
February 4-6 • Journey to a Conscious Partnership
February 6-11 • Couples Workshop
February 25-27 • A Workshop for Couples: Independence & Intimacy
March 11-13 • A Workshop for Couples
March 27-April 1 • Coming Out & Coming Into Relationships
April 24-29 • Relationships: Letting Go — Moving On
May 8-13 • Tantra: The Art of Conscious Loving
May 13-15 • Keeping a Good Relationship Alive
June 5-10 • Couples Workshop

SOMATICS

December 31-January 2 • Weekend Massage Intensive
January 9-14 • Chakra Integration: A Total Approach to Health
January 16-28 • Creative Bodywork: An Advanced Workshop
January 28-30 • Weekend Massage Intensive
January 30-February 4 • Sports Massage
February 4-6 • Somatics: Mastery of Muscles and Emotions
February 6-11 • Five-Day Massage Intensive
February 13-18 • Craniosacral System: Basic Workshop
February 27-March 4 • Toward an Embodied Wisdom
February 27-March 27 • 28-Day Massage Practitioner Certification Program
March 18-20 • Spring Shake-Up
April 17-22 • Five-Day Massage Intensive
April 29-May 1 • Massage Intensive for Couples
May 6-8 • Integrating Jungian Spirituality and Alexander Bodywork
May 13-15 • The Rosen Method®: Bodywork and Movement
May 15-20 • Continuum
May 15-20 • Intermediate Massage Intensive
May 22-27 • Hands On: The Roots of Rhythm through Drumming and Massage
June 3-5 • A Symposium for Bodyworkers, Health-Care Providers & Movement-Oriented Practitioners
June 10-12 • Freeing Our Bodies/Our Selves through Movement: A Feldenkrais® Approach
June 17-19 • Weekend Massage Intensive
June 24-26 • Awakening the Wisdom of the Body
June 24-July 1 • Cortical Reeducation® and the Feldenkrais® Method

WOMEN'S STUDIES

January 2-7 • A Retreat for Women of Experience: Midlife and Beyond
April 17-22 • Meeting the Madwomen & The Reindeer Woman
May 8-13 • Celebrating Midlife Discoveries: Women and Aging
June 24-26 • Positive Approaches to Menopause

✦ ESALEN SEMINARS

JOYCE LYKE

Please Note: *January and February workshops were also listed in the previous catalog. If you are planning to register for a workshop during those months, please call the office to ensure that there is still space available.*

Continuing Education Credit: *There is a $10 processing fee for workshop participants receiving a CEU certificate.*

Weekend of December 31–January 2

Weekend Massage Intensive

George King & Ingrid May

Participants will be instructed in basic methods used in giving a pleasurable and beneficial massage. Fundamental elements of bodywork, such as breath awareness, grounding, movement, quality of touch, and stress reduction will be introduced. The workshop is available to beginners as well as those who wish to brush up on their massage skills.

C. E. credit is available for nurses; see pages 50-52. $380

Renewal: New Beginnings in Midlife

Mark Gerzon

The tradition of making resolutions at the beginning of a new year reflects a deep yearning for growth throughout the life cycle. From work based on his new book about midlife entitled *Coming Into Our Own*, Mark Gerzon invites participants to dig more deeply into the spiritual ground in which our New Year's resolutions may be rooted. The workshop will provide a safe, healing space in which men and women can listen to their own and each other's stories of midlife transformation regarding work, love, health, and spiritual growth.

The purpose of the workshop, however, is to see beyond our own biographies. As in the lives of Jesus, Moses, Buddha, Mohammed, and other spiritual pathfinders, the middle years of adulthood are a time when many of us are deepening our spiritual quest. This is more than an individual quest to come to terms with growing older. It is a transpersonal rite of initiation into another stage of the human journey, into what C. G. Jung called the "second half" of life. $380

Music for Everyone: Finding Your Long-Lost Musician

David Darling

For 21 years the leader's music improvisation workshops have touched many groups of people, including corporate executives, school children, teachers, professional musicians, prisoners, and therapists, and opened their hearts to the mystery of sound. A former member of the Paul Winter Consort, Darling has performed with such diverse artists as Bobby McFerrin, Jan Garbarek, Peter, Paul & Mary, The Western Wind, and Spyro Gyra. His most recent activity includes collaboration as solo cellist on Wim Wenders' movie soundtrack, *Until the End of the World*.

"Music for Everyone" is an adventure into music-making, rhythmic grooving, song writing, laughing, and listening. Regardless of prior experience, this workshop will take you to a deeper, more powerful music level. Bring an instrument or play on David's collection of world instruments. $380

Completion and Continuance

Will Schutz

The leader writes: "I want to use the celebration of New Year's Eve to explore and experiment with several relevant ideas that fascinate me:

- 'You must close the old door before you open the new,' an observation of Elvin Semrad, a training analyst and my teacher for small groups
- 'Some people grow up and others merely grow old,' a comment from *Kings Row*
- Reflect on the wonderful opportunity for annual new beginnings every New Year's Eve
- Muse on age and the passage of time from the perspective of a new bumper sticker, 'I am younger now than I ever will be'."

$380

Exploring the World of Lucid Dreaming

Stephen LaBerge

Dreams are worlds of wonder, where anything imaginable can happen. Unfortunately, most of us sleep through our nightly journeys, unaware of the opportunities available. Only upon awakening do we realize that we have been dreaming.

We are not bound, however, to forever sleepwalk through our dreams. Lucid dreams are dreams in which we know we are dreaming while we're dreaming. Lucid dreamers are fully conscious that the world they are experiencing in the dream is a mental creation, and are completely free to act in the dream without constraints.

Research has shown that people can develop the skill of lucid dreaming, and that it can profoundly affect our brains and bodies. Participants will learn techniques for inducing lucid dreams and explore its uses: self-exploration, creative problem-solving, enhancing self-confidence, healing, adventure, and self-integration leading to transcendence.

The scope of the seminar will extend beyond dreams and dream lucidity to provide an understanding of the nature of our experience of the world and our perceptions of "reality." Discussions will explore the possibility of comprehending all perceptions as illusory and waking realities as mental constructions very much like dreams.

The seminar is intended for avid dreamers and people seriously interested in self-exploration and the enhancement of consciousness.

Recommended reading: LaBerge, *Lucid Dreaming*, and LaBerge & Rheingold, *Exploring the World of Lucid Dreaming* (both, Ballantine). $380

Week of January 2–7

A Retreat for Women of Experience: Midlife and Beyond

Lenore Lefer & Anne Yeomans

The gifts of woman are many. They have too often been undervalued and made invisible until we cannot see them ourselves. Today, more than ever, the earth needs these gifts.

This is an opportunity for women in midlife and beyond to come together to explore the issues that are on their minds and in their hearts. What are the challenges we each face? How can we support each other in reclaiming and honoring our passion, our tears, our outrage, our laughter, and our beauty? How can we express our deepest values at this time in our lives?

The workshop will include time to speak and tell our stories, and time for silence. Each day will include periods of hatha yoga, walking meditation, and group process.

Themes to be explored include:

- Cultural perspectives on the older woman
- Issues of loneliness and companionship
- The wisdom of the body
- Sexuality and intimacy
- Menopause
- Power and self-expression
- Self-care in the midst of responsibilities
- Spiritual questions of midlife.

It is our hope that these days together will strengthen our trust and renew our spirit, so that we can return to our lives with more joy, more tenderness toward ourselves and others, and more boldness in living all that is important to us. $740

The Tao of Music Improvisation and Movement Meditation

Chungliang Al Huang & David Darling

The leaders will continue their traditional New Year's celebration with music and Tai Ji during the southern migration of gray whales and monarch butterflies. Chungliang Al Huang will lead participants each morning in Tai Ji meditation and Chi Gong breathing exercises in the fresh ocean air while David Darling plays Bach on the cello. Everyone is invited to rediscover the fundamentals of creative expression and the revitalization of body, mind, and spirit through Tai Ji dancing and music.

Recommended listening: Darling, *Cycles* and *Journal October* (both, ECM), *Minor Blue and Rhythm and Blues Suite* (both, Music for People (203) 672-0275).

Recommended reading and viewing: Huang, *Embrace Tiger, Return to Mountain* and *Quantum Soup: Fortune Cookies in Crisis* (both, Celestial Arts); Living Tao Videos (217) 337-6113). $740

Feeling and Innovation

Dale Cummings & Karel Samson

Discovering creative solutions in our personal and occupational lives can transform leisure and work and enliven our experience. Webster defines feeling as "the capacity to respond emotionally" and innovation as the "introduction of something new." How these two themes interconnect will be the focus of this workshop.

Participants will use neo-Reichian methods of emotional release, exercises in creativity and innovation, role-playing, and discussion. A period of individual work in a small group setting will provide a safe environment of emotional support. As negative feelings are worked through, active creativity can emerge.

Through its focus on feelings and creativity, this workshop offers encouragement and practical ideas for reinvigorating personal and organizational experiences and for pursuing innovation and new (ad)ventures in daily life.

C. E. credit is available for nurses; see pages 50-52. $740

Mending the Fragmented Self through Soul Retrieval and Shamanic Practices

Sandra Ingerman & Carol Proudfoot-Edgar

Shamanism is the oldest spiritual system used for healing, problem-solving, and the general well-being of both the individual and the community. From a shamanic perspective, emotional and physical "dis-spiritedness" often results from "soul-loss," a trauma that keeps us dissociated from life, our bodies, our relationships, and from feeling our connection with the natural world.

This workshop will involve both soul retrieval and shamanic methods for integrating retrieved parts. Workshop space is available for 12 participants to have a private session with a workshop leader who will act in the role of the shaman to spiritually retrieve parts lost in life traumas. Workshop space is also available for others who have already had a soul retrieval done.

The major focus of the workshop involves elements of core shamanism and practices involved in the reintegration of retrieved parts. The shamanic journey method and other practices for accessing important information for one's healing will be taught. Activities will include rituals and ceremonies focusing on release and renewal as each individual discovers their own personal vision of well-being. There will be an emphasis on raising and using the power of our circle for personal healing and growth.

Please bring a bandana, journal, drums, and rattles (if you have them).

Recommended reading: Ingerman, *Soul Retrieval, Mending the Fragmented Self* (Harper Collins).

C. E. credit is available for nurses; see pages 50-52. $740

January 2–9

The Painting Experience

Michell Cassou & Stewart Cubley

It is rare for most people to use painting for its qualities of inner adventure and self-discovery, to paint purely for the process of exploration, not for the result.

The purpose of this workshop is to provide a setting to explore the self through painting — to discover in form and color a powerful tool for uncovering and dissolving blocks to emotional and spiritual expression. Participants will be given the support and stimulation to develop a natural way of painting based directly upon feeling. The work takes place in an authentic studio setting with large white surfaces to confront the creative void, along with a rich spectrum of colors and brushes. The workshop may be of interest to persons involved in a wide variety of disciplines, including art, education, counseling, and meditative practices. No prior experience in painting is necessary. Please bring a smock.

For further information about this workshop, contact: The Painting Experience Studio, 2101 20th Avenue, San Francisco, CA 94116, (415) 564-8515. $1110

(plus $30 materials fee paid directly to the leaders)

Weekend of January 7–9

Embrace Tiger, Return to Mountain (Tai Ji Intensive)

Chungliang Al Huang & Living Tao Staff

This workshop offers New Year renewal with fundamentals of Tai Ji practice. Chungliang Al Huang will share the crystallization of his most essential learnings. He will lead participants in sunrise movement meditation, five elements form, Chinese Chi Gong breathing, and life force revitalization exercises with Taoist philosophical and aesthetic dialogues and discourses.

Join the music, dancing, and celebration!

Recommended reading: Huang, *Quantum Soup: Fortune Cookies in Crisis* and *Embrace Tiger, Return to Mountain* (both, Celestial Arts); with Watts, *Tao: The Watercourse Way* (Pantheon). $380

Practical Application of Ancient Initiatory Mysteries

Gideon Dreyer

Difficulties and obstructions tend to throw us back upon ourselves. During hard times we are often confronted with the parts of ourselves we usually try to avoid. It becomes easy to blame others for our difficulties, and we often deny what is happening in order to avoid dealing with ourselves. Difficult situations arise — that we can't change. But what we can change is the way we react to them, and how we let them affect our lives.

Participants will examine and focus on the tendency to become immobilized when obstacles cross their path. The teachings given to neophytes during initiation rites in ancient India, Egypt, and Greece will be passed on and explored for their practical application in contemporary life. These initiation rites can help each individual reach a personal understanding of what is needed in order to react to difficult times with strength and confidence. The workshop will focus on spiritualizing thoughts, feelings, and actions, and cultivating the will to act accordingly. In this way, external obstacles become an occasion for inner enrichment and education. The workshop itself could be considered an initiation, inasmuch as each participant can emerge from it existentially changed. $380

Reinventing Love

Robert Solomon & Heather Maycock Ogilvy

"Reinventing Love" is an interpersonal probe into the most highly valued of all passions, its promise and its disappointments. The workshop will emphasize the essential creativity of love and the need to express and "reinvent" an emotion that is not torn between defensive individualism and independence. We will explore the myths of love in order to find out why love goes wrong, why we choose the wrong partners, and how to choose the right one in order for love to succeed.

Participants will examine the connection between intimacy and anger, and the fragile connection between love and dependency. Above all, our aim will be to understand why love is so important to us and why it cannot be abandoned. $380

Regenerative Architecture: Making Nature Visible through Design

Sim Van der Ryn

Is it possible to design environments — buildings, neighborhoods, cities — integrated into the beauty and function of living nature? How can nature and transformative processes — including human consciousness — serve as a model and analog for the design of human environments that, like nature, live off solar income, create no wastes, and provide biodiversity?

This workshop is for anyone interested in the principles of creating whole, healthy environments. We will examine ways to weave basic natural processes and cycles — food and energy production, waste and water recycling— into the design of everyday life in homes, neighborhoods, and cities, thus reuniting production, consumption, and reuse in ways that inform and develop a new ecologically-based aesthetic. The instructor will illustrate with examples from his own architectural and sustainable design practice.

The Esalen environment will be used as a study site to examine design opportunities and our own awareness of environmental processes and the many possibilities for living in harmony with them. $380

Week of January 9–14

Body Poetry East & West

Chungliang Al Huang
& Brother David Steindl-Rast

Both Chungliang and Brother David have given many workshops at Esalen. This is the first time, however, that these longtime friends are offering an Esalen workshop together. As two bridge builders between East and West, they will lead participants in exploring the ancient metaphors of fire, water, wood, metal, and earth through Tai Ji body movement and the play of poetic imagination.

Esalen provides a unique environment for this weeklong celebration of life: ocean, garden, hot springs, ancient trees, and human companionship all help us to find once again the hidden springs of aliveness and to release the powers of creativity. $740

Sexual Abuse Survivors: Specific Strategies for Body, Mind & Spiritual Healing

Carolyn Braddock

Countless numbers of children consider the exploitation of their bodies part of their formative experience. Trusted adults assault, neglect, and sexually abuse them, leaving physical and emotional scars. During sexual abuse/assault, the body is the scene of the crime. Consequently, body sensations may be blocked and a protective body belief system develops. The child learns very early not to have a voice. Focusing on body, mind, and spiritual intervention, this seminar adds new body-focused dimensions to traditional strategies in dealing with those who have experienced sexual abuse.

Professional counselors and others need special skills to work with these victims/survivors. The survivors themselves need to develop procedures to overcome the physical and emotional consequences of being abused. Seminar participants will learn a unique form of body-centered intervention. The focus will be on several different ways in which survivors have embodied the sexual abuse and ways of working with each embodiment through breath, sound, and movement. This approach is applicable for the traditional psychotherapist, body worker, and those in the medical profession.

Participants will explore the survivor's body, mind, and spiritual belief systems, and the physical and behavioral manifestation of moving beyond these experiences. The importance of understanding the various dimensions of a person's reactions, especially body reactions, to sexual abuse is the key to developing predictive tools and guidance for the intervention process.

The leader will present specific body-centered intervention strategies and will detail patterns of child abuse and neglect, family dynamics, and body reactions. Participants will be actively involved in intervention demonstrations, discussions of ethical issues and case presentations from a body-oriented perspective. The focus will be on individual and group process with some time devoted to legal issues. Breathwork, sound, movement, gestalt, bodywork, Tai Ji, role-playing, and creative cognitive work will also be used, creating a balance between work and play.

Note: *This workshop is for professionals, those in training, and others who are interested in a new body-oriented approach to working with sexual abuse survivors.*

Recommended reading: Braddock, *Bodyvoices: Using the Power of Breath, Sound, and Movement to Heal and Create New Boundaries* (Page Mill); Hendricks, G. & K., *Conscious Loving* and *Radiance* (both, Bantam); and Covington, *Awakening Your Sexuality*.

C. E. credit is available for nurses; see pages 50-52. $740

Chakra Integration: A Total Approach to Health

Laurie Lioness Parizek
& The Esalen Teaching Staff

This workshop addresses everyone but is of special interest to health-care workers, physicians, nurses, chiropractors, bodyworkers, and those interested in developing a working knowledge of the chakra system.

Chakras are vital life-enhancing centers that have their roots in the physical body, along the spine and deep in the brain. When open, they blossom like energetic flowers. When balanced, they refine the mainstream current of energy in the central nervous system and integrate the physical, spiritual, and energetic life of each individual.

This workshop will use meditation, sound, supportive hands-on work, and sensitive touch to balance the chakras and the mainstream spinal current. The aim is to gently and consciously open the channel that connects the earth to the heavens in each one of us. Experiences will be both private and shared. There will be an emphasis on centering, grounding, and breath practices.

Gentle, energetic touch, healing visualizations, a fluid bodywork style, and deep pressure-point release will be explored and integrated. How each participant can use this work with clients and patients, as well as friends and family, will be a focus of the workshop.

Healthy eating patterns that nourish the spiritual as well as the physical will be discussed and encouraged. Meditation will be used throughout the week to bring serenity and a deeper personal understanding and integration of the chakras.

Participants are invited to bring their favorite musical instrument and/or personal healing tools.

Recommended reading: Haas, *Staying Healthy with the Seasons* (Celestial Arts); Brennan, *Hands of Light* (Bantam).

C. E. credit is available for nurses; see pages 50-52 . $740

The Art of Talking & Listening

Mudita Nisker & Dan Clurman

Every day we swim in an ocean of words, talking and listening. Yet many people can barely tread water with their communication skills. Making yourself understood and understanding others is a subtle and precise art, yet it is often a neglected part of our education. Fortunately, you don't have to be a born communicator; it's something you can learn.

This workshop will teach you new ways to deal with many situations from negotiating with your partner, boss, or associates, to engaging your child's cooperation. Using discussion, demonstration, and role playing, participants will explore ways to:

- Give and receive criticism skillfully
- Send clear, concise messages which invite cooperation
- Share difficult to express feelings and still maintain good will
- Improve listening skills even in tough situations
- Identify your key assumptions and their effect on your communication patterns
- Develop non-verbal skills to enhance spoken messages
- Experience more delight in being with others.

This work draws from cognitive psychology, critical thinking, system theory, and Eastern philosophy. The objective will be to help each individual cultivate the ability to identify communication hot spots and work them out constructively. In the process, you can discover your own truth and honor the truth of others.

C. E. credit is available for nurses; see pages 50-52. $740

Weekend of January 14–16

Experiencing Esalen

Experiencing Esalen Staff

This workshop is designed for people who have not previously been to Esalen. Emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. These may include: sensory awareness, gestalt practice, group process, guided fantasy, meditation, massage. There is also time to explore the natural magnificence of the Big Sur coast.

Recommended reading: Perls, *Gestalt Therapy Verbatim* (Real People Press). $380

Powerfully Presenting Yourself

Mary Goldenson (Devarani), Paula Shaw & Robert Corff

Why are some people so inspiring and impactful when they speak? What inhibits us from delivering our message? This workshop will explore the inhibitions to self-expression and communication, and help us move beyond them with more freedom in both our personal and professional lives. It is designed for people who want to develop a more powerful personal and public presentation, and better professional and business communication skills.

Courage, passion, and clarity need not be restricted to rare moments in life. Learn to live your own dream, express yourself more fully, and experience the satisfaction of being more authentic and self-assured.

Workshop leaders combine their expertise in the fields of psychology and the performing arts to guide you through this exciting adventure. The focus will be on self-exploration through individual and group work. Participants will use voice and body to express themselves with more power and passion. This process can help awaken your dreams and invigorate your life. $380

Creative Aging

Cecelia Hurwich

There is no such thing as a typical experience of old age. Late life offers unique opportunities to grow on all levels — cognitive, moral, emotional, and spiritual. It can be the best and most rewarding time of life. Adapting to life's circumstances and developing the power to influence our destiny as we age is to be vitally involved in creative aging.

The leader writes: "My ten-year longitudinal study on vitality and aging reveals four important characteristics present in creative agers: perceiving one's life as meaningful; having close relationships with friends of all ages; continuing to grow; and maintaining one's optimism." During the weekend, participants will learn ways to tap into the characteristics that enhance creativity in later life. There will be a variety of experiential exercises with supportive discussion, focusing on how to incorporate these characteristics into our own aging process.

Participation in this workshop will be valuable for persons who want to explore new approaches to creative aging, as well as people dealing with aging family members and professionals working with older persons. $380

Learning the Craft of Dreamwork

Stephen Aizenstat

Dreams can be imagined as looking-glass parables, each a complex story that reflects the personality and soul of the dreamer. This weekend's program will emphasize the healing potential of dream work. In so doing, the leader will review methods of dreamwork that consider the personal and collective unconscious.

New methods of dreamwork which take into account the world unconscious will be described. The world unconscious is seen as a deeper and broader dimension of the psyche and is imagined to contain the subjective inner natures (and subtle body) of all phenomena. It is believed that these inner subjective properties are reflected in the images of dreams and are, at an essential level, interrelated. It is at this level of the psyche that dream images provide access to an interconnected source of healing energy. This view, grounded in modern research and ancient wisdom, has practical implications for the use of dreams in physical and psychological healing.

Participants will learn how to employ specific methods of dreamwork which honor and actualize the healing potential of the psyche. Common dream themes, nightmares, lucid dreaming, archetypal imagery, and the recurring dream will all be discussed. $380

Intimate Connections

Mariah Fenton Gladis

Creating stable and fulfilling relationships is a challenge that everyone faces. To be successful, human relating must be understood and accepted as an activity, an ability that requires movement, purpose, emotional capacity, and extensive contact skills. People often believe that good relating evolves naturally, but they discover in the routine of living with families, friends, and lovers that, in truth, they have not been adequately prepared to meet the demands of loving relationships.

This workshop will focus on the nature and basic requirements of healthy relationships. It will offer participants opportunities to assess their abilities and disabilities, to develop awareness, and to practice risking positive action with others. It is for anyone who has "hit the wall" in a relationship or who has experieced being stuck at some seemingly impenetrable contact boundary and wants to break through. Particularly helpful for adult children of dysfunctional families, ACAs, and human relations professionals, this experiential and didactic workshop will blend individual and group gestalt work, spiritual healing, body work, and personal metaphor. $380

Week of January 16–21

Cross-Cultural Shamanic Practices

Angeles Arrien

Participants in this workshop will be introduced to shamanic tools from diverse cultures in order to access and empower their inner teacher, healer, visionary, and warrior. The universal healing salves of singing, storytelling, dancing, and silence will be engaged to rekindle the spirit and retrieve any soul loss.

Group members will work individually and collectively to honor ancestor spirits by releasing limiting family patterns, enhancing personal and professional power by speaking with "spirit tongue" (truth-telling), and experiencing shamanic practices that reveal internal mythology, help heal wounds, and adjust imbalances.

This week qualifies as a foundational training for the Four-Fold Way, a cross-cultural shamanic training program by Angeles Arrien. $740

Creating is a Joy

James Fadiman

The body and mind screen and reveal the light blazing inside us. Creating is always self-healing. Real freedom allows real creativity.

Together we will strive to maintain an open flow between ourselves and our creative projects. Mornings we will uncover what inspires, interrupts, defeats, and sustains us. When we need it, we will use teaching stories and beauty-finding exercises.

Afternoons we will work on our own projects, alone or together. Evenings we will share, support, and help one another pry our jewels out of our stones.

Bring projects you are stuck on, working with, or starting. Include whatever you need to do your work, be it paints and canvas, wordprocessors, or carving tools. You just might have a breakthrough. $740

Creating Exact Moments of Healing

Mariah Fenton Gladis

Adult children of alcoholic, dysfunctional, or abusive families (ACAs) must walk a road of recovery that requires determination, life-long commitment, and the creation of specific moments of healing. This workshop offers participants an opportunity to take a major step toward health, helping them define a plan for necessary moments they must create so they

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can move forward, transforming their personal history from one of liability to one of strength and wisdom. Focus will be on the promotion of healing in four fundamental relationships:

- With oneself — developing awareness, freedom from addictions, and healing of the body and soul from the residual effects of trauma;
- With others — improving one's capacity for moving out of isolation and into direct, open communication and trust; expanding intimacy skills while securing healthy boundaries;
- In the world — moving away from chaos and deprivation toward stability and abundance;
- Spiritually — searching for the meaning of one's history and accessing that part of the self that can utilize universal blessings.

This workshkop will be experiential and didactic, blending individual and group gestalt work, music, spiritual practices, and body work. A step-by-step recovery process developed by the leader will be incorporated throughout the workshop. The atmosphere will be one of trust and mutual support. This workshop is also appropriate for professionals who work with ACAs. Please bring a mirror and photographs of yourself at all ages.

C. E. credit is available for nurses; see pages 50-52. $740

January 16–28

Creative Bodywork: An Advanced Workshop

Deborah Anne Medow
& CC. (Carl Chase)

For workshop description, please see Special Programs, page 46-48. $1795

Weekend of January 21–23

Introduction to Vipassana Meditation

James Baraz

Vipassana (Insight) meditation is the practice described by the Buddha for developing wisdom, compassion, and peace. Vipassana, "to see things clearly," means being mindful of what is actually happening in the present moment. Using the breath, body sensations, thought, and emotions as objects of attention, we can learn to be fully awake and bring a balanced awareness to all aspects of our lives.

Through Vipassana meditation we experience the nature of reality as continuous change. When we see that all phenomena are impermanent, we can begin to let go of clinging to the pleasant or avoiding the unpleasant. We are then more capable of meeting each situation with spontaneity, fearlessness, and love. Meditation also teaches us to see in each moment the interconnectedness of all things. Our hearts open to a natural expression of compassion and kindness.

Participants will be introduced to this method of meditation practice and the principles on which it is based. There will be periods of silent sitting and walking meditation, as well as discussion. As we bring attention to all of our activities at Esalen, we will continue to develop mindfulness through the weekend. This will provide a foundation for applying Vipassana practice to everyday life.

C. E. credit is available for nurses; see pages 50-52. $380

Boundaries and Relationships: Principles from Aikido and Intuition Training

Wendy Palmer

By using the body as a reference point, we can experience boundaries energetically in addition to emotionally. Exercises done as a group or in pairs can provide an opportunity to observe our patterns of inter-relating and to practice contacting our bodily intuition. These exercises, derived from the principles of aikido, enable us to train our states of attention, deepen our sense of self, and strengthen our capacity for relationships.

Participants will try to cultivate the "art of not knowing," the "power of not doing, but rather of being." Our masculine side, "the do-er" tends to overshadow our less developed feminine side — the non-active "being." There is a profound power in stillness and vulnerabiliy awaiting our discovery.

No previous knowledge/experience of aikido is needed.

Suggested reading: Palmer, *The Intuitive Body*; and *The Intuitive Body* (videotape). $380

Advanced Gestalt Practice

Christine Stewart Price & Guest Leaders

This workshop is for those people who have previously taken a "Gestalt Practice" workshop and want to return to a no frills group of straight open-seat work. (Please refer to the "Gestalt Practice" description of January 23-28 for more information about introductory workshops.) The group will be limited to ten participants, and each person can count on time for an individual open seat session with one of the leaders. There will be some discussion and group exercises if time allows. This workhop is designed for those participants who have already experienced the value of group work and want to benefit from open-seat sessions — both their own and those of other members of the group.

Recommended reading: Perls, *Gestalt Therapy Verbatim* (Real People Press); Chodron, *The Wisdom of No Escape* (Shambhala).

C. E. credit is available for nurses; see pages 50-52. $380

The Evil Eye: A Workshop on Envy

Kathleen Riordan Speeth

Envy is perhaps the deadliest of the seven deadly sins: it is hatred for the good just because it is good. Yet almost every human being has felt its pangs, or the intense discomfort of being its target. There is the envy of the loser for the winner, of youth for maturity, of women for men and men for women, not to mention power-envy, sibling rivalry, mother-envy, sexual envy, and even spiritual envy. The nursery, the boardroom, and the corridors of power are rife with envy. What to do? Everywhere those who deem themselves "have-nots" live in envy of those they perceive as "haves." In this atmosphere of dissatisfaction, ill-will abounds.

During this weekend we will study the plight of feeling envy or being envied, and explore ways to prevent its destructive effects. Fear of being envied diminishes creativity and compassion. What is the best strategy? Confrontation? Withdrawal? There must be better ways.

The experience of envy itself, its lineaments and worries, its night anguish and day slips, will be exposed so that healing can begin. There are ways to use envy energy for the betterment of all. The possibilities of constructive repentence and reframing, of emulation and goodwill, are always available. Envy is despair of ever grasping the good — yet abundance is a choice and a frame of mind that is always available to those who wish it.

The antidote to envy is lovingkindness. Come rid yourself of the destructive effects of giving — or receiving — the evil eye. $380

Week of January 23–28

Gestalt Practice

Christine Stewart Price & Guest Leaders

The Way, when declared
Seems so thin and flavorless,
Nothing to look at, nothing to hear—
And when used—is inexhaustible. —Lao Tzu

Gestalt practice is a form —nonanalytic, noncoercive, nonjudgmental — evolving out of the work of Fritz Perls. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that awareness is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. This form is similar to some Reichian work as well, in that emotional and energetic release and rebalancing are allowed and encouraged.

The emphasis is intrapersonal rather than interpersonal. It is explicitly understood that participants are not patients but persons actively consenting to work (or play) in awarness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure or accomplishment. Through group exercises, meditations, and open-seat work, this workshop will introduce participants to the gestalt practice approach.

Recommended reading: Perls, *Gestalt Therapy Verbatim* (Real People Press); Chodron, *The Wisdom of No Escape* (Shambhala)

C. E. credit is available for nurses; see pages 50-52. $740

Tantra: The Art of Conscious Loving

Charles Muir & Caroline Muir

Few of us have been blessed with healthy childhood conditioning and education regarding the mysteries of sexual love and sexual energy. This can leave many individuals less aware and conscious about their sexuality than they are in other aspects of their lives. Tantra can transform sex into a loving meditation, putting more consciousness, energy, intimacy, joy, and love into sexual exchanges.

Participants will learn and discuss various ways to increase intimacy and passion in their relationship. Tantric meditation and ways to exchange sexual energy in a safe, non-sexual manner will also be taught in the workshop. These methods can then be practiced in a sexual way in the privacy of your own home.

This workshop is open to couples only. $740
per participant

Spiritual Dimensions of Healing

Elizabeth Stratton

The desire to heal and be healed is a deep need within every human being. Seeing someone we love in pain brings out the instinct to touch that person in a compassionate way. Feeling or being ill ourselves can lead us to explore both spiritual and scientific dimensions of healing that we would otherwise not be open to.

Psychic healing, with its focus on the laying on of hands, understanding the meaning of the illness, and seeing into the heart of the person who is ill, brings a spiritual dimension to healing that can be a valuable adjunct to modern medicine and its high technology.

This workshop will provide both theoretical and practical tools to awaken the healer within. Self-healing methods such as opening the energy centers (chakras), communicating with the body, and guided healing imagery will be explored to assist participants in taking charge of their own health. In addition, participants will begin to learn to work with others in a healing capacity through laying on of hands and psychic healing.

C. E. credit is available for nurses; see pages 50-52. $740

Weekend of January 28-30

A Weekend with David Schiffman

To make effective, creative choices, you need courage, imagination, and the willingness to know your heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set — the choice to move against the powerful grain of old fears, habits, and constant pressure of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of our natures, befriending rather than suppressing or denying the sexuality and power out of which initiative and enthusiasm spring.

During this weekend we will focus on how to develop a more adventurous, resourceful, and buoyant way of living. In an atmosphere based on warmth and humor, we will explore our capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as non-traditional innovative approaches in bodywork, kinesthetic retraining, music, and guided imagery. $380

Weekend Massage Intensive

Brita Ostrom & Laurie Schutz

Participants will be instructed in basic methods used in giving a pleasurable and beneficial massage. Fundamental elements of bodywork, such as breath awareness, grounding, movement, quality of touch, and stress reduction will be introduced. The workshop is available to beginners as well as those who wish to brush up on their massage skills.

C. E. credit is available for nurses; see pages 50-52. $380

Walking the Labyrinth: Reflecting on the Spirit in Our Lives

Lauren Artress

The labyrinth is a model of spiritual cosmology that is quite unrecognizable to the modern mentality since this understanding disappeared after the acceptance of Decartes' world view and the split of the mind/body/spirit. — Keith Critchlow, Architect and expert on the sacred geometry of Chartres Cathedral.

We are pressured and rushed most of our waking hours, and consequently forget or neglect to encourage and honor our connection to the Source, the Divine, however one defines the sense of something greater than ourselves.

This contemplative weekend will be spent walking the labyrinth as a way to wind down and reflect on what we hold sacred in our lives. Walking meditation will be the central focus supported by journaling exercises and mandala drawing to review our peaks and valleys. Participants will work toward gaining perspective on the major concerns presently confronting them in their lives. $380

A Healing for Healers

Carolyn Braddock

The people we serve in the healing professions can only go as far as we're willing to go in our own healing process. Past traumas of our own sexual abuse (and/or other forms of abuse) are often triggered as we work deeply with our clients. When these events are triggered, all our relationships are affected — those with our clients, ourselves, and those close to us. In order to work most effectively and compassionately in our profession, we need to work towards clearing up our unresolved issues. This workhop will help explore the ways in which we block our own growth and healing.

Participants will work on clearing the old, unresolved issues in their lives and explore the belief systems that have acted as barriers to their own personal healing process. In doing this, a balance will be created between work and play. Time will also be spent working on setting limits and defining clear boundaries.

Through gestalt, ritual, humor, breath, sound, movement, creative arts exercises, and case presentations, new ways of intervention and healing will be explored, both for ourselves and our clients.

Note: *This workshop is for professionals and those in training.*

Recommended reading: Braddock, *Bodyvoices: Using the Power of Breath, Sound, and Movement to Heal and Create New Boundaries* (Page Mill Press); Hendricks, *Learning to Love Yourself* (Prentice Hall); and G. & K. Hendricks, *Conscious Loving* (Bantam).

C. E. credit is available for nurses; see pages 50-52. $380

Psychic Self Defense

Elizabeth Stratton

As most of us know from our own experience, working with or around people who are depressed, hostile, or anxious can affect our own moods and feelings. We are constantly affected by the emotions and thoughts of those around us, as well as by the accumulated moods of the environment in which we live and work. We can also be affected by the illnesses of people we are close to, sometimes to the point of actually manifesting their symptoms ourselves.

During this weekend we will have the opportunity to explore our psychic boundaries and discover how and when they can overflow into areas that cause emotional confusion. We will learn how to release negativity and strengthen boundaries that can help us to be less vulnerable in the future.

Recommended viewing: Stratton, *Psychic Self Defense* (Video: To order call 212-410-7340).

C. E. credit is available for nurses; see pages 50-52. $380

Week of January 30–February 4

Accepting Life's Transitions: Letting Go — Moving On

Mary Goldenson (Devarani)

The only certainty in life is change, yet we often resent our transitions because of patterns of fear and self-denial. Old beliefs keep us stuck in our resentments, unsuccessful marriages, friendships and careers, and can cause illness, sorrow, and the inability to forgive. Transitions are crossroads in our lives that give us the opportunity to take time out and reconnect with our truth. It is never too late to change. Transitions are doors to the renewal of our passions, courage, and commitments.

This workshop will provide you with ways to help complete the past, be open to the present, and create a future. Participants will experience a safe, supportive environment that includes taking risks, intense bodywork, gestalt imagery, dance, and meditation, in order to support the transitions that keep us committed to the process of discovering ourselves. $740

Partnerships of Love and Work: The Enneagram of Relationships

Helen Palmer

The logic and integrity of different styles of relating is modeled by an ancient typology called the enneagram, which identifies nine personality types and the way in which they interact. The outer study of the system correlates well with current psychological thinking, but describes optimal ways of relating rather than pathological trends. No way is better than another, but they differ radically in their point of view. At a deeper level of understanding, the preoccupations of thought and emotion that characterize each type are revealed as a continuum of experience that leads us to aspects of type such as empathy, omniscience, and love.

We will review the nine types from panels drawn from the class, and in so doing experience the styles of other seminar participants without interference from our own relationship bias. Adopting the view of a close companion breeds compassion and allows us to:

- See ourselves through the eyes of others and feel the pressure of their emotional life
- Recognize those "irreconcilable differences" that are simply the result of different internal logic
- Understand different views on relating
- Transform our tendencies into their higher attributes.

Emphasis will be on inner material, not personal process work. This is a highly interactive format. Bring your current relationship questions. This intensive can be applied as one of the prerequisites for the Enneagram Professional Training Program. Previous work with the enneagram is required. If you would like to discuss your background, contact the leader at (510) 843-7621. Workshop is limited to 40 participants..

Recommended reading: Palmer, *The Enneagram: Understanding Yourself and Others in Your Life* and *The Enneagram in Love and Work*. $740

Sports Massage

David Streeter

This workshop will focus on aspects of sports massage that prove useful in other massage modalities. The curriculum includes: anatomy, to understand the rhythmic coordination of muscles working together; cross-fiber or cross-friction massage, simple strokes that promote healthy muscle tissue; and trigger point massage, to locate and relieve sensitive and congested points in muscle bundles and tendons. Trigger point work has proven beneficial in reducing myofascial pain caused by chronic tension.

Participants will progress through a study of the entire musculoskeletal system via brief lectures, hands-on practice, and one-to-one instruction. This workshop takes a simplified approach to what is usually a complex subject and gives participants a better idea of just what lies beneath their hands, and how to more effectively communicate with the human body. It is open to all levels.

C. E. credit is available for nurses; see pages 50-52. $740

Self-Empowerment and Purification: The Farther Reaches of Gestalt Therapy

Julian Silverman

"*We badly need a new orientation, a new perspective,*" wrote Fritz Perls. "*We have graduated from the infants', 'I can't help myself,' to the adults', 'I can't help myself because. . .' But psychology and psychiatry were never meant to be after-the-fact justifications for continuing neurotic behavior, behavior which does not permit the individual to live up to the maximum of his capacities.*"

This workshop combines experiential and didactic sessions. It's primary focus is on developing a new perspective — the integration of a "purification process" with a personal psychology of empowerment. This psychology of self-empowerment is grounded in modern science and ancient wisdom.

Introductory Workshop Principle #1: Take responsibility for every emotion, every movement you make, every thought you have.

Recommended reading: A Course in Miracles

C. E. credit is available for nurses: see pages 50-52. $740

Soul, Spirit & Society

Richard Rohr

This workshop will be a combination of lecture, group discussion, guided quiet time, and encouragement for journaling and composition of short insight poems. The goal will be to achieve a deeper integration of one's soul work with an openness to transcendent Spirit. The group will also seek to find a deeper embodiment in the social issues of our time.

Participants will work toward leaving the workshop with a deeper understanding and ability to pray and to live. $740

Weekend of February 4–6

Journey to a Conscious Partnership

Harville Hendrix & Helen Hunt

Intimate relationships between men and women are a source of emotional healing, psychological growth, and spiritual evolution. In contrast to traditional views of healing that focus on the individual, this workshop views the intimate male/female relationship as a more effective path to healing and personal self-completion. Exploring the thesis that the purpose of the unconscious in a relationship is to complete your childhood, participants will be introduced to Imago Relationship Therapy and guided through exercises that will enable them to reinterpret conflict as an unconscious attempt at self-healing, use their relationship to achieve personal wholeness, and create a conscious partnership characterized by safety and passion.

Harville Hendrix and Helen Hunt are a husband and wife team who developed the idea of the "conscious marriage." Harville is the author of *Getting the Love You want: A Guide for Couples* and *Keeping the Love You Find: A Guide for Singles*. Helen Hunt is the founder of the New York Women's Foundation and president of the Sister Fund.

$380

Somatics: Mastery of Muscles and Emotions

Eleanor Criswell Hanna

This workshop will explore the neuromuscular responses to emotional states — the somatics way to internal mastery of muscles and emotions — and the joy that comes with the body's renewed awareness and freedom. Guided somatic exercises and individual sessions with practitioners trained by Thomas Hanna will give participants the opportunity to experience this wonderful work.

Recommended reading: Hanna, *Somatics* (Addison-Wesley); *The Body of Life* (Knopf), and *Bodies in Revolt* (Freeperson Press).

C. E. credit is available for nurses; see pages 50-52. $380

The Chaos Revolution

Ralph Abraham

The chaos revolution — is it cultural hype, or the biggest thing since the wheel? Join us for a spirited exploration, with lectures, discussions, and first-person reports of the social transformation currently in progress. You will be briefed on news from the front lines of paradigm shifts sweeping the physical, biological, and social sciences, the arts, and the humanities. $380

Toward a Common Language: Psychotherapy and 12-Step Recovery

Peter Finkelstein & Peter Ways

Participants in "12-Step" programs are often irritated or bored when faced with conventional psychodynamic discussions of their addictive behavior patterns. Similarly, adherents to more classical psychological approaches are frequently condescending and dismissive when they encounter the AA point of view. Although both groups employ combinations of insight and social support in their work, their differences in basic orientation and treatment experience often cause defensiveness and frustration. As a consequence, it becomes very difficult for those involved in these two approaches to learn from each other.

This workshop, co-lead by a psychodynamic psychiatrist and a recovering physician steeped in 12-Step work, will attempt to develop a common language and inclusive style for dealing with addictive patterns that gathers strength from each model. The workshop will be useful to counselors and therapists from both sides of this conceptual gap, and for all persons wrestling with the similarities and contradictions of 12-Step and psychotherapeutic approaches. $380

Week of February 6–11

Belonging to the Universe

Fritjof Capra & Brother David Steindl-Rast

For many years Fritjof and David have met at Esalen to discuss new ways of thinking that affect all of us at the end of this millennium. Their conversations — at table, in the hot tubs, on cliffs overlooking the Pacific — have become a book, *Belonging to the Universe* (Harper, San Francisco, 1992) . Translated into German, Italian, Portuguese, Korean, and other languages, their dialogue is now available to people all over the world, but few people have had the opportunity to share in its "live" continuation.

This workshop will provide an opportunity to do just that — to talk with authors in the beautiful surroundings in which their book originated. No training in science is necessary to participate, only an honest concern for basic human questions, a readiness to celebrate life, and an openness toward the joy of belonging to the universe. $740

Five-Day Massage Intensive

Char Pias Brenner & Dean Marson

The basic approach of Esalen massage consists of long, flowing strokes which conribute to deep relaxation and a feeling of wholeness. To achieve these goals, participants will be instructed in fundamental methods of Esalen massage which include quality of touch, breath awareness, stress reduction, and grounding techniques. The concept of working with someone's essential being is another aspect that will be addressed.

Meditation will be used to promote focusing abilities. The workshop is available to beginners as well as those who wish to brush up on their massage skills.

C. E. credit is available for nurses; see pages 50-52. $740

Awakened Mind: Five-Day Brain-Wave Training Intensive

Anna Wise

The Awakened Mind is a state of consciousness that releases deep inner resources, capacities, and powers that often lie dormant and unaccessible. This workshop will help you develop the intricate combinations of brain wave frequencies that underlie optimum mental states. Biofeedback monitoring combined with different methods of meditation, visualization or "sensualization," and deep psychophysiological relaxation will help you learn how to master your own brain waves.

Techniques for accessing repressed memories and creating a bridge between your conscious and your unconscious mind will be taught. Bridging this gap and making this connection with your innermost self allows you to begin a process that encourages healing and integration. The leader will also focus on the importance of the interrelationship between brain waves and the human energy system, specifically the kundalini process.

Throughout the workshop, the Mind Mirror EEG will be used to demonstrate brain wave patterns. Electrical Skin Resistance Meters will be used to measure the depth of arousal and relaxation of your autonomic nervous system, illuminating the interrelationship between your body and your mind.

C. E. credit is available for nurses; see pages 50-52. $740

Couples Workshop

Jack Rosenberg & Beverly Kitaen Morse

Most couples are reluctant to seek help in their relationships; instead they wait, hoping that the relationship will improve. If couples approached medical help the same way they approach marriage counseling, many of them would visit the doctor when they ought to be lining up at the mortician.

Designed on a preventive model, this workshop will deal with the underlying structures and defenses in relationships before they surface as terminal problems. It will also examine attitudes and beliefs about sexuality and how to make sex better.

Recommended reading: Rosenberg, *Total Orgasm* and *Body, Self, and Soul: Sustaining Integration*. $740

Weekend of February 11–13

The Light at the End of History

Terence McKenna

Nature as both the ground of being and the mysterious transcendent dimension into which history is being dissolved will set the theme. The approach of the Third Millennium provides a sense of urgency and exuberance as we explore the implications of different cultural images of nature from Archaic Gaiaism to constipated Christianity, thanotoptic modernity, and psychedelic and techno-millenarianism. A kind of strolling lawn party through the pleasantly replanted wreckage of Western Civilization is planned. Emphasis will be on sharing experiences and ideas that empower each of us and the language composed reality that is ours alone. The power of experience, understanding, language, and imagination in the life of the emergent neo-archaic movement will be our springboard to deeper matters: nature, history, and making conscious the task of fusing current cultural chaos into the feminized psilocyberspace of true post-history. $380

Your Deep Mythology: Tap into Its Magic

Stanley Krippner & David Feinstein

A major review of David Feinstein and Stanely Krippner's book, *Personal Mythology*, states: "neither Carl Jung nor Joseph Campbell showed us how to use myth for personal and societal growth. Feinstein and Krippner begin to answer that question." This workshop will teach you how to understand your life story as an unfolding mythology and how to reach into unconscious realms to resolve conflicts and find potent new visions.

Each of us operates out of a deeply personal mythology, a guiding theme that shapes our lives. This mythology functions largely outside of our awareness, yet with uncanny accuracy, we choose the characters and create the scenes that correspond to our deepest visions. Some of these visions serve us well, but others inevitably become outdated as we mature, or may have originally been created in response to limitations of our parents or other early circumstances and are restricting us as adults, leading to inner conflict and self-defeating behavior.

One of the most powerful steps we can take to increase our happiness and enhance our effectiveness in the world is to bring about constructive changes in this inner mythology, this invisible force that subliminally directs what we think, what we feel, and what we do. Drawing upon techniques from a spectrum of systems, including Jungian psychology, gestalt therapy, ancient spiritual disciplines, and modern clinical practice, you will be led through a sequence of experiences designed to discover the strengths of the mythology you are living and transform those aspects that are not serving you. Participants are invited to bring a journal and record any dreams they recall prior to the workshop. $380

Mastering the Competitive Mind

Jena Marcovicci

In athletics as well as our professional lives, what matters most is the "score." Challenges are about winning at the expense of your partner and who you are. What has been lost is the fun and joy of just playing, or finding meaning in what you do.

Jena Marcovicci is a sports psychotherapist who has worked with world-class tennis players and has seen what the pressures of competition can do to the human psyche. He leads "Dance of Tennis" workshops throughout the world and is experienced at helping people let go of conditioned behavior patterns that sabotage the joy and effort of playing a sport, or simply being successful in a particular aspect of either their professional or personal life.

The leader writes: "The more you relax, the better you play. It's the law of 'reversed effort.' By combining the Greek root of competition, meaning 'to rise together,' with the joy of your organic rhythms, you liberate yourself from your fight and flight reptilian mind set that envisions the person on the other side as the enemy. The result is a more balanced perspective that expresses power with, as opposed to power over."

Whether you are a serious athlete, a would-be athlete, or someone who wants to learn to master your "competitive mind," this workshop can help redefine what winning means to you on a very personal level. Yoga, Tai Chi, discussion, and visual imagery will be used. Turn your adversaries into dancing partners and enjoy a whole new perspective on what winning really means. $380

Fire in the Earth: Poetry, Silence, and the Heart's Desire

David Whyte

This is a workshop for the New Year concerned with remembering half-forgotten and neglected desires that are central to our personal creativity and destiny. Fire has been an abiding image for creativity throughout human history, but the first steps into that flame depend upon our ability to rest in the silence present in our own bodies. These disciplines of silence are a way of understanding desire at a level deeper than we ordinarily experience.

Much of modern life distances us from our bodies, presenting the body as a problem to overcome rather than the center of our experience. In hard times we often find it more difficult to remember rest and silence, and it's during these times that we need them the most. At the very start of the new year, this should be a time to remember through poetry, silence, voice work, and movement, the priorities closest to our heart's desire.

Ability or knowledge of poetry welcomed, but not the least bit necessary. $380

Week of February 13–18

Craniosacral System: Basic Workshop

Jim Asher

This workshop is an opportunity to learn and practice gentle yet powerful skills to bring the craniosacral system into balance. There will be lectures and slides on functional anatomy of the membrane system and cerebrospinal fluid movement. There will be hands-on demonstrations of a variety of methods for tapping into bone and membrane motion, rhythm, amplitude quality, restriction, and interference.

Demonstrations will be followed by supervised practice. Time will also be spent evoking and developing palpatory sensitivity and fine-tuning the quality of touch.

This workshop is for people with a strong interest in developing hands-on skills and for those already practicing body work or counseling. Much of the focus will be on the head, jaw, neck, pelvis, and diaphragm systems. Cranial work can be effective in shifting emotional holding patterns and draining accumulated stress in the nervous system.

Recommended reading: Upledger & Vredevoogd, *Craniosacral Therapy* (Eastland).

C. E. credit is available for nurses; see pages 50-52. $740

Playing the Edge

David Schiffman

In the early stages of growth, success seems to be its own reward. Excitement, vitality, and the willingness to face life boldly are often characteristics of those who are involved in new and successful ventures. To keep this spirit alive is not easy. The enormous pressure the grinding routines and demands of substantial involvement can dispirit even the healthiest people. To listen to one's heart and know what's real requires the courage to pause. In this willingness to stop and listen to the deeper self lives the true resources that guide and protect us.

The purpose of this week is to create a mood of sanctuary for people who are in transition and facing major changes in career, relationship, or matters of the spirit; those in need of a break from demanding stressful responsibilities; individuals interested in breaking new ground in the areas of self-nurturance, intuitive functioning, and problem-solving.

The process will be gently restorative, illuminating, and enlivening. The group intention will be to create a community based on trust and goodwill with emphasis on individual freedom. Traditional methods of self-inquiry (gestalt practice, bioenergetics, psychosynthesis) will be combined with innovative methods using music, meditation, poetry, and prayer to foster this spirit of living fully and comfortably. $740

Opening to Spirit

Joyce & Brian Lyke

As we approach the end of the millennium, humankind appears to be returning to the place where this cycle of spiritual and intellectual development began. We have thirsted for knowledge and an understanding of the nature of things. We have hungered for power and dominance over our environment. We have searched and explored the far reaches of our planet and solar system, and we have longed to find meaning and purpose in our activities. Instead, we have found that our technical abilities and scientific explorations have outpaced our spiritual understanding and our ability to be effective caretakers of this planet. There is much suffering, pain, and disillusionment among us. We have gained the world, and lost our souls.

This workshop is about Spirit, and listening and opening to its voice. Our intention is to find and nourish the Spirit within each one of us and in the circle we form together. We will use Sufi self-remembering exercises, meditation, gestalt awareness practice, movement, and rituals drawn from Native American tradition. Our primary resource, apart from our collective life experience, is Nature and the Spirit of the Esselen land. $740

Week of February 13-25

Advanced Training in Shamanism and Shamanic Healing

Michael Harner & Sandra Ingerman

For workshop description see Special Programs page 46-48.

Weekend of February 18–20

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 14-16. $380

Feldenkrais and Musical Improvisation (Or You Don't Have to Suffer to Sing the Blues)

Phil Cardillo

The Feldenkrais Method is becoming well-known throughout the world as a subtle and powerful tool for self-growth. Its usefulness is wide-ranging. It is extremely effective for dealing with back and neck pain, for children with learning disabilities, for athletes or dancers who want to move more elegantly and gracefully, for artists who want to stimulate their creativity, and for anyone who wants to increase sensitivity and kinesthetic awareness.

The work is effective in all these settings because of a process which it stimulates in the nervous system: a process of LEARNING.

This workshop will focus this powerful learning method on the art of musical improvisation. In a safe, supportive environment, we will explore simple jazz standards, blues, and modal improvisation. Players of all instruments (including voice) at all levels, are welcome, especially beginners. We'll spend lots of time singing and jamming, tuning into our bodies, allowing music to flow through us that will delight us with its beauty and passion. Come prepared for a weekend of deep work, cleverly disguised as lots of fun. $380

Toward Waking Up: Cultivating Mindfulness

Charles Tart

Ordinary consciousness is a kind of waking sleep, an absorption in our personal and cultural illusions. This apparently strange Eastern concept is actually supported in detail by Western psychological data. Given this, how can we awaken? Our essential selves are often invalidated and suppressed in childhood, as part of "education." How can we rediscover and nourish them? Our instinctual and sensory wisdom lies buried under cultural noise and distraction. How can we come to our senses?

G. I. Gurdjieff, one of the first teachers to adapt Eastern spiritual methods to Western culture, developed practices for awakening from our sleep, our cultural trance. Occasional retreats to exotic places like Esalen are quite useful, but ordinary life is the best setting for using psychological and spiritual development practices that emphasize balanced work on mind, emotions, instincts, and body. In this workshop we will examine Gurdjieff's main ideas, adding to them from, and integrating them with, modern growth psychology.

Self-observation and self-remembering will be taught as a primary meditation-in-life for increasing self-understanding and living more effectively in the here-and-now. These techniques use that most marvelous tool that is always with us, our bodies. We will also review basic formal meditation practice as an aid to mindfulness. Emphasis will be on practicing awakening as part of everyday life.

Recommended reading: Tart, *Waking Up* (Shambhala). $380

Week of February 20–25

Making It Float

Robert Hall

There is no fixing a damaged childhood. The best you can hope for is to make the sucker float.
—Conroy

Robert Hall writes: "And so it is. This workshop is about making it float. How to. If you're willing to spend some time with meditation, gestalt group process, making sounds, and experimenting with moving your body to your own rhythms, if you're interested in how body awareness, psychotherapy, and meditation work together to loosen your identification with who you think you are, and if you still have your sense of humor, we'll not only make it float, we'll take a ride in it."

C.E. credit is available for nurses; see pages 50-52. $740

Writing through Loss

Nancy Bacal

To write from the heart is to heal the heart…

One of life's most unavoidable realities is that we all experience loss. Whether it be with love, death, youth, health, marriage, or work, and whether we like it or not, we are all subject to the rules of the universe. Illusion begins when we expect continuance; when we believe we can manipulate life in accordance with our plans. Loss inevitably involves pain, and pain becomes suffering when we resist life as it is — when we deny ourselves the natural rhythms of mourning and change.

This workshop is intended to help participants pave a way to joy through surrender and the expression of true feelings. It is also an opportunity to use loss as a bridge to a new perspective on life. Rather than let ourselves feel diminished by what is gone, we will utilize it as material for writing. Even the cruelest tragedy can be transformed through the practice of writing and the telling of stories. As we write, we come to know ourselves; as we share, we move out of isolation. The dark riches of our lives are released to deepen our emotional and creative lives, and inspire the journey of our companions.

Meditation, movement, and/or hiking will be included, but our primary tools will be pen and paper. More than skill, enthusiasm for the writing process and a desire for change are the only requirements.

Recommended reading: Beck, *Everyday Zen*; Moore, *Care of the Soul*; Goldberg, *Writing Down the Bones*. $740

Turning on the Light: A Choice to Live Consciously

Laura DeNuccio & Guest Leaders

In the sunlight of awareness, each thought and action becomes sacred. —Thich Nhat Hanh

Living life fully is a choice that is made moment-to-moment by each individual. In this workshop, a safe environment will be created to honor, empower, and celebrate each person as we explore what it means to live life more fully.

This workshop will engage participants in personal exploration and growth as it relates to daily living. This will be offered primarily as an awareness practice for increasing mindfulness, self-understanding, and the ability to enter one's experience more fully. Emphasis will be on cultivating compassion and patience as we each learn how to come into alignment with our truths in a healthy relationship with ourselves, others, and the planet.

Participants will explore many aspects of the unfolding self — physically, energetically, mentally, sexually, and spiritually. Each of these aspects will be addressed through conscious breathwork, sound, creative movement, and visioning. Guided meditations will be included for increasing body awareness and aliveness, for dissolving and balancing energetic blockages, and to quiet, still, and expand the mind.

During this week of self-care, time will be scheduled for group meditation, yoga, and light hiking in the beauty of Big Sur. Applying the creative use of the Spoken Word, participants will explore and expand the possibilities both for themselves and the world in which they live.

Recommended reading: Fields, et al., *Chop Wood, Carry Water* (Tarcher); Chopra, *Quantum Healing* (Bantam); Thich Nhat Hanh, *Miracle of Mindfulness* (Paralax Press).

C.E. credit is available for nurses; see pages 50-52. $740

Weekend of February 25–27

The Vision and Practice of Human Transformation

George Leonard

It may be argued that, *in potentia*, every human being is a genius, and that the ultimate creative capacity of the human brain/body is, for all practical purposes, infinite. Each of us is a prodigious learning animal, and our ultimate destiny may well be to evolve capacities that would now be termed extraordinary. Perhaps it is only due to the limitations imposed by faulty notions of child-rearing and schooling, along with the failure of national vision and practice, that we rarely develop even a small fraction of our potential.

In this hands-on workshop, human potential pioneer George Leonard, informed by his work with Michael Murphy in the development of Integral Transformative Practice, outlines a new human vision and provides a practical map with which you can begin your journey toward the realization of your inborn genius and creativity. The workshop will involve discussion, demonstration, and the gentle movement and imaging exercises of Leonard Energy Training (LET), a practice inspired by the art of aikido.

Recommended reading: Leonard, *Mastery* (Dutton), *The Silent Pulse* (Arkana); and Murphy, *The Future of the Body* (Tarcher). $380

A Workshop for Couples: Independence & Intimacy

Mary Goldenson (Devarani)

Very little in our culture prepares couples for the challenge, "There is room for both of us." Too often the relationship becomes a battleground for unresolved issues, hurts, and beliefs.

In this workshop, couples will have an opportunity to explore and reclaim the unspoken expectations they project onto each other, begin healing past hurts that create distance, and learn new ways of communicating. They will have a supportive environment where they can experience themselves as courageous and able to take risks. Experiential processes will be drawn from gestalt, Reichian work, dance, imagery, and meditation. $380

Prisons, Passions & Play

Stephanie Waxman & Dennis Hicks

Is your passion withering,
locked behind bars of old fears and new worries?
Is your playfulness kept prisoner by a self-conscious, uptight guard?

This workshop will utilize two processes that can help passion and play can become a more dynamic part of your life. "Council," also known as "talking circle," is a process that uses a talking stick to implement communication. Council may be the oldest democratic group process in the world. Used by many peoples, including Native Americans and Quakers, Council allows each person to speak his or her truth and each listener to bear witness. This traditional process can have a powerful effect on communication and introspection.

Interspersed with the Councils will be a process of play based on theater games. Insights gained from working together in Coucil will be explored through improvisational theater techniques such as mirroring, nonverbal and physical work with images, and the re-enactment of our personal and collective metaphors. The centering experience of Council combined with the healing power of play can help you discover the keys to your own prisons.

The workshop will take advantage of the unique atmosphere at Esalen. Participants will draw on the natural environment so they can create their own talking stick, making it easier to bring Council home with you.

Each participant is asked to bring an "object of passion" to the first session. It should be something about which you feel passionate or something which represents your passion.
$380

When Success Is Not Enough

Peller Marion

If I had known what it would be like to have it all, I would have settled for less. —Lily Tomlin

Since 1950, materialism has sky-rocketed in the United States. Indeed, many of us are wealthy beyond the wildest dreams of our ancestors, and yet we struggle more than ever for self-esteem and meaning in our lives.

When alternative measures of success are not available, the deep human need to be valued and respected by others is acted out through consumption. Buying things becomes both a means to self-esteem and social acceptance. "The avarice of mankind is insatiable," wrote Aristotle, who believed that as soon as one desire was satisfied, another would appear to take its place. If our wants are insatiable, there is simply no such thing as enough.

Peller Marion has designed a weekend that explores the questions: How much is enough? What is an achievement junkie? What is my definition of success at this time in my life? How do I create my own personal philosopy of life? How do I live by my own agenda?

Participants will explore the paradox of success in their lives. A variety of experiential processes will be drawn from readings and discussion, games, dance, gestalt, imagery, and meditation.

Recommended reading: Marion, *Crisis Proof Your Career: How to Find Job Security In An Insecure Time* (Birch Lane Press).

C. E. credit is available for nurses; see pages 50-52. $380

ANNA FOURNIER

Ritual, Ecstasy, and Women's Spirituality

Margo Adler

This workshop for women explores the ideas, the rituals, and the celebrations that come out of the women's spirituality movement. Margo Adler uses chant, songs, and sacred circles as ways for women to explore the healing power, joy, and ease that comes from doing rituals with women. The basic philosophy that informs this workshop is neopaganism and goddess spirituality. This perspective is non-hierarchical and starts with the idea that we, ourselves, are sacred and flowing with potential. Ritual is a tool that can end our alienation from nature and from each other. The workshop explores ways of reclaiming the vitality and mystery of ecstatic religions without the dogmatic and patriarchal attitudes that have caused so many women to leave their own religious traditions.

The workshop will combine joyful exuberance (chants, laughter, songs, and drumming) with time for quiet meditation, including a voyage to meet the Goddess within ourselves. This should be two days filled with joy and fun. Please bring drums, rattles, instruments, and one or two personal items that have special significance to place on a community altar as a way of sharing your own stories. $380

Week of February 27-March 4

Language of the Drums: African Percussion, Chanting, and Dance

Babatunde Olatunji & Friends

Nigerian musician Babatunde Olatunji has been bridging the gap between American and African culture for thirty years. In this workshop he will show how drum sounds and rhythms communicate, stimulate, and pace the activities of traditional African life. He will teach the consonants of the Yoruba language, reproducing its sounds on drums and through chants, body percussion, and dance. This workshop is for dancers, percussionists, musicians, and anyone who wants to speak the language of the drums. Drummers can experience the dance, and dancers can experience the drums. Bring a drum if you have one.

Please Note: *This has always been a popular workshop, with lots of people drumming and dancing in a small area. The energy runs high — be prepared for a crowded, exuberant atmosphere.*
$740

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The Russian Idea: Why Is It So Appealing?

Viktor Erofeyev, Slava Loutchkov & Dulce Murphy

While all nations are different, some are "more different" than others. This is particularly true about Russia — Western oriented, Christian in faith, and yet historically and geographically obliged to process a millennium of the East. Russian culture has always been somewhere between East and West, never completely Eastern, never completely Western, always uniquely Russian. The West for centuries has lived as a community of nations, while Russia, although feeling close to the West, was never perceived as a legitimate part of this family. And for the past 75 years Russia has been led down a dark path of communist experimentation. They never were the same, but the Russians are now unbelievably different from Americans in their ideas about love, death, authority, money, God, truth, freedom, democracy, alcohol, fun, sex, crime, and punishment!

The leaders will help you enter the world that is Russia. Viktor Erofeyev is a writer from Moscow. His most recent book, *Russian Beauty*, has just been published by Viking Press. Slava Loutchkov is a Russian psychologist who is also the vice-president of the Esalen Russian-American Exchange Center and coordinator of the Russian-American Program for Promotion of Psychology in Russia. Dulce Murphy, executive director of the Esalen Russian-American Exchange Center, has 14 years of experience working in and with Russia. She has travelled to Russia over thirty times and survived!

You will be introduced to maps and photographs of Russia, as well as Russian movies, music, and works of art. Together the group will try to expand perspectives on the psychological, political, and economic life of Russia today. $740

Soul Dramas: Past-Life Regression & Spiritual Healing

Roger Woolger

Soul dramas are the daily emotional patterns, roles, and scripts we get stuck in and habitually act out. Some believe that although the soul first staged its dramas around childhood trauma, it had already rehearsed them *in utero* and had written them long ago from the ancient store of past-life melodramas we all carry.

Soul dramas can be tragic, pathetic, humorous, or banal, and when left unrecognized can cause anxiety, depression and rage, or a deep sense of dissatisfaction and alienation. The leader's method of releasing and transforming these compulsive dramas involves regression to buried memories and past lives, as well as after-death encounters in the spirit realms called "bardos" by Tibetan Buddhists. Participants will be taught simple methods for body release, healing catharsis, and the reintegration of lost parts of the soul.

Through his experience in psychotherapy and bodywork (Jung, Reich, and Gestalt), Roger Woolger can help bring people through deep transformative experiences with great compassion, creating an atmosphere that is safe and contained. He can also help illuminate the broader spiritual picture: everything from Sufism to Western mysticism to Shakespeare — teaching with humor through poetry, music, story, and meditation.

$740

Toward an Embodied Wisdom

Brita Ostrom & Staff

The significant problems we face cannot be solved at the same level of thinking we were at when we created them. — ALBERT EINSTEIN

This workshop will draw upon the growing field of somatics in order to identify and open new sources of personal guidance. Rather than abiding by the old adage "Use your head!", participants will access the knowledge available through their body/mind experiences to help find creative solutions and direction in their lives.

Participants will work to gain access to this somatic wisdom by educating their senses to once again feel and respond. Attitudinal blocks in the body will be explored and unlocked, in order for new information and different "mind sets" to become available. Through this work participants can discover their own sense of "environmental awareness" as a source of spiritual renewal, as well as be replenished by the mountains, sea, and land.

The group will use the tools of meditation, personal awareness work, guided massage, non-strenuous movement, and the Big Sur environment.

This workshop is suitable for those seeking creative growth or healing, beginning and advanced bodywork students, and those looking for ways to bring a sense of embodied wisdom into their work.

C.E. credit is available for nurses; see pages 46-48. $740

February 27-March 27

28-Day Massage Practitioner Certification Program

Peggy Horan & Arthur Munyer

For workshop description see Special Programs, p. 46-48. $3325

Weekend of March 4-6

The Language of the Drum: Advanced Level

Babatunde Olatunji

This workshop is designed for those who would like to further explore the polyrhythmic aspect of African music. It will include exploring varying combinations of rhythmic patterns, rhythmic exercises to help develop stamina and dexterity of the hands and fingers on the drum, the ability to play rhythmic patterns on two drums, and the use of sticks in playing. Participants will also be introduced to different styles of playing the Agogo (cow bell), Shekere (African maracas), and body percussion.

There will be time devoted to open discussion of the healing power of the drum through history. The group will learn how to meditate with drumming and chanting. No special dancing is involved in this class except for occasional movements conducted by the leader.

Class is open to those who have taken at least two full workshops with Babatunde Olatunji or a professional percussionist.

Things to bring: one or two drums, Congas, Djembes, or Ashikos; Shekere (African maracas); Agogo (cow bells); and Junjun (not required). $380

Courage

Joyce Frazee

In the mouth of the dragon there are many jewels.
— BUDDHIST PROVERB

For some of us it takes courage just to live our daily lives. Every day we awaken to face the demons in our lives — demons that come in many forms: perfectionism, guilt, avoidance, shame, despair, failure. Time passes and we become skillful at living despite the constant awareness that these demons are preventing us from experiencing the fullness of life. Their existence drains our energy and limits our joy and freedom. But getting close to them, allowing ourselves to confront them, is very difficult to do.

This weekend will give us an opportunity to find the courage to face our demons. Participants will be encouraged to look at the things in their lives that are difficult to face and will be given support to help recognize and confront them. This will be done through gestalt practice, dream work, and bioenergetics. Drawing, dance, and meditation may also be used to recover the jewels from the dragon. $380

Clinical Program for Professionals: Treatment of Post-Traumatic Stress Disorder and Dissociative Disorders

Daniel Brown

This workshop is for clinicians actively treating patients with post-traumatic stress disorder (PTSD) or dissociative personality disorder, who wish an overview of the assessment of PTSD and DD and a detailed account of treatment. The workshop includes a model for assessing simple and complicated post-traumatic sequelae and an integrative phase-oriented treatment plan.

As a treatment-focused workshop, the course will cover in-depth specific psychotherapeutic strategies for each stage in the overall treatment course: stabilization, systematic uncovering of traumatic memories, integration of fragmented representations, self-development, attenuating physiological reactivity, and self/affect integration. A rationale will be given for systematic treatment selection from a wide range of interventions (psychodynamic, developmental, behavioral, hypnotherapeutic, systemic, somatic, and cultural), according to the specificity of PTSD or DD sequelae and the stage of recovery.

The format will be both didactic and experiential and will include: lectures, group discussion, demonstration and practice of therapy methods, verbal and video case presentations, and selected consultation on case vignettes by participants.

C.E. credit is available for nurses; see pages 50-52. $380

Practical Intuition: Introduction

Laura Day

We are all psychics. Every time we draw a conclusion, we work with intuition as well as linear and emotional processes. Identifying how our intuitive faculty works enables us to use it selectively for effective decision-making. A predominantly linear process may be preferable when clear, empirical information is available. But when little data is at hand, or if the question relates to how current choice might affect future results, an intuitive process may be more efficient.

"Practical Intuition," an experiential workshop, introduces intuitive methods for gaining empirical information. Participants will give and receive several present and future intuitive readings a day, focusing on predicting and retrieving verifiable data. Different intuitive styles, such as clairvoyance, clairaudience, and telepathy will be taught, along with exercises for continued training at home.

Participants are requested to bring a few photographs of themselves and people they know well, their personal and business questions, and a willingness to work as if they already know how to do something that they, in fact, already know how to do. $380

Week of March 6-11

The MAX: Stretching the Limits of Your Self-Expression

Paula Shaw

"The MAX" is an outrageous voyage through your own humanity — a journey to turn yourself inside out and explore the full extent of your self-expressive power. It employs a variety of acting, observation, and communication techniques designed to expand your current limits "to the max" and move you into a new arena of personal creativity and self-expression.

Formerly offered only to the in-house community at Esalen, "The MAX" is an extremely challenging course. Participants must be committed to a rigorous exploration of the sources of their emotional limitations. Seminar hours will be longer than usual early in the week (and shorter later in the week), attendance is necessary at all sessions, and a brief memorized performance piece is required. Participants will be working individually in front of the room, playing to and with other members of the group. There will be exercises that use raw emotion, personal role-playing and "dress-up" assignments.

This workshop is an opportunity to experience yourself in a way you may have dreamed about but never imagined possible. The name of the game is risk, the premise — that you are either daring or dead, and that the most unsafe thing you can do in life is to play it safe. Clearly, this course is not for the faint of heart, but it is full of heart, humor, and irreverence, and is constructed with the understanding that this kind of risk-taking requires a very safe workspace.

"The MAX" is a thrilling celebration of who you are — lightside, darkside, all of you. If your heart beats faster when you think of taking this workshop, then maybe it's just the thing to do. If you've got the courage, we've got the program. Come play!

Required: A 1-2 minute memorized piece — monologue, poem, passage, song, etc.

Hours: Sun 8:30-10:30; MT 10-1, 3-6, 8-11; W 10-1, 3-6; Th 8-11p.m.; F 10-12.

$740

The Path of Transformation through Meditation

Daniel Brown

This workshop is designed for both beginners wishing to establish a solid foundation in meditation as well as experienced meditators wishing to refine their practice. Participants will explore how the path of meditation unfolds from the very beginnings of practice to the stages of enlightenment. The workshop will be practice-oriented, with a wide range of meditations being practiced in order to to determine the best match for each individual. Emphasis will be on establishing a solid foundation in posture and mental stabilization. The fundamentals of both concentration and awareness styles of meditation will be stressed.

Meditation is not just a means to sit quietly. Its purpose is to gain fundamental insight into self, reality, and time. A form of standard insight meditations (examination meditations) will be taught , as well as some of the more subtle "quick path" instructions, such as meditating on the movements of the mind and awareness of awareness meditations. Specialized meditations for transforming bodily states, affect, and thought will also be presented.

Daniel Brown draws upon twenty-five years of meditation practice in various Eastern traditions, ten years of translating meditation texts from Sanskrit and Tibetan, and ten years of scientific research on meditative states. $740

Changing One's Life

Joyce Frazee

Sent out by your senses
go to the very edge of your longing . . .
Let everything happen to you, beauty and terror.
One needs only to go. No feeling is the farthest out.
—RILKE

Some of us long for change, yet are afraid of it. Some of us command ourselves to change —

nothing happens. We despair. Some of us believe "things" will change. But often they don't. And whether you choose to make a change or life forces you to make a change, these thresholds are often accompanied by fear and confusion.

If you are at a time in your life when you long for a change, or if you are at a time in your life when a drastic change has occurred, or if you are just curious about how to make a difference in the quality of your life, this workshop is for you.

The approach will be gentle — a gentle observation of what *is* with *awareness*. Fritz Perls said "awareness itself is healing." We will use gestalt practice, gestalt and senoi dreamwork, meditation, movement, drawing, and bioenergetics to move toward the truth — the truth of the changes and the longing for change in our lives. We can then learn to trust that these longings, changes, and difficulties are a step toward wholeness. $740

The Art of Saying Goodbye

Paul Rebillot

The loss of a loved one, whether through death or separation, is a huge rent in the fabric of one's life. Confronting loss and the pain it brings is difficult but essential if we want to heal the suffering and move on with our lives and our other relationships.

Participants will seek to give birth to new life out of the anguish of separation and death. Death is the support of life, just as the loss of the past is the ground out of which the present and the future are born.

Using open seat and emotional release work, members of the group will deal with their losses — not only through pain, but also artistically, creating a ritual of release and renewal.

This workshop is about saying goodbye, experiencing the tears and the grief, and giving birth to a symbol that completes that relationship, and, more importantly, reconnects each person with the source of his or her own life.

$740

Weekend of March 11-13

A Workshop for Couples

Daniel Brown & Marushka Glissen

This workshop is for couples who want to improve their communication skills and increase their understanding of each other. Ways for resolving conflict and practical methods for becoming self-assertive and self-transcending in a partnership will be taught. Some of the work will address how the family of origin and past conditioning contribute to the bonding as well as to the conflicts. The focus will also be on learning how to find satisfaction, mutual support, relaxation, solitude, and play in day-to-day living as partners. Helping couples discover the wider purpose of being together through a sharing of values, love, and perhaps a spiritual vision will be emphasized.

$380

Yoga Works: Tools for Well-Being

Chuck Miller & Maty Ezraty

Yoga is an ancient system that uses the body, breath, and mind to energize and transform all aspects of living. The invigorating effects of yoga can become readily apparent as the body opens and stretches. It is not only an excellent source of physical exercise, but a unique and powerful tool for self-realization. The practice of yoga can help release blocks that cause mental and physical pain and prevent us from knowing our divine nature. It is also a great way of dealing with the stress of daily living.

The serenity and clarity that is the goal of yoga will be sought through meditation exercises that can calm and focus the mind. Since breath is the link between mind and body, various breathing methods will be taught to help reduce tension and cleanse the system. Yoga philosophy and theory will be discussed, as well as nutrition and its role in overall physical health.

All levels are welcome and no prior experience is required, only an adventurous spirit. For further information contact the leaders at (310) 393-5150. $380

The Core Self: The Heart of the Matter

Bruce Gregory

Resources for healing, such as spontaneity, curiosity, trust, creativity, and joy, are found in the core self. This workshop will assist participants, especially health professionals, in acquiring new skills in microanalysis of mind/body processes. Participants will also work on cultivating a friendlier relationship with their unconscious in order to heal old patterns and create healthier pathways for new learning connected to loving, working, and relating.

The goals of this weekend will be to enhance self-esteem, to let go of self-images of the past, to become conscious of the present moment, to communicate better, to become more empowered as a leader, and to develop a cohesive personal vision. The tools that will be used include gestalt practice, metaphor, meditation, breathing skills, guided imagery, dream work, music, group process, and immersion into nature.

Recommended readings: Heider, *The Tao of Leadership*; Polster, *Every Person's Life is Worth a Novel*; and Suzuki, *Zen Mind, Beginner's Mind*.

C. E. credit is available; see pages 50-52. $380

Rituals of Transformation

Paul Rebillot

People are continually approaching thresholds, transition points from one state to another. To live is to change. Unfortunately, we have a tendency to resist change, to cling to the familiar, to remain stuck at the threshold. This resistance eventually causes us much stress and pain.

Rituals can prepare people for change and help heal the passages that were not completed in the past. A ritual does not make a change happen; rather, it awakens within the psyche the archetypal patterns of change — it teaches the participant how to change. By acting out the ritual, people learn, not only in their minds but in their hearts and the movements of their bodies, the process of transformation.

Participants will look at what they want to heal and transform in their lives, what they need to say goodbye to, and what they need in order to cross their present threshold. Small groups will work together to design and enact individual rituals in order to support and help this healing process.

Just as the body can move from one position into another, so can the full being; hearts can move, minds can move. Rituals let the body show the appropriate path and let the full being open all the doors waiting to be open. Joseph Campbell said that when someone discovers his or her authentic path, the way seems blessed with magic. To find this way is the work of "Rituals of Transformation."

$380

Week of March 13-18

Gestalt Practice

Christine Stewart Price & Guest Leaders

For workshop description see January 23-28.

$740

Exploring Nirvana and Salvation Through Film

Brother David Steindl-Rast & Francis Lu

Film provides great possibilities to explore spiritual realities. Yet the range of adventures offered by this medium remains largely unexplored by spiritual seekers. Francis Lu and Brother David will lead participants on various treks into this still uncharted territory.

For the fifth consecutive year, the group will share films, discuss them, and process their personal challenges. "Nirvana" and "Salvation," though identified with specific religious traditions, will be explored as terms pointing towards experiences so basic that they are relevant for every human being. Rarely shown films of exceptional quality will shed light on the relationship between Eastern and Western spirituality — the contrasts, polarities, and creative tensions. The goal will be a week of pleasure combined with a depth of experience that will nourish one's everyday life, long after one returns from Esalen. $740

Bodywork Intensive: Strategies for Healing Post-Trauma Stress

Carolyn Braddock & Char Pias Brenner

Note: *This workshop is for professionals and others who work with sexual trauma survivors.*

Awareness of the effects of post-trauma stress and sexual trauma is growing among massage practitioners, bodyworkers, and other professionals. In the case of sexual trauma, the body was the scene of the crime. For that reason, survivors often utilize massage and other forms of bodywork as part of their healing process. When a worker places his or her hands on a survivor, memories can begin to flood in, or body sensations may be blocked.

The focus of this workshop will be to explore specific strategies for working with post-trauma stress, and particularly sexual trauma survivors. It will be oriented toward massage practitioners, bodyworkers, medical professionals, and anyone interested in learning more about specific body-oriented intervention methods.

In working with sexual trauma survivors, sensitivity to the many dimensions of communication is critical; communication must be clear, with an awareness of the power and effect of words. Boundary issues, intuitive knowing and seeing, being present, and a special sensitivity to the risks the client feels when being touched are also important. Emphasis will be placed on establishing safety, choice, control, and trust in the practitioner/client relationship. Focus will also be on the survivor's breath patterns, responses of dissociation, flashbacks, body sensations, energy blocks, and difficulty accepting the positive. Much of the week will be experiential.

Time will allow for some individual work and for scheduling massage and other bodywork.

Recommended reading: Braddock, *Bodyvoices: Using the Power of Breath, Sound, and Movement to Heal and Create New Boundaries* (Page Mill Press).

C.E. credit is available for nurses, see pages 50-52. $740

A Modern Shamanic Initiation

Richard Yensen Pérez-Venero
& Donna Dreyer Pérez-Venero

This workshop explores shamanic tradition as a means for self-healing and spiritual growth. Through music, art imagery, visualization, breath, and bodywork, participants will travel through altered states of consciousness to a source of healing and meaning within themselves. Shamanic cultures call this realm the "world of the spirit," where one can find true power and the ability to bring an open heart to his or her life's path.

Participants will study maps of consciousness drawn from research in psychedelics, from archetypal themes of death and rebirth, and from shamanism. Experiential sessions will combine modern technology, ancient ritual, and specially developed media portrayals of the transformative journey.

C.E. credit is available for nurses; see pages 50-52. $740

Weekend of March 18-20

Sensory Awareness

Charlotte Selver

Some seventy years ago Charlotte Selver's teacher, Elsa Gindler, began exploring the natural potential of the human being. The work that evolved was an approach through a disciplined practice, involving the person as total organism. Gindler's innovative methods very often unearthed, liberated, and cultivated abilities and sensitivities which her students had never been conscious of possessing.

To "awaken" means that one's energies — neuromuscular and perceptive — become altered, leading to greater movability, both psychologically and physically, and to a fuller use of the senses and intuitive powers. In order for this to occur, a deeper peace is needed so that sensations become clearer, and rigidities, pressures, and preconceptions can gradually dissolve. In becoming "tuned in" by another person, or by a task or given situation, powers arise and come into play which correspond exactly to the demands of the occasion. This calls for permissiveness, subtle reactiveness, and openness to the moment.

With the cultivation of these functions, our lives can unfold in a far richer and more responsive way. We can restore the delight of ever-new experiencing which was our birthright in childhood, but lost in the course of our education into adulthood.

Recommended reading: Brooks, *Sensory Awareness* (Viking; Felix Morrow). $380

Gestalt Practice: The Art of Being Present

Christine Stewart Price & Guest Leaders

Gestalt practice suggests that being fully present with our experience of the moment, whatever that may be, can increase our ability to cope and provide a deeper sense of aliveness. The premise is that the human organism instinctively moves toward balance and well-being. This natural equilibrium can be interfered with, however, through individual patterns of physical tension, emotional blocking, and mental attitude. In gestalt practice, no feeling, thought, or sensation is treated as forbidden or wrong; instead, each experience is contacted and explored with as much equanimity as possible.

The leader will provide tools for developing awareness and increasing the ability to contact, enter, and express feelings, thoughts, and other realms of experience. Group exercises and guided meditations will focus on breath and physical sensation as keys to being present. Participants will have the opportunity to explore and experiment in a safe environment with sound, movement, and role playing. Everyone is encouraged to bring patience, tolerance, and humor to the workshop.

C.E. credit is available for nurses; see pages 50-52. $380

Writing about Self and Family: A Personal Investigation

Carole Ione (Ione)

Many of us feel the call to create work that comes from a deeply personal source of inspiration — our own lives and families. Whether we are writing memoirs or fiction, this undertaking requires courage and patience as we touch painful as well as joyful memories and learn how to guide them onto the written page.

During this workshop, Ione will explore the importance of our personal stories, honoring events that are key moments of revelation. Participants will claim their most powerful life themes and identify ancestral patterns. Key topics will include the following: turning self-consciousness into consciousness of self; defusing secrets; accessing memories, dreams, and visions; claiming personal writing rhythms; and listening to and identifying the many voices within.

There will also be journal exercises, guided meditations, and partnering to further the writing experience. Please bring a journal and writing materials. $380

Spring Shake-Up

Deborah Anne Medow

Spring is here and now is the time to get up and move and shake off some of that winter sluggishness! Renew the aliveness of your own body, and see how the way you move often reflects how you feel. Become more aware of your old habits and patterns, and give yourself the opportunity to explore and express new possibilities for change.

This weekend will combine sessions that include elements of dance, yoga, massage, aerobic movement, and theater games for shaping up the outside, with quiet, meditative time for turning inside. The purpose of the workshop: Tune in to yourself and tune up—inspire—your Body, Mind, and Spirit! $380

Week of March 20-25

The Joseph Campbell Foundation: A Mythological Toolbox

Coordinated by Robert Walter

In *Memories, Dreams, Reflections*, Carl Jung tells us that he had hardly finished writing *Symbols of Transformation* when he suddenly realized "what it means to live with a myth, and what it means to live without one." When he asked himself by what myth he was living, he found that he did not know; and so, he writes, "I took it upon myself to get to know 'my' myth, and I regarded this as the task of tasks."

How do you come to know the myth that has shaped your life, the myth that governs it? How can you nourish, enrich, or, when necessary, transform that myth?

This workshop will explore various mythological tools — including storytelling, movement, journalizing, life maps, masks, and mandalas — that you can use to examine and answer questions about the myths that shape your life. There will be slide lectures, experiential exercises, and shared play to awaken the mythic imagination. Participants will survey some of Joseph Campbell's essential ideas — including the hero's journey, sacred space, and metaphor. Participants will chart their personal rites of passage.

The group will be joined by Tai Ji dancer and philosophical entertainer, Chungliang Al Huang; architect Mimi Lobell, a scholar of myth and symbol; architecture professor/author, John Lobell; and other special guests who were close associates of Joseph Campbell.

Each participant is asked to bring a journal and a favorite story, poem, or childhood memory. All are asked to read the Foundation's publication, *Joseph Campbell: The Man and His Ideas*, which will be sent to registered participants prior to the workshop.

Recommended reading: Any book by Joseph Campbell, including *The Hero with a Thousand Faces* and *The Mythic Image* (both, Princeton); *Myths to Live By* (Bantam).

Recommended viewing: "Joseph Campbell and the Power of Myth" with Bill Moyers (Mystic Fire Video) and "The Transformations of Myth through Time" (Public Media Video).

Recommended audio: any Joseph Campbell audiotape from New Dimensions or Dolphin/Big Sur Tapes (ordering information on page 58). $740

JOYCE LYKE

Sanctuary

David Schiffman & Susan Kuttner

This workshop is designed for people who are facing change. It will be a time to pause and step away from the deadlines, demands, distractions, and interruptions of daily life.

These five days will be an opportunity to come back to your own heart in the company of kindred spirits. Participants will work to gather strength and clarity for making simple, effective plans for dealing with changes and uncertainties.

The pace will be gentle and restorative, with ample time to consider each individual's dreams, desires, and dilemmas. The intention will be to see how the process of transition can be approached in a heartful, open-minded, and buoyant spirit. Together the group will create a mood of sanctity, balance, and peace for reflecting and acting on each individual's deepest concerns. Resources and influences will be drawn from a variety of traditional psychological approaches, as well as movement, music, ritual, and ceremonial practice. $740

Creative Arts Center at Esalen

Arts Center Staff

Everyone has a drive to create — to be original, inventive, whimsical, resourceful. Located in The Barn at Esalen, the Creative Arts Center is a place for individuals to explore their imagination and their playfulness. It is a growing resource that is constantly evolving — a place that invites you to express your own creative instincts and become the artist that you've always imagined was hiding somewhere inside you.

Your time at Esalen will be spent utilizing a variety of art media, which may include: painting, working in Big Sur clay, pit firing, drum making, dance/movement, structural mask-making, ritual, drumming, and creative group work.

Join the Arts Center staff as they help you experience the delight of moving from observer to participant — become the musician, the dancer, the actor, the painter, and the sculptor. Let your imagination get the best of you.

No previous art training is necessary. $740

Spiritual Healing: Laying-on-of-Hands

Maria Lucia Sauer Holloman

This workshop will present practical methods for using the hands as instruments of physical and spiritual healing. The emphasis will be on intentionality and personal clarity as fundamental tools in any healing art.

Maria Lucia studied and lived at Esalen for nine years. She currently studies with healers in Brazil and has a private practice in Rio de Janeiro where she applies both Brazilian and North American approaches to healing.

C.E. credit is available for nurses; see pages 50-52. $740

Weekend of March 25-27

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 14-16. $380

Essential Tai Ji: Body-Mind-Spirit in Action

Chungliang Al Huang

Tai Ji is a philosophy of life, a living Tao, and an effective tool for self-cultivation that promotes health, wealth, and spiritual well-being. Chungliang Al Huang will combine structure, discipline, and creative exploration for beginners and longtime practitioners in this weekend of joyful movement meditation.

Recommended reading and viewing: Huang, *Embrace Tiger, Return to Mountain; Tai Ji: Beginner's Tai Ji Book; Quantum Soup: Fortune Cookies in Crisis* (Celestial Arts); *Thinking Body, Dancing Mind* (Bantam); Tai Ji videos from Living Tao Foundation (217) 337-6113. $380

Coming Out, Coming In: Defining Oneself within the Group

David Hawkins

We each have a need to "come out," to express and celebrate our difference. We also have a need to "come in," to join and be seen, respected, validated, and valued. Unless we come out, we risk feeling fraudulent and diminished; unless we come in, we risk feeling alienated and can suffer from the continued, often unconscious, influence of shame. Using a self-examining group as a social microcosm, we can learn to recognize our own use of shame and scapegoating, and create a haven for both coming out and coming in.

If you have been excited, curious, resistant, or insistent to proclaim your identity, this workshop offers a time for reflection, comparison, and support. Our goal is to appreciate the unique balance of belonging and individuating that shapes each of our lives. Participants will work towards a deeper understanding of the following issues:

- the costs and benefits of various shame management strategies
- the value of the minority voice to the group
- the four perspectives from which any group can be viewed
- how to use these to make the group a corrective lens through which to see more of ourselves. $380

Gestalt in the Workplace and in Your Life

Mariah Fenton Gladis & Bruce Mills

Most people want to create satisfaction, harmony, and fulfillment in the work they do, yet for a variety of reasons they find this hard to do. What is needed to reach this goal is an examination of both the preconceptions that an individual brings to the workplace and the skills to cope with others who may bring their own unique problems to the same environment.

Feelings of satisfaction and enjoyment in the workplace arise when we have confidence in the ability to identify our needs, and either express these needs to others or take the actions required to satisfy these needs ourselves. Obstructions in this process happen when prior experiences both in and away from the workplace must be worked through, or problems in the work environment require us to learn new coping skills.

The focus will be on enabling participants to more readily find fulfillment and fun in the work they do by learning to:

- Accept the work itself by better understanding the needs of both themselves and the tasks they are asked to perform, and by bringing these needs to satisfactory closure
- Improve their relationship with the rest of the organization by learning to more fully express and satisfy their needs, while responding appropriately to inappropriate behavior on the part of others.

Gestalt methods will be utilized in both individual and group activities. Some participants will have the opportunity to work individually on a specific workplace problem. All participants will receive feedback concerning their contact styles through information collected and derived from the Gestalt Contact Function Instrument.

This workshop is for managers, employees, and anyone who would simply like to find more fulfillment and satisfaction in their work.

C.E. credit is available for nurses; see pages 50-52. $380

Week of March 27-April 1

T'ai Chi Ch'uan: An East/West Approach

Kenn Chase

This seminar will present a demonstration form of t'ai chi ch'uan, a shortened version derived from the classical Yang style, which contains 54 balanced, fluid and graceful postures. Also included will be mind/body alignment methods, chi kung Taoist breathing methods, and practice and refinement of the traditional t'ai chi movements. Practiced five to ten minutes daily, this gentle martial art can calm the mind and aid the student in achieving a centered perspective for daily living in a busy world.

Recommended reading: Cheng Man Ch'in, *Cheng Tzu's Thirteen Treatises on T'ai Chi Ch'uan* (North Atlantic). $740

Wild Heart Dancing

Elliot Sobel & Jessica Britt

It requires enormous courage and vulnerability to resurrect one's innate creative flow once it has been stifled in early childhood. Heavy clouds of fear and self-consciousness prevent access to the joyful, spontaneous expressions which at one time were native to all of us.

"Wild Heart Dancing" will explore the expressive arts — singing, dancing, writing, and painting — as vehicles of healing and conduits for the expression of the unfolding self. Against a backdrop of contemplative silence, the workshop will generate an atmosphere of safety necessary for participants to risk stepping forth, be it through a gentle poetic fragment, an explosive primitive dance, a poignant, heartfelt love song, or a childlike impressionist painting.

Very few two-year olds have ever been known to say, "I can't carry a tune," or "I can't draw." On the contrary, the crudest scribblings of children are proudly displayed on refrigerators across the land! And with good reason — they reflect a certain freshness of vision, unfiltered by the painful inhibitions of a rigid, adult personality. We will explore the origins of these inhibitions and develop tools for defending against them and their source, the inner critic.

It is possible for the hidden artist to reemerge; for the careful, constructed grown-up to give way to the passionate, unrehearsed outpourings of the soul. The elements required for such a transformation are a quieting of the mind and inner critic, gentle permission, and curiosity. "Wild Heart Dancing" will provide an opportunity for these qualities to arise and rekindle the very heart of creativity and authentic self-expression. $740

Coming Out and Coming Into Relationships

David Hawkins

Our capacity to enter and sustain intimate relationships depends greatly on the role models and experiences we encountered in our families. For gay men in particular, adult loving relationships are shaped by the ways we "came out" and differentiated from our families, and by the ways we were able to remain involved with family and social values needed for our adult journey. They were also influenced by how successfully we found and joined a supportive community and exchanged inherited values for new values more appropriate to a changing lifestyle.

This workhsop is for gay men who want to improve the quality of their relationships by:

- Constructing their journey to adult sexuality
- Reevaluating methods for seeking acceptance and avoiding rejection
- Reexamining the cost/benefits of strategies for managing stigma
- Rethinking limits on involvement and commitment. $740

Enhancing Communication Hypnotically

Paul Lounsbury & Nancy Winston

Embedded in a world of our own constructions, we easily habituate to conversations that come from a very personal framework and unique make-up. We are often unaware of how deeply identified we are with the patterns that recursively tune our perceptions, color our emotions, shape our ideas, and inform our actions. If we act with courage to break out of these roles, a magical new world can appear, bringing with it a fresh and inviting quality of relatedness. This workshop is for people who would like to go beyond their current thresholds of awareness to develop more original, vital, and effective communication.

Therapeutic methods developed from the leaders' training in hypnosis and psychotherapy with Milton Erickson, conceptual tools crafted from Gregory Bateson's communication research, and advances in cognitive neuroscience and the "New Cybernetics" will all be used to help participants increase the flexibility and control they have in their interpersonal communication.

Through group interaction, playful experiments, and hypnotic inductions, the leaders will guide participants through various dimensions of the communication process. Special attention to the hypnotic relationship will highlight the workshop process, recognizing individual uniqueness, utilizing conscious and unconscious awareness, and the dynamics of induction, influence, and suggestion.

Participants will explore ways to be more responsive, more willing to enter unknown territory, and more capable of extending the range and flexibiliy of sensory motor, emotional, and mental controls in their communication behavior.

Group process and hypnotic experiments will focus on expanding awareness and increasing appreciation of interpersonal differences. Prerequisites include tolerance for a modicum of confusion, willingness to be a group member, a sense of humor, and a desire for novel experience.

This learning experience has particular value for therapists, trainers, and managers.

C.E. credit is available for nurses; see pages 50-52. $740

March 27-April 8

Emotional Healing: From Codependence to Aliveness

Terry Hunt & Katie Hemmeter Ray

For workshop description, please see Special Programs, page 46-48. $1795

Weekend of April 1-3

Creative Arts Center at Esalen

Arts Center Staff

For workshop description see March 20-25. $380

Introduction to Gestalt Practice

Eric Erickson

For workshop description see January 23-28. $380

Crazy Wisdom: A Weekend of Philosophy and Laughter

Wes "Scoop" Nisker, Paul Krassner & Ed Greenberg

Seriousness is the only refuge of the shallow
— OSCAR WILDE

This is an opportunity to spend April Fools' Day having a real good time while exploring your own sense of humor and ability to play. Through the use of improvisational theater games, writing exercises, leader presentations, and group discussion, participants will allow themselves to become clowns, jesters, tricksters, and fools as they examine the lighter side of their life and times.

Workshop presentations will include coyote stories, Taoist and Zen humor, the writings of Mark Twain, as well as audio and videotape excerpts from great humorists such as Charlie Chaplin, Lenny Bruce, Nichols and May, Robin Williams, and Richard Pryor. Participants will also work in groups to develop a humorous theatrical presentation for our traditional Saturday night gathering.

You don't have to be funny to join this workshop, simply open to the playful possibilities of the moment. At least one belly laugh is guaranteed. $380

April 1-10

The Painting Experience

Michell Cassou & Stewart Cubley

For workshop description see Special Programs, pages 46-48. $1500

(plus $30 materials fee paid directly to the leader)

Week of April 3-8

Play, Spontaneity, and Performance Art

Nina Wise

The leader writes: "I read once that rats were put in a maze with one path leading to a small room with food, another leading to a room charged with an electrical current, and a third path leading to a room with play things. The rats learned to avoid the electric shock, but the food room and the play room were equally popular. Play, it seems, is as essential to rats as nutrition."

Play is also an integral part of human culture. In tribal societies, people sing, make music, drum, dance, and tell stories as part of their daily lives. With the advent of technology and specialization, we modernized folk have forgotten how to play together. Singers sing, dancers dance, actors act, while the rest of us sit and watch.

This workshop is about remembering how to dance, how to sing, how to tell stories about our lives, how to make it up as we go along, how to be together in a way that is lively, spontaneous, and creative. The workshop will include meditation, chanting, relaxation, movement, singing, writing, drawing, and theater games. We will also do spontaneous performance with and for each other in a safe and supportive environment.

Note: *Everyone is afraid of performing, even professionals. Don't let your fear stop you. It's fun, challenging, and rewarding.* $740

The Healing Crisis: Fasting as a Pathway

Michael Barnett, Grace Stern Swanson & Robert Swanson

Very often in group process there is subtle pressure on participants to work and complete their work, and pressure on the leaders to "make it happen." Where does the direction of group process come from? In this workshop, the material used will not be generated from the leaders or the group, but from each individual's cells, heart, and spirit.

Using fasting as the tool, participants will experience the unique link between their body, mind, and spirit. When the body stops eating, it allows the cells to release waste material that is most pressing to the body's health. Since this waste material can have emotional content (it was put in with emotion, it comes out with emotion), the most poignant and pressing psychological material can often come to the surface when it is released. This release is the "healing crisis," an opportunity for the organism to move to a homeostatic mental and physical balance. To rely on our cells, our bodies, to direct our healing is a much different experience than relying on our intellects or group expectations.

The workshop will consist of an opening live food meal, a day-plus of juice fasting, two full days of water fasting, another day of juice fasting, and a fruit banquet. Three two-hour group sessions will be scheduled each day. Detailed didactic material will be shared to provide cognitive understanding. In the remainder of group time, an eclectic approach to processing individual material will be pursued. Because we will not have to break for "official" meals, the group meeting can continue for as long as necessary. In addition, there will be a member of the leadership staff available around-the-clock.

Come with an agenda, or allow your agenda to develop.

C.E. credit is available for nurses; see pages 50-52. $740

(plus an additional $25 for special meals)

Midlife Crisis as Spiritual Emergence

Karen Turner

Participants will view midlife transition in the framework of spiritual emergence and renewal, a time when the old systems the individual has used as foundations seem stripped away, leaving chaos and challenging long-held beliefs. It is a time of soul-searching; of confronting both inflated and deflated self-concepts or surrendering to deeper, more expanded states of awareness; of learning to trust inner guidance as absolute authority in one's life.

This workshop will be a rite of passage for both men and women going through this transition. It is an opportunity for each participant to discover his/her unique self, and how each is in relationship to self, each other, the world, and spirit. Tools for self-exploration and awareness gathered over 25 years from psychology, mysticism, and shamanism will be presented, with time for discussion and sharing. Each workshop is uniquely designed to meet the needs of those attending. $740

Weekend of April 8-10

A Weekend with Tom Hayden

In this seminar Senator Tom Hayden will explore the possibilities for building an alternative, spiritually-based, environmental politics in the 1990s.

Participants are asked to read Vice-President Gore's *Earth in the Balance*. Senator Hayden will discuss his forthcoming book, *Towards a Gospel of the Earth*, and work with the group to critically explore the environmental void in the works of Freud, Jung, Maslow, Grof, and others. $380

Joy is the Journey: Hatha Yoga and More

Lilias Folan

Join Lilias Folan, host of the PBS series "Lilias, Yoga & You" for a weekend of yoga and relaxation. In her unique and compassionate teaching style, Lilias will guide participants in learning fresh ways to move, meditate, and breathe — with special focus on the art of relaxation. There will be time for stillness and time for high play.

Open your heart, mind, and spirit with a journey through your closest natural environment, your own body! Lilias will share with you her spiritual journey and practical ways to weave yoga practice into your daily life.

All levels of expertise are welcome. Please wear comfortable clothes and bring your own mat. $380

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Cosmos and Psyche

Richard Tarnas

During the ten years they worked together at Esalen, Richard Tarnas, Esalen's former director of programs, and Stanislav Grof, a scholar-in-residence and pioneering psychologist, repeatedly encountered an extraordinary correlation between specific planetary positions and a wide range of psychological states. Besides providing invaluable insight into both the timing and the specific archetypal character of psychotherapeutic transformation, these planetary synchronicities suggested that the relationship between the cosmos and human experience was very different from that assumed in the disenchanted, mechanistic world view of conventional modern science.

Richard Tarnas will present both the practical applications of this research and its larger philosophical implications, with special attention to how he approaches the analysis of birth charts and transits. Specific topics will include precise descriptions of the psychological correlations observed; instructions for calculating and evaluating one's own transits; a look at major present and coming planetary alignments; the specific planetary correspondences with Grof's stages of birth and psychospiritual transformation; the relevance of this work to the larger depth psychology tradition (Freud, Jung, Hillman); and an overview of the evolution of the Western mind as illuminated by this recovery of the intimate relationship between the human being and the cosmos — "the return of the soul to the world."

Though useful, a background in astrology is not necessary. ***Participants should bring a copy of their birth chart.***

Recommended reading: The Epilogue to Richard Tarnas's *The Passion of the Western Mind* (Ballantine, 1993); and any book by Stanislav Grof. $380

April 8-15

Gestalt Practicum

Christine Stewart Price & Guest Leaders

This workshop is designed for people who would like to further explore the gestalt practice form in theory as well as through personal experience. It is especially appropriate for those in the helping professions, such as counselors, bodyworkers, and teachers who are interested in integrating this approach into their current practice. The format will include open seat sessions with the leaders, structured exercises where participants work with each other, didactic presentation, and discussion.

The prerequisite for admission into the workshop is previous participation in a workshop specifically in gestalt practice led by one of the Esalen gestalt staff (Eric Erickson, Christine Price, or Joyce Lyke). Persons without this previous experience can fulfill this requirement by attending one of the gestalt practice workshops offered throughout this catalog. Others may send a letter of application to Christine Price, 31 Onyx Street, Larkspur, CA 94939 , and will be considered if there is space available.

Recommended reading: Perls, *The Gestalt Approach* and *Eyewitness to Therapy*; Heider, *The Tao of Leadership* (Humanics); Ram Dass & Gorman, *How Can I Help? (Knopf)*.

C.E. credit is available for nurses; see pages 50-52. $1110

Week of April 10-15

Self-Esteem through Endarkenment

Will Schutz

The technology developed by Will Schutz in his "Endarkenment" workshops will be used for the first time in a specific area — self-esteem. One of the goals of the workshop will be to challenge the philosophy, "no pain — no gain."

By expressing the parts of yourself that you like least — those that reduce your self-esteem — it is possible to grow a great deal watching yourself playing your games. By exaggerating these parts, analyzing them, even teaching the other workshop members how to do them really well, new, more effective patterns can emerge. And this can happen without pain. It can be done with joy and excitement. From this viewpoint, participants will work in-depth on self-esteem.

Pre-homework: Practice your defenses — denier, critic, victim, helper, demander, intellectualizer, etc. Come prepared to demonstrate how a real pro performs them!

$740

TA KE TI NA: The Forgotten Power of Rhythm

Reinhard Flatischler

Everyone of us is deeply rhythmical: hearts beat, lungs breathe, cells pulsate — we are rhythm. From Europe, Reinhard Flatischler brings TA KE TI NA, a synthesis of the rhythmic knowledge of many cultures, leading back to the primal rhythmic knowledge that lives within every human being. TA KE TI NA connects musical rhythms with the rhythms of daily life, the body, and the rhythms of our consciousness. The experience of TA KE TI NA comes through the simultaneity of basic stepping, clapping, vocal rhythms, and chanting. The workshop takes on the quality of a ritual as the participants, standing and moving in a circle, clapping and chanting rhythmic syllables, gradually create a group unity. The principle underlying the exercises is the simultaneous performance of several different rhythms. The feet, for example, move in a double meter while the hands clap a triple meter, and ultimately the voice changes other rhythmic layers over the hands and feet.

The leader will alternately support and challenge the group as he taps rhythms on a *berimbao*, a Brazilian single-string instrument. His rare ability to hold rhythmic polarities brings with it a joyous quality that can lift the group to new dimensions. The skills found through TA KE TI NA can be applied to daily life, as well as to all musical fields.

$740

Advanced Holotropic Breathwork and Meditation

Ricci Coddington & Laurie Weaver

This workshop is open only to participants experienced in Grof Holotropic Breathwork.

This five-day program will offer the opportunity to connect with Mother Earth, open your heart, and become more in touch with your spirit while deepening your breathwork experience.

The daily routine will include Arica psychocalisthenics exercises, sitting and walking meditation, relaxation, energy generation, and music-making. Each breathwork session will include group process and creative art work.

To apply for the workshop, please send background information to Ricci Coddington, 1537 4th Street, Suite 193, San Rafael, CA 94901. Applications should include past experience with Grof Holotropic Breathwork, dates, and the names of the certified leaders.

Participation in this workshop will fulfill forty hours of credit requirements for the Grof Holotropic Breathwork and Transpersonal Psychology Training. $740

Weekend of April 15-17

Singing Gestalt: Solo or Duet

Nancy Kaye Lunney

Singing gestalt is singing about yourself, who you are, what you feel, who you'd like to be. Singing gestalt is about being yourself in front of other people without judging how well you sing. Singing gestalt is not about performance. It is about making contact, feeling, expressing, and being there, with and for yourself and others.

Come alone or bring someone who is important to you, perhaps a lover, friend, a parent, someone with whom you'd like to communicate in a different way things you've expressed before and possibly things you've never said. If you wish, bring photographs of significant people in your life, past or present.

If the idea of getting up and singing in front of other people terrifies you more than anything you can think of, this workhop is for you. If you love to sing in front of other people and want to stretch yourself further, this workshop is for you. If you've been to shy to try, this is your chance.

Some guided imagery and gestalt may be used. Accompaniment and lots of music are provided. But the workshop is really about you — and about you singing. $380

Writing About Our Lives: A Workshop for Women

Ellen Bass

The leader writes: "The philosophy behind this workshop experience is best expressed by Martha Graham who said: 'There is a vitality, a life-force, an energy, a quickening that is translated through you into action. And because there is only one of you in all time, this expression is unique. And if you block it, it will never exist through any other medium, and be lost. The world will not have it. It is not your business to determine how good it is, nor how valuable, nor how it compares with other expressions. It is your business to keep it yours clearly and directly, to keep the channel open.'

"This workshop will help keep the channels open. It will be a supportive place to share our lives and work, our voice, our creativity. There will be time for writing and time for sharing and feedback. From beginners to experienced, all women writers are welcomed. Whether you are interesed in poetry, fiction, non-fiction, journal writing, or just jotting down your thoughts, this workshop can help you open up and expand your world through writing."

Note: *This is a creative writing workshop open to women only.* $380

The Modern Warrior

George Leonard

A man or woman with outward courage
dares to die;
A man or woman with inward courage
dares to live. —Lao Tzu

The Modern Warrior is not one who goes to war but rather one who exhibits integrity in every aspect of living, one who seeks to attain control then act with abandon. For the Modern Warrior, life is vivid, immediate, and joyful. He or she lives each day to the fullest, and is fulfilled in serving others. This workshop is based on the premise that to achieve peace in the world and harmony in daily life, it might well be necessary for men and women to reown the warrior ideal.

Through the centering and movement exercises of LET (Leonard Energy Training), you will be invited to get in touch with your own unacknowledged powers, and thus to discover the hidden warrior within. You will practice alternative ways of dealing with conflict and stress. Guidance will be offered on how to apply the warrior ideal to daily life. If appropriate, a psychologically intense Samurai Game will be played. This workshop will not be physically strenuous. All that is needed is a generous heart and a willingness to participate.

Recommended reading: Leonard, *The Silent Pulse* (Dutton) and *Mastery* (Dutton). $380

Caring for the Dying

Zoketsu Norman Fischer & Frank Ostaseski
—Zen Hospice Project

This workshop explores a mindful and compassionate approach to caring for those with chronic or life-threatening illness. Drawing on the experience of the Zen Hospice Project, a nationally innovative model of conscious care, the aim is to demystify the care-giving process, investigate our response to suffering, and clarify our intention in service.

The leaders will introduce traditional meditation practices of awareness, impermanence, and forgiveness; provide exercises designed to explore accumulated grief; and discuss the importance of ritual and memorials. Through silence, writing, storytelling, and the collective wisdom of the group, we will discover ways of encouraging our innate generosity and skillful means in order to stay present in difficult or impersonal care-giving situations.

The workhsop offers renewal and a fresh perspective on service to professionals or individuals caring for friends or family. All are invited, but those caring for people with AIDS or cancer are particularly encouraged to attend. Please wear comfortable clothing and bring writing materials.

C.E. credit is available for nurses; see pages 50-52. $380

Settling with Oneself

Kathleen Riordan Speeth

With the help of Albert Camus's insights, David Rosenman-Taub's music, and Jan van Eyck's images, we will explore the guilts and glories of midlife in this weekend together. You want to lead a comfortable existence like everyone else? Have a job with no little success? Perhaps a family? And probably some organized leisure activities? Then why do you have a nagging feeling that some crucial element is missing from your experience — something you must know, some account you have to settle with yourself before it all turns to dust? A midlife crisis? Why?

We have our secrets. Toward certain others, perhaps, we feel obligated without ever owing anything. We are sometimes generous toward the dead, but the irony is inescapable when we think of what we have and have not felt toward the living. I, I, I, is the usual rhythm we march to — and it confuses and frightens us. We suffer indecision, not able to stand up fully nor give up and rest. We long to be immortal. We want absolution. There are no points for good intentions, extenuating circumstances, or respectable mistakes. Can something worthy come of this?

Bring a journal. Take the risk. We will meet Jean-Baptiste Clamance, Camus's erstwhile lawyer who has become a "judge-penitent," and who waits to buttonhole us all, possibly with good result. Through solitary self-study and structured interaction, we will move toward understanding a jewel of a musical poem and a rare stolen painting, both of which will inevitably have personal implications.

C. E. credit is available for nurses; see pages 50-52. $380

Week of April 17-22

Pilobolus Technique: Choreographic Creation

Michael Tracy

Since its first appearance, Pilobolus Dance Theatre has been a pioneer in American contemporary dance, creating its own unique method of choreography. This workhop is based on Pilobolus's evolving understanding of technique as a creative collaborative process. Dance is approached not as an inflexible physical regime, but as an expressive medium for people of all ages, backgrounds, and levels of experience.

Taught by Pilobolus's Artistic Director Michael Tracy, this workshop will focus on the choreographic process that makes movement the powerful means of expression it truly is. The group will investigate the lively mixture between form and flow, abstraction and theatricality, strength, force, and balance that define the realm of dance.

Participants will explore a wide variety of movement through improvisation and will choreograph a number of short dances. It will be an opportunity to indulge in the incredible panorama of human motion.

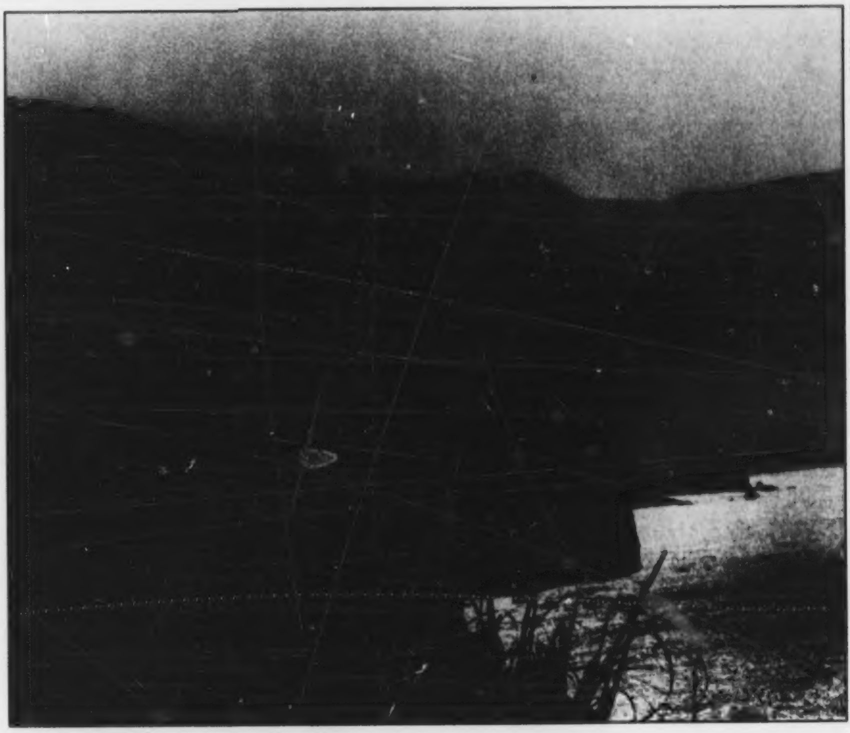
Extensive dance training is not necessary, although a reasonable degree of fitness is advised. Participants should be willing to be physically energetic and enthusiastic. $740

Meeting the Madwoman & The Reindeer Woman: The Challenge for Feminine Spirit

Linda Leonard

Based on material from her book, *Meeting the Madwoman: An Inner Challenge for Feminine Spirit* (Bantam, 1993) and a book she is currently writing, the leader will explore the Madwoman and Reindeer Woman archetype (an energy in both men and women), using ancient myths and fairy tales, films and literature, and the stories of historical and contemporary women and men. Participants will explore archetypal patterns of Madwoman energy such as: Mad Mothers and Mad Daughters, the Caged Bird, the Rejected Lover, the Recluse, the Revolutionary, the Bag Lady, and the Visionary.

The Reindeer Woman as an image for healing through the mystical feminine will also be a topic for exploration. Linda Leonard has spent time in the Siberian wilderness living with a nomadic group of "reindeer people," and travelling to Lappland to study a native people's relationship to reindeer. She will present the Reindeer Woman as a metaphor for a feminine instinctual energy — an energy that is gentle and compassionate, yet strong and free. Fairy tales, legends, and myths drawn from the shamanic peoples of the North will be used to introduce a vision of the Reindeer Woman as a manifestation of this feminine archetypal energy.


JOYCE LYKE

Participants are welcomed to bring dreams and images relating to the Madwoman archetype, and to reindeer, deer, and other healing bonds of nature.

This workshop is open to both men and women. $740

Five-Day Massage Intensive

Roger Grandy & Laurie Schutz

The depth of our work is more than skin deep; it touches the hearts and lives of people, healing the invisible wounds we carry and sometimes have forgotten we have.
— Judith McKinnon

This week is structured for beginners and those who would like a review of basic massage skills. The longer morning sessions will be a demonstration and hands-on practice of the fundamental methods used in a full- body, Esalen-style massage. Emphasis will be on quality contact through mindfulness rather than technique.

Most days participants will have time from lunch until dinner to enjoy the baths, community, and grounds, or to explore the magnificent Big Sur coast and nearby hiking trails. Evening sessions will include movement for bodyworkers and group discussion.

Recommended reading: Thich Nhat Hanh, *Being Peace* (Parallax Press).

C.E. credit is available for nurses; see pages 50-52. $740

Self-Hypnosis: Methods, Practice, and New Learning with Brain-Wave Feedback

Marc Lehrer

Participants in this workshop will learn methods of self-hypnosis that they can perfect and modify to suite their particular needs. The work will cover visual, kinesthetic, auditory, Ericksonian, movement, rhythmical, pendulum, hypno-disk, massage-based and biofeedback assisted self-hypnosis techniques.

The sessions will include teaching and practice of methods, demonstrations, group trance experiences, and discussions to increase your ability to apply what you learn to everyday situations and problem areas. Special emphasis will be given to stress management applications for executives, habit control (such as smoking and weight control), pain reduction and pleasure enhancement, dream programming, improving self-image, and perfecting performance skills.

Participants will have an opportunity to use the most recent computerized biofeedback brain wave monitoring equipment that can monitor brain wave measurements of your depth of trance and style of hypnotic experiencing. The leaders will also share information on ways to teach self-hypnosis classes and create self-hypnosis tapes.

Meetings will be in the mornings and evenings with the afternoons free. Marc Lehrer will teach some of the sessions and will select other experienced hypnosis teachers to teach their favorite methods in other sessions.

C.E. credit is available for nurses; see pages 50-52. $740

Nature and Contemplation

Steven Harper & Brother David Steindl-Rast

From time immemorial, nature has inspired human hearts to contemplation. Can we make this experience our own today? This week is designed to help participants experience both nature and contemplation deeply. Direct experience and contemplative reflection are the key words.

Earth under our feet on gentle hikes, water of the Pacific pounding against the shore, air of Big Sur's refreshing breezes, fire that heats Esalen's hot springs — all the elements of nature combine to touch our bodies and to raise our minds and spirits.

"Nature is never spent: there lives the dearest freshness deep down things," wrote the mystic poet Gerard Manley Hopkins. To drink from that freshness, from the fountain of youth, that's what this workshop is all about. $740

Weekend of April 22-24

Experiencing Esalen

Experiencing Esalen Staff

For workshop description, please see January 14-16. $380

Voice in the Head: Conversation at the Edge of Magic

Terence McKenna

Author and explorer, shamanologist and rave philosopher, Terence McKenna brings a unique perspective to being in the world that assumes an impending transformation of the human world that will involve everyone. With humor and in-depth, participants will examine attitudes toward the Other, time and its mysteries, the nature of language, and the techniques of ecstasy that have developed in non-Western societies to navigate to and from invisible worlds. The role of hallucinogenic plants will be discussed — their role in shamanism, and their impact on the general evolution of human beings.

Participants will discuss making reasonable choices about spiritual development and techniques. The rich historical foundations of techno-shamanism will be surveyed and the roles that we may each play in unfolding the rave of cybercultural post-historicity will be explored. This is a think-along experience for those who want to take a few moments to chill out from the dance of life. $380

Healing the Grief of Human Relationship: The African Shamanic Perspective

Malidoma & Sonbonfu Somé

The underlying belief in most Western relationships is that other people are responsible for our happiness. We struggle with the illusion that we "need" another person to behave in a certain way in order for us to feel good. From the African shamanic perspective, a person who does not maintain a dynamic connection with their spirit guides or higher self will never be fulfilled and will continue to look toward others for their happiness.

Malidoma and Sonbonfu will share their fascinating story of meeting for the first time after their wedding ceremony had taken place and beginning their journey "up the mountain" together. They will use ritual, storytelling, and interaction with workshop participants to challenge and heal those concepts that have caused relationship grief and resentment.

This workshop is an excellent opportunity for both couples and individuals to bring their stories of relationship success and failure and, with the help of Malidoma and Sonbonfu, to look at them through the lens of shamanic empowerment. This perspective can offer participants new pathways for dynamic change. $380

The Art of Leadership: Excellence in Business, Management, and Communication

Ronald Alexander & Bruce Gregory

> *In the Beginner's mind there are many Possibilities*
> *While in the Expert's mind there are few.*
> — Suzuki

This workshop is for executives, managers, and other people who are committed to improving their communication and leadership skills. The focus of the workshop will be on:

- Conflit resolution
- Dealing with the block that prevents executives from feeling secure and clearly articulating their vision
- Developing trust with those who feel threatened or intimidated
- Discovering and addressing blind spots in self-esteem
- Developing creative strategies for building support systems that facilitate the transformation of visions into realities.

Some of the group processes will include giving and receiving feedback on communication and leadership styles, role-playing, problem-solving exercises for real life work situations, and exercises for learning to use the unconscious to solve problems creatively.

C. E. credit is available; see pages 50-52. $380

Week of April 24-29

Golf in the Kingdom: An Exploration of the Inner Game

Stephen Cohen, Fred Shoemaker & Brian Bergstrom

> *Ye'll come away from the links with a new hold on life, that is certain if ye play the game with all your heart.*
> — Michael Murphy, (*Shivas Irons*), *Golf in the Kingdom*

The game of golf provides many opportunities to enhance the journey of self-discovery. It can be experienced not only as an athletic endeavor, but also as a metaphor for the way one lives. Just as in life, issues of self-confidence, fear, trust, discipline, and awareness emerge in the conflict between the ego's desire for success and the inner self's ability to achieve.

During these five days, teaching methods gleaned from a study of the inner game will be utilized, as well as principles from psychosynthesis and gestalt, to explore the inner self and how one interferes with its emergence. Two days will be spent on field trips to the Monterey Peninsula where participants will practice and play in some of the most beautiful golf country in the world. On other days there will be time to relax and enjoy the natural pleasures of Esalen and Big Sur.

Recommended reading: Murphy, *Golf in the Kingdom* (Delta); Gallwey, *The Inner Game of Golf* (Random House). $740

(plus greens fees paid directly to the leader)

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Dzogchen: A Silent Meditation & Self-Inquiry Retreat

Lama Surya Das

Buddhism teaches awareness techniques for awakening to inner freedom. Dzogchen — the Natural Great Perfection — directly introduces the inherent freedom, purity, and perfection of innate Buddha-Mind. Dzogchen is considered the summit of all Buddhist teachings: swift, easy, joyful, and the most direct and naked tantric vehicle.

Through meditation, chanting, energy exercises, self-inquiry, and personal instruction (including talks and individual interviews), this quintessential Vajrayana path will be introduced and practiced according to the nonsectarian way of the Practice Lineage of Tibetan Buddhism, relying on authentic Tibetan texts, meditation manuals, and oral tradition. A constant theme in this nondual awareness practice is opening to effortlessness.

This silent meditation retreat offers a unique opportunity for experienced practitioners of meditation as well as beginners to better know themselves through the timeless wisdom of this ancient Tibetan teaching. Much of the day will be devoted to sitting practice, interspersed with both guided and walking meditations, chanting, and breath/energy relaxation exercises. The retreat will be conducted in silence. $740

Relationships: Letting Go — Moving On

Mary Goldenson (Devarani)

For one human being to love another: that is perhaps the most difficult of all our tasks, the ultimate test and proof, the work for which all the other work is but preparation. — Rilke

The fabric of our lives is made up of relationships. All of life's relationships will be the focus of this workshop: family, friends, lovers, co-workers, partners.

Often beliefs, defenses, fears, and emotions about past relationships continue into our present relationships and keep us from spontaneous feelings of love, trust, and joy. The goal of this workshop is to experience these patterns and create new ways to relate in the moment to ourselves, others, and our work. This workshop can help you

- find out how your relationships mirror you
- get a clearer picture of what you want and how to get it
- examine ways you sabotage yourself
- learn more about how others see you
- learn practical tools and knowledge that will help create empowered relationships.

$740

Change & Self-Esteem

Phyllis Shankman

Change is an ever-present aspect of living which must be accepted and used creatively if one is to sustain a healthy, interesting, and exciting life. Many individuals talk about wanting change while actively or passively resisting it. Self-esteem, which includes self-acceptance, self-appreciation, and self-confidence, is the aspect of self that enables one to confront resistance and fear, and increases the willingness to change and take risks.

This workshop includes an in-depth process for finding and allowing self-acceptance and for creatively confronting opportunities for change and growth. Group activities include gestalt process work, discussion, massage, meditation, music, dance, art imagery exercises, and whatever else happens spontaneously.

C.E. credit is available for nurses; see pages 50-52. $740

Clinical Program for Professionals: Integrating Gestalt, Self Psychology, and Mind-Body Healing

Ronald Alexander & Bruce Gregory

This five-day training program will combine didactic discussion with experiential exercise, supervision of therapist-client dyads, and clinical demonstrations. A full spectrum of treatment cartography will be used to clarify how gestalt, self psychology, and mind-body healing can be effectively integrated to address early developmental trauma, narcissistic issues of the self, and contact boundary disturbances. Emphasis will be on the following:

- Improving skills of diagnosis
- Formulation of treatment plans that attend to the transition points of the healing process
- Improving intervention skills as they relate to handling resistance, the nurturing of the real self, and facilitation and activation of unconscious healing processes through the use of mirroring, pacing, and the language of mind-body healing.

C. E. credit is available; see pages 50-52. $740

Weekend of April 29-May 1

The Six Pillars of Self-Esteem

Nathaniel Branden

This will be a weekend with a pioneer in the self-esteem movement. Nathaniel Branden, psychological theorist and practicing psychotherapist, has made a major contribution to the awareness of self-esteem as an important and vital aspect of human well-being. He will conduct an experiential/participatory exploration of the following:

- The meaning of self-esteem and the confusions surrounding the concept
- The role of self-esteem in our lives
- The actions and practices it most crucially depends upon.

There will be discussion, group work, some individual work, sentence-completion exercises, and other processess — all aimed at strengthening the self-esteem of participants in the workshop.

Recommended reading: Branden, *The Six Pillars of Self-Esteem*.

C.E. credit is available for nurses; see pages 50-52. $380

Massage Intensive for Couples

Brita Ostrom & Attila Vaas

This workshop is for partners who want to learn to massage each other. Emphasis will be on "hearing" with the hands, de-stressing the home, asking for what we need, and giving to those we love. Sessions will include demonstrations and hands-on guidance. Individual concerns will be addressed so participants can continue their practice at home.

C.E. credit is available for nurses; see pages 50-52. $380
per participant

Natural Genius: An Authenticity of Being

Elisa Lodge

Natural genius is a powerful creative force that arises when a deep sense of self-worth and trust is felt, and reflects a wholehearted acceptance of the many facets of our being. We are all geniuses in wonderful and mysterious ways that lie undiscovered within us.

Participants will have an opportunity to explore self-defeating patterns and beliefs that inhibit natural genius and learn practical tools to unleash untapped energy, passion, and creativity.

Individual and group exercises will be used, including a whole-body thinking process to balance right and left brain, stimulate intuition, and support more spontaneous "feeling" aspects of our thinking. By freeing and integrating breath, sound, feelings, energy, and movement as the nonverbal expression of our aliveness, participants can contrast the difference between self-imprisonment and inner freedom, pretense and presence, acting and being.

$380

April 29 - May 7

Big Sur Wilderness Journey: From Esalen to Tassajara Zen Mountain Center

Steven Harper & guest leaders

For workshop description see Wilderness Programs, page 49. $740

Week of May 1-6

A Week with David Schiffman

For workshop description see January 28-30. $740

Imagery Training for Health-Care Professionals

Jeanne Achterberg & Frank Lawlis

The power of the imagination has historically been recognized as a vital key in determining whether people stay well, become ill, or respond positively to a diagnosis of disease. Currently, an impressive and expanding body of clinical and research evidence supports its use in a broad range of treatment settings, for many medical disorders, and as a preeminent factor in the psychological, emotional, and spiritual issues confronted in the wake of crisis.

This program will focus on imagery as a health care tool for the seriously ill. The common threads of imagery in ancient rituals will be related to modern settings; new research on the physiological and biochemical pathways of the imagination will be discussed. Imagery will be explored and demonstrated as mental rehearsal for challenging events or treatments, diagnosis, and as an adjunctive treatment procedure for catastrophic and chronic conditions such as cancer, AIDS, autoimmune disorders, injuries, and chronic fatigue syndrome. A major section will deal with methods for enhancing immunity.

The discussion material will be accompanied by demonstrations, experiential sessions, case studies, and role playing. Participants will view slides and two important films, and have the opportunity to ask questions and network.

This program is designed primarily for health professionals, although health consumers who take an active role in their treatment and recovery will also find it useful. It is suggested that participants read *Imagery in Healing: Shamanism and Modern Medicine* (Achterberg) prior to attending the workshop.

C.E. credit is available for nurses; see pages 50-52. $740

Yoga: A Week of Learning and Rejuvenation

Ganga White & Tracey Rich

Presenting East/West teachings in a way that is contemporary, humorous, and applicable to modern living, the leaders will offer a week of physical, mental, and spiritual rejuvenation. Days will begin with instruction in an ancient Hatha yoga movement series that is new to this country and combines grace and flow with posture, pranayama (breath), and meditation. Participants will be shown a 45-minute balanced, aerobic yoga practice that they can continue at home. Afternoons and evenings will be for group discussion and exploration into the teachings and principles of the art of enlightened living.

Topics will include diet and nutrition, how yoga works, aligning and restructuring the body, and awakening subtle energies. Through Jhana (the yoga of wisdom and perception), participants will begin observing the thought processes and patterns that dictate their lives. They will look at the areas of love, responsibility, relationship, freedom, and death.

Participants at all levels are welcome; no previous experience is necessary. For additional information, contact the leaders at (805) 964-1944. $740

Watercolor: A Window into Nature and the Self

Sim Van der Ryn

Watercolor sketching outdoors is a simple, fluid, and fun way to record your reactions and impressions of landscape and nature. It teaches you many things about self and place without formal training in drawing or painting. The leader's method focuses on letting go of the feeling that you "don't know how to draw" so that you can directly experience changing light, form, and color — the essence of place.

The class is designed for beginners as well as those with watercolor experience. Participants will use a simple field kit so that equipment and technique do not get in the way of individual possibilities and responses. The rich and varied Esalen landscape offers all kinds of inspiring watercolor possibilities that the leader can help you experience and paint. $740

(plus $85 materials fee paid directly to the leader. It includes a "field kit" of brushes, pigments, palette, and papers which will last for many painting sessions after the workshop. If you already watercolor, contact the leader at 415-332-5806 for the recommended supplies.)

Weekend of May 6-8

Introduction to Vipassana Meditation

James Baraz

For workshop description see January 21-23. $380

The Personal is Political: Interfacing Personal Growth & Social Action

Bill Monning & Phyllis Shankman

As we approach the new millennium, we are being challenged globally, nationally, and locally with a multitude of social, economic, and environmental problems. Our capacity to build wholesome and healthy lives is dependent upon our ability to meet the challenges of our time with a new consciousness — one that can empower individuals, while also building communities of involvement and social action. A new politics is emerging globally that seeks to achieve a balance between personal and social responsibility. What is liberating for the soul can and must include a commitment to the larger human family.

The leaders will help the group explore shared values, commitments, and concerns about living both the personal and political. There will be discussion and guided exercises. Partricipants will identify, share, and move through their concerns about how to live their visions with more clarity and integrity while working together to build a strong base of political and social action for our communities, our nation, our planet.

Bill Monning is a lawyer/organizer/activist, and Phyllis Shankman is a psychotherapist/teacher/activist. This workshop is for anyone who is involved, or would like to become more involved, in social action, and for those who want to learn new and better ways to take care of themselves personally and spiritually. $380

Integrating Jungian Spirituality and Alexander Bodywork

David Richo & Doris Green

Beginning in childhood, the body adopts many poses and armorings that block the emergence of our true, vulnerable, and natural self. These limits, imposed by a lifetime of denial and misuse, can be dissolved through a reeducation of habitual stances and movements. With this refinement of the body's language, dreams, images, and personal myths can arise, allowing the most visible form of the unconscious to emerge.

A combination of Jungian and Alexander methods will be presented to help foster "body literacy" — the ability to read and evoke the body's messages. Combining active imagination and movement, the group will discover ways to *move through* their stuck-points and voices. This process can allow each individual to locate where in the body they hold on, hold back, or store archaic hurts. Imagination and movement can then be used to let go and open up.

C.E. credit is available for nurses; see pages 50-52. $380

Medicinal Herbology: An Esalen Garden Workshop

Jeanine Pollak

This weekend workshop will present in-depth coverage of forty useful plants growing fresh in the Esalen garden. How to identify, prepare, and formulate will be covered with respect to the medicinal, nutritional, and cosmetic aspects of the plants. Using the garden as a classroom, participants will make fresh infusions, sun teas, liniments, and tinctures. Safe and effective formulas for common colds, flus, sore throats, headaches, and digestive/respiratory systems will also be discussed. Modern scientific research and herbal pharmacology, as well as tradition and folklore, are areas the leader will draw from as the uses and energetics of each plant are explored. Participants will gain detailed knowledge of many common plants and the safe and effective use of herbs in daily life.

C.E. credit is available for nurses; see pages 50-52. $380

Harmonizing with the Spirit of the Universe: Aikido as an Integral Transformation Practice

Eric Van Riswold

In his book *The Future of the Body*, Michael Murphy writes that "certain martial arts facilitate a many-sided, integral development of human nature. Some, such as aikido, are superior to modern sports in their reliance upon spiritual principles, and superior to quiet meditation in their cultivation of stillness in action."

This workshop offers you the opportunity to experience a unique martial art that fosters grace, flexibility, power, and overall body awareness. Aikido is a strong self-defense art, yet is non-aggressive, non-competitive, and does not rely on muscular strength. It is a way of being as well as doing, a meaningful philosophy that becomes truly powerful when experienced as a living, embodied practice. You will learn to sense and direct the flow of energy, to locate and move from center, to relax under pressure, and to use alternative ways of dealing with conflict. Throughout, you will follow the injunction of the founder of aikido, Morihei Ueshiba, "Always practice in the spirit of joy." $380

Week of May 8-13

Tantra: The Art of Conscious Loving

Charles & Caroline Muir

For workshop description see January 23-28. $740

Turning on the Light: A Choice to Live Consciously

Laura DeNuccio & Guest Leaders

For workshop description, see February 20-25. $740

Five-Day Lomi Intensive

Kathryn Lydecker, Johanna Putnoi & Robert Sanoff

In the formative years of life, human beings learn to embody the beliefs and posture of their individual family system and the culture into which they are born. Many individuals unconsciously continue to shape their lives in reaction to these influences, often at the expense of their own creativity and vitality.

The aim of this workshop will be for participants to observe how they feel, think, and move themselves through life. By attending to bodily-felt experience, moment to moment, and by distinguishing between sensation and thinking, the path to reclaiming one's authentic self opens. Through this process of developing awareness, it is possible to make responsible choices in daily life and to live with integrity and gentleness.

This workshop provides an arena for developing mindful awareness and for unmasking habits that keep us from ourselves and hinder relationships. Lomi work includes meditation, movement, gestalt, aikido, and Reichian work. $740

Celebrating Midlife Discoveries: Women and Aging

Cathleen Rountree and Phyllis Shankman

The forties are the old age of youth;
the fifties are the youth of old age.
— Victor Hugo

This is a workshop designed for women who want to explore the art of self-renewal within the context of midlife. The ages between 35 and 60 can be a metamorphic period during which we reflect on our first thirty years and prepare for the years of wisdom and elderhood. Midlife is an opportunity to reshape our lives in order to experience the rest of life to the fullest and contribute our gifts and skills to personal and planetary well-being.

Participants will ask themselves the questions: What is my vision of the life I want to live? What is meaningful work ? How can I cultivate spirituality and creativity in my daily life? What would I like to contribute to our global community?

There will be in-depth personal reflection and an opportunity for midlife reorganization by redefining success through internal values and actual life circumstances. Writing, art, group process, and purification ceremonies will be used to create a supportive circle of women sharing their stories, fears, visions, and strengths. Participants will engage their internal allies: creativity, spirituality, passion, imagination, and wisdom. The group will meditate, hike, bathe, sing, and dance together in celebration of the beauty and transformative power of this passage.

This is a workhsop for women only. $740

Weekend of May 13-15

The Way of the Lover

Andrew Harvey

If you want to live, die in love;
Die in love if you want to remain alive. —Rumi

Teilhard de Chardin said "Humanity has come to the moment when it must choose between suicide and adoration." It is adoration that is the way of the lover, for adoration opens the heart and mind in stages to the full presence of the Divine in all things.

Adoration radiates from the feminine aspect of the psyche. The return of the feminine in our time is bringing back to the human race its lost powers of worship and praise, powers it now urgently needs to provide the insight and vision necessary for its survival.

Andrew Harvey will open up the path of adoration by a mixture of reading from his own translations of sacred texts (the Upanishads, Rumi, St. John of the Cross), meditation, singing, and writing exercises designed to expand the spiritual imagination.

The weekend will be devoted to leading all participants into the truth of their own hearts. $380

The Rosen Method®: Bodywork and Movement

Marion Rosen & Sue Brenner

The Rosen Method was developed out of Marion Rosen's fifty years' experience as a physical therapist and health educator. Her unique approach to bodywork has earned her recognition as a leader in the field of body-oriented therapies. "The body tells us in the clearest terms what we want to hide the most," she writes. "This work is about transformation — from the person we think we are to the person we really are."

The Rosen Method is a powerful process using nonintrusive touch and awareness of breath. By adding verbal interaction to therapeutic bodywork, a link is made between emotional trauma and physical tension. At its heart, the Rosen Method is simplicity itself. It works with muscles and brings about physical and emotional awareness through relaxation. The practitioner's hands contact tense muscles, matching tension with equal pressure. Often the tightness softens and the area that was held begins to move with the breath. These changes are then used as guides to the client's inner processes — buried feelings, attitudes, and memories that may surface.

This bodywork is complemented by movement that encourages natural, free breathing and uses gentle stretching, swinging, and jumping exercises to improve body alignment and flexibility. The goal is to release holding and rediscover the joy of movement.

The training can be used by those interested in personal growth, by mental health professionals who want to learn more about the role of the body in healing, and by bodyworkers who want to know how to be more verbal with clients.

This is a hands-on workshop where participants will be doing body work on each other. Please bring one set of sheets (top and bottom), a pillow and blanket. You may want to bring a bathing suit (two-piece for women).

Recommended reading: Rosen & Brenner, *The Rosen Method of Movement* (North Atlantic).

C. E. credit is available for nurses; see pages 50-52. $380

Keeping a Good Relationship Alive

Gerald Smith

How can we be close and vulnerable as partners, yet separate and free to grow as individuals? The dilemma of merging and yet still maintaining a strong sense of individuality is never completely resolved, because each partner is continually changing. But it can be dealt with in ways that add to the aliveness in the relationship. This workshop will focus on the necessity of dealing with this issue in order to keep a good relationship alive.

During this weekend, participants will spend most of the time with their partners separate from other couples. Verbal, nonverbal, and written exercises to enhance openness, support, and affection will be used, as well as skills to resolve differences in ways that do not produce "scar tissue." And, since playing is an essential part of keeping a relationship alive, there will be experiences to spark the imagination and willingness to play together.

Limited to 12 couples. $380 per participant

Buddhism and Deep Ecology

Christopher Reed

How is it possible to live with an awareness of what is happening in our society and in our world? For many there is deep grief, for all of us a nagging malaise. We are destroying our environment, our own home, and neither denial nor activism can fully address the pain and discontent we feel.

Increasingly we discover that the practice of meditation, as taught by the Buddha, is an invitation to engage with life. It is not a way to cut yourself off. The practice of wholehearted awareness naturally leads to an experience of deep interconnectedness. As we acknowledge the source of our pain — the illusion of separation from the world — we naturally begin taking full and joyful responsibility in our lives.

This workshop is open to anyone who has an interest in the practice of engaged Buddhism and meditation whether or not he/she has prior meditation experience. It is open to anyone who has ever questioned how they might respond to these difficult times while cultivating an authentic spirituality.

Participants will cultivate the practice of mindfulness with formal sitting and walking meditation. Interactive exercises to enhance the capacity for deep listening will be used. The group will also explore contemplative practices that can be used effectively in daily life situations. $380

Time-Shifting: Creating Time for Your Life

Stephan Rechtschaffen

As we constantly strive to be "on time" in our fast-paced, over-scheduled lives, we lose touch with living in the flow of time. We are a society plagued with time-sickness. Caught up in the stress of running to work, home, recreation, or other responsibilities and interests, we don't have time for the important things. Anxious about the future, regretful of the past, we miss the fullness of the moment.

This workshop will help participants understand their own attitudes toward time and how those attitudes affect their lifestyle, health, and longevity. Methods that move perception away from societal time pressures into the often unexplored territory of freedom-within-time will be introduced, along with meditation, visualization, time-evaluation, and planning (not scheduling).

From this vantage point, participants can explore how dysrhythmic, hurried schedules affect their relationships, work, and creativity; use their expanded sense of time to define what they really want in their lives and what their real priorities are; and enjoy the simple power and pleasure of being present in each moment.

C.E. credit is available for nurses; see pages 50-52. $380

Week of May 15-20

Accepting Life's Transitions: Letting Go — Moving On

Mary Goldenson (Devarani)

For workshop description see January 30-February 4. $740

Continuum

Emilie Conrad-Da'oud

This workshop explores the idea that movement is something we *are* rather than something we *do*, that what we call a "body" is actually life expressing itself.

Using deep rhythms and intrinsic motion, participants can discover a sensitivity to movement at all levels — not just familiar movements, but what the leader calls the "dance of intelligent life." Both individually and in rapport with a partner, participants will explore the subtleties of breath and tissue, the undulation of the spine, and the effect of being witnessed by others. The goal will be to experience a visceral, neuromuscular connection to all life, celebrating a richness and depth that go far beyond social or cultural connections. Emilie Conrad-Da'oud writes: "As we enliven ourselves from the inside, our dynamic expressions in the world increase. This remarkable oscillation from intrinsic to extrinsic, this elegant movement of creativity from cell to action, this flow of life urging itself into new creative channels — this is Continuum."

As a movement specialist at UCLA, the leader has contributed to a study demonstrating that primary movement is essential to mediating disease and aging. Her visionary work is incorporated into the fields of physical therapy, massage, and psychoimmunology. This workshop can give participants a deeper awareness of the body as a system where change, growth, and innovation are possible.

No dance or movement experience is necessary. $740

Intermediate Massage Intensive

CC. (Carl Chase) and
Kathleen O'Shaughnessy

This workshop is directed towards those individuals who have already had basic massage training, have been in practice for awhile, and who feel themselves wanting to expand beyond their present edges into new territory. It is also for those who want to add to what they are doing by learning more about specific complex areas such as the neck and low back.

A portion of the format will include the traditional Esalen style of long, integrative strokes and methods for deep contact with the recipient, which we will then trim down to detail. Since we anticipate working with experienced individuals, another part of the format will have the flavor of a musician's open jam session with two lead players, thus eliciting a cross-pollination of ideas and approaches from all of the participants.

Personal centering through Zen practice and breathing methods, as well as dynamic movement and hatha yoga stretches, will be juxtaposed to the hands-on work.

C.E. credit is available for nurses; see pages 50-52. $740

Mythmakers: Discovering the Healing Power of Images

Jeremiah Abrams & Linda Piscitelli

> *Call the world if you please, 'The vale of Soul-making'*
> *Then you will find out the use of the world.*
> — John Keats

C.G. Jung discovered his own individual myth and introduced us to a new mode of existence. The mind has a poetic basis, whose high purpose is soul-making, in order to generate meaning for ourselves and our culture. Our task, Jung discovered, is to "create more and more consciousness," to trust the contents and the images that spontaneously "press up" from the unconscious. In other words, we each need to live our own myth.

In this experiential workshop, the focus will be on accessing the mythmaker within, the "one who remembers" the higher purpose of soul-making, the visionary inner healer who can draw upon the living symbolic language of the soul in order to consciously evolve the soul. Accessing one's own personal myth gives us the bigger picture, restoring meaning and purpose to our life's journey.

Trance induction, dream incubation, evocative music, deep core breathing, active imagination, bioenergetics, movement, didactic presentation, and group dialogue will all be used to constellate the living symbols of each individual's personal myth. As an ancient Latin proverb says, "For those who have a symbol, it is easier to change."

C.E. credit is available for nurses; see pages 50-52. $740

Big Sur Wilderness Experience

Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the Coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. With this natural reserve as the primary teacher, the group will walk into the Los Padres National Forest. Drawing on various traditions, participants can develop the quality of their awareness and open to the natural world.

Week-long workshops will venture out on five hikes (4-10 miles in length); weekend workshops will take two hikes (3-6 miles in length). Using Esalen as a base camp, the group will explore the different trails through

JOYCE LYKE

the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each day hike will begin after breakfast and conclude in time to enjoy the hot springs and dinner each evening at Esalen. Basic outdoor skills such as map reading and minimum impact concepts will be practiced. Participants will be taught enough skills to begin exploring the wilderness on their own after these outings. More information will be sent upon registration. $740

Weekend of May 20-22

Building a Successful Career as a Writer, Public Speaker, and Consultant to Business and Industry

Ken Dychtwald

The leader writes: "During the past twenty years I have made nearly every mistake in the book as I struggled to be successful as a writer, consultant, and entrepreneur. In spite of these blunders, however, I have managed to become a Ph.D. psychologist and gerontologist; an advisor to the U.S. Congress, Time Inc., CBS, and Chrysler; a special correspondent on aging for CBS News; a public speaker, the founder and chairman of Age Wave, Inc; the producer of best-selling audio and video programs; and the author of eight books.

"In this seminar, I will share some of the strategies that I have learned — how to avoid mistakes, how to achieve inner and outer success in writing, public speaking, consulting and business development. Topics will include: the best way to get an article or book published and what to expect from the process; shortcuts to a rewarding career as a public speaker or consultant; methods for gaining access to broadcast media; strategies for effective self-promotion; tips for building a leveraged business around your energy and ideas."

In addition to the meeting agenda, ample time will be provided to enjoy the wonders of Esalen and Big Sur.

Note: *The leader is donating his fee to the Esalen scholaship fund. Bring a friend!* $380

Shaping a Sacred Vessel: The Art of Basketry

Peg Elliott Mayo

You want psychoanalytic advice? Gather bones!
— Clarissa Estes

The vessel is an age-old form which can either be entirely functional, exquisitely aesthetic or symbolic, or be a melding of meanings. This is a workshop that can help you discover the delight of creative works of the hand. The medium will be basketry and the size, form, and spirit will be unique to each individual.

The workshop will begin with a sharing of visions and an appreciation of the hands as a wonderfully versatile tool that can move us away from our intellect into a liberating creative consciosness. The leader will give a demonstration of several techniques and will provide samples and books to stimulate the eyes and heart. Participants will then work independently, listening to inner guidance and receiving practical help as needed. Basketry sculpture will be available for inspiration and purchase. Each participant can expect to either finish a piece by the end of the workshop or to have gained the skills to complete the work later. No prior knowledge of basketry is required.

The leader is also a professional storyteller who will delight you with Celtic tales in the oral tradition, and there will be music-making by her assistants.

Please bring sacred objects — shells, wood, stones, beads, bones, antlers, whatever — to incorporate in your piece. These will have to be glued, drilled, or lashed to the piece unless you choose to have them loose within.

Note: *You will need to bring a sharp pocket knife, a pair of scissors, and comfortable, washable clothes.* $380

(plus a $25 materials fee paid directly to the leader)

The Awakened Mind: Brain-Wave Training

Anna Wise

Inside each person there lives a wealth of knowledge, capacities, and power rarely transmitted to the conscious mind. Brainwave training combined with meditation and biofeedback monitoring helps develop these deeper resouces, allowing access to greater creativity, reduced stress, and a deeper awareness and understanding of your inner self.

By assessing the brainwave patterns of hundreds of people who function unusually well, C. Maxwell Cade of the Institute for Psychobiological Research in London began to see similarities in the patterns of optimal states of mind. Drawing upon Cade's work, Anna Wise has developed a training program to help access these optimum states.

Different methods of meditation, visualization, and psycho-physiological relaxation affect our brainwaves in particular ways, as do specific acts such as tongue, eye, and body positions. In this workshop you will learn techniques for brainwave development and management, and begin to determine which methods of practice are best for your particular brainwave pattern. You will also address how you can use these optimum states once they are achieved for your own creativity, mental flexibility, self-healing, problem-solving, and spiritual development. The Mind Mirror EEG will be used to demonstrate brainwave patterns, and each participant will be able to use an Electrical Skin Resistance Meter to measure the depth of arousal or relaxation of the nervous system.

C.E. credit is available for nurses; see pages 50-52. $380

Refilling the Chalice: Time Out for Healers

Joan & Myrin Borysenko

The leaders write: "We are offering this workshop as much for ourselves as we are for you. Several times each year we retreat in a solitary or protected group setting to enjoy nature, open to the still voice within, and refill the chalice of caring and love from which others sip throughout the year. Esalen is a wonderful setting for such a retreat. We will schedule time for group meditation and yoga, prayer, silent mindful walking in the beauty of Big Sur, dreamwork, listening to sacred music, and discussing the nature of healing. This is a time to nourish ourselves and to honor the sacred trust we have been given by taking time to welcome and thank the Spirit that we serve."

C.E. credit is available for nurses; see pages 50-52. $380

Acupressure Energy Workshop

Pauline Kirby

Traditional acupuncture is a healing art and science that teaches one how to see the entire human being in relationship to the body, mind, and spirit. It is a form of healing that emphasizes balance and harmony, focusing on health rather than disease.

This workshop will explore the five elements used in Traditional Chinese Medicine, using the metaphor that the body is like a garden rather than a machine. We will look closely at the body's energy system and discuss how these meridian pathways can enhance one's health. The concepts of traditional acupuncture and acupressure that will be discussed and demonstrated will include pulse diagnosis, the flow of meridian pathways, point location, an in-depth study of the five elements, and special application for stress reduction and health maintenance.

C.E. credit is available for nurses; see pages 50-52. $380

Week of May 22-27

Feeling and Innovation

Dale Cummings & Karel Samson

For workshop description see January 2-7. $740

Hands On: The Roots of Rhythm through Drumming and Massage

Gordy Ryan & Peggy Horan

The fundamental nature of hand drumming and massage is very much the same: relaxation into the river of rhythm whose waters soothe our souls and heal our bodies. With this as the goal, participants will explore traditional rhythm and songs from Africa, Brazil, the Caribbean, and New Orleans, with an emphasis on the relaxation and internal equilibrium produced when the player opens to an awareness of "the groove" of giving and receiving vital energy.

Through the hands-on practice of massage work, participants will be encouraged to let their inner rhythm guide them in healing the body through intuitive touch.

Bring a hand drum and/or bells, shakers, log drum, etc. $740

Through a Glass, Darkly

We are the mirror as well as the face in it.
We are tasting the taste this minute
of eternity. We are pain
and what cures pain. We are
the sweet, cold water, and the jar that pours.

— Rumi

Joyce Lyke & David Silverstein

With our limited perception of how things really are, we're like Plato, looking at shadows on the wall of the cave, or St. Paul, who described reality as but dim reflections in a mirror. And the closer we get to the truth of how things really are, the more we retreat in confusion because it seems too simple to accept. Living with paradox, with apparent contradiction, is difficult for our minds because of our need for clarity and certainty. But what if it were true that each of us, longing for peace and strength and clarity and joy, already possessed those essential qualities and somehow didn't know it?

This workshop is about discovering "the cure" for pain in the pain itself. It is about stopping the futile search outside ourselves for the comfort and contentment we all seek. The deep longings we have, in themselves, point the way to their satisfaction.

Using Sufi self-remembering exercises, meditation, Reichian breathwork, gestalt awareness practice, and a connection to the earth at Esalen, we will create a safe place to deepen our awareness and explore the depths of this apparent contradiction. $740

Dreaming: The Magic Mirror that Never Lies

Jeremy Taylor

The basic language of dreams is symbol and metaphor. Dreams address everyone in essentially the same way, regardless of the uniqueness of our individual lives and circumstances.

Participants will share and work with their dreams, drawing on the mythological/archetypal images that shape our contemporary individual and collective lives. Although the focus will be dream interpretation in a collective context, the methods are designed to give participants the ability to engage in their own dream work upon returning home.

Everyone is welcome — those people who are just beginning to explore the world of their dreams, as well as professionals who work with dreams. As the leader comments: "Only the dreamer can say with any certainty what meanings his or her dreams may hold, and dream work is one of the few activities that puts beginners and experts on an equal emotional footing from the outset."

Recommended reading: Taylor, *Dream Work* (Paulist Press); and *Where People Fly and Water Flows Uphill* (Warner Books). $740

May 22-June 17

Certification in Clinical Hypnosis

Marc Lehrer, Maggie Phillips, Norman Katz & Adam Burke

For workshop description see Special Programs, pp. 46-48. $3150

Weekend of May 27-29

Accepting Life's Transitions: Letting Go — Moving On

Mary Goldenson (Devarani)

For workshop description see January 30-February 4. $380

African Dance: Expressions of Spiritual Energy

Yao Tamakloe & Sarah Abukutsa

Yao Tamakloe is a teacher of dance, drumming and ethnology. He is a third generation jazz performance artist and has danced and taught with Babatunde Olatunji and Katherine Dunham for over ten years. Along with his wife, Sarah Abukutsa, one of Kenya's most celebrated singers who has also studied West African dance, Tamakloe will teach the exciting technique of African dance and the symbolic stories it can portray.

Participants will experience the dynamics of war, harvest, and initiation dances, as well as the subtle healing, funeral, and recreational dance forms.

Live drumming will accompany this joyful marriage of power and fluidity inherent in dance. The different movements that relate to various roles in society will be presented. Drumming to accompany dances will be taught using Babatunde Olatunji's *Gun GoDo PaTa* method. Bring a drum if you can. $380

Creative Writing Brainstorming

Herbert Gold

Even professional writers can learn to speak from the heart — in fact, anyone can whose feelings are strong, buried, and complex. Participants will struggle with the issues of love and death, communicate with each other, and explore the talents even gifted artists don't fully understand. Everyone will make some jump starts.

Bring paper, writing equipment, and a willingness to ride the rhythms of "speed eloquence." $380

Experiencing Psychic/Intuitive Abilities

Anne & Jim Armstrong

Their experience with thousands of workshop participants over the past thirty years has led Anne and Jim Armstrong to believe that everyone is intuitive — that intuition is part of humankind's standard equipment. The goal of this workshop is to have everyone experience their own innate intuitive ability, using it at will, on demand. This will be accomplished through exercises and meditation, with a minimum of discussion, allowing each individual to recognize his or her own particular style of perception and to trust the intuitive input they receive. Anne will use her intuitive abilities developed over the past thirty-three years to guide the participants in arriving at useful, accurate data.

The spiritual and ethical aspects of the intuitive/psychic process will also be addressed, as well as the leaders' belief that intuition development is the gateway to Divine Wisdom and should be the outgrowth of a healthy spiritual practice. They will demystify the intuitive/psychic process and encourage participants to use it in all areas of their lives — personal, professional, and spiritual. Real life situations presented by participants will be selected for psychic/intuitive practice.

C. E. credit is available for nurses; see pages 50-52. $380

Week of May 29-June 3

Acting is Doing

Stephen Book

Remove the restrictions, both inner and outer, which suppress the spontaneity of any human being, and his/her natural spontaneity will show itself as artistic creativeness. In this workshop, complicated theater techniques are transformed into simple game forms which produce spontaneous behavior through playing. True play is spontaneous and requires focus — absorption in what one is doing, to the exclusion of other thoughts.

This experiential workshop, which is designed for the layperson, emphasizes playing and focusing. Participants will heighten and focus energy, increase communication skills, extend powers of observation and concentration, and improvise imagined realities. $740

Vision Painting

Helen Malcolm-Neeb

Vision painting is a process through which a personal vision of the future is crafted. Aspects of each individual's life, spiritually, professionally, and personally, are addressed from their highest potential. Through guided visioning, the participants can witness a flow of images from levels beyond the conscious rational mind. Inner yearnings are prompted from the heart, through the hand, and onto the paper. The vision painting becomes an affirmation of areas in the participant's life that desire improvement or healing.

Vision painting is an active meditation. Self-expression is experienced through feelings, color, sound, movement, and dream images. The participant is encouraged to trust the creative impulse and move beyond judgments about good/bad, darkness/light. Painting from a creative spirit is a sacred journey into the self. This is an opportunity to create from a place of play and strength. Beginners and artists are welcome. $740

(plus $30 material fee)

Self-Empowerment and Purification: The Farther Reaches of Gestalt

Julian Silverman

"We badly need a new orientation, a new perspective," wrote Fritz Perls. "We have graduated from the infants', 'I can't help myself,' to the adults', 'I can't help myself because…' But psychology and psychiatry were never meant to be after-the-fact justifications for continuing neurotic behavior, behavior which does not permit the individual to live up to the maximum of his capacities."

This workshop combines experiential and didactic sessions. Its primary focus will be on developing a new perspective — the integration of a "purification process" with a personal psychology of empowerment. This perspective is grounded in modern science and ancient wisdom.

Introductory Workshop Principle #1: *Take responsibility for every emotion, every movement you make, every thought you have.*

C.E. credit is available for nurses; see pages 50-52. $740

May 29-June 5

Healing from Sexual Trauma: A Seven-Day Intensive for Survivors

Carolyn Braddock & Guest Staff

Most survivors have been told to keep their abuse a secret and, as a consequence, become silent about their experience. Our bodies may learn to express the experience, yet our emotional voices remain quiet.

Through breath, sound, and movement, participants will learn what it means to have a voice, and to express that voice. Attention will be paid to ways in which sexual abuse/assault is carried in the body/mind, how it affects flashbacks and dissociation, old messages (self-destructive beliefs), addictions, and the ability to let go. Since the body was where the abuse occurred, the focus will be on *body-oriented* healing. The leader will create an atmosphere in which healing does not become a struggle. It will be gentle, sensitive, and friendly.

Participants will learn and practice specific tools for wholeness. Humor, energy awareness, gestalt, role-playing, meditation, Tai Ji, and play will be used, as well as sessions that focus on feelings concerning sexuality, relationships, touch and intimacy, and accepting new patterns. New ways of creating support and phasing back gently will be discussed. This will be a week of safety, exploration, and integration. Individual work within the group will be possible.

To register for this seminar, completion of application questions is necessary. This helps determine some history, what issues are prevalent, what support could be available to the participant during the week, and what forms of bodywork and/or transformational work has been experienced. For an application, please contact the leader at :333 S. Allison Parkway, #304, Lakewood, Colorado 80226-3115, or (303) 985-7310.

Recommended reading: Braddock, *Bodyvoices: Using the Power of Breath, Sound, and Movement to Heal and Create New Boundaries* (Page Mill); Hendricks, G. & K., *Conscious Loving* and *Radiance* (both, Bantam): and Covington, *Awakening Your Sexuality*.

C.E. credit is available for nurses; see pages 50-52. $1110

Weekend of June 3-5

A Symposium for Bodyworkers, Health-Care Providers, and Movement-Oriented Practitioners

Deborah Anne Medow & Esalen Massage, Movement, and Bodywork Instructors

In celebration of the 10th anniversary of the Esalen Massage School, Deborah Anne Medow and the Esalen teacher/practitioners invite you to participate in this special weekend program. The symposium is designed for bodyworkers, health-care providers, physical therapists, athletes, dancers, massage and movement-oriented practitioners. The focus will be on a broad spectrum of topics ranging from working with low back problems to finding the cranial pulse. Participants will have the opportunity to broaden their spheres of interest, share ideas, gather new information, and find renewed inspiration for their massage, movement, or bodywork practice.

The format will consist of three concurrent classes offered in two- and three-hour segments throughout the weekend. Participants can choose the classes they wish to attend. For example, at one time there may be classes offered in sports massage, the Feldenkrais approach, and facial massage. Other two- or three-hour segments might include trigger point work, massage focused on head, neck, and shoulders, and tai chi movement.

Some of the topics the group will explore may also include working with older people, moving clients on the table, polarity massage, exercises for your clients, working on diagonals, somatic exploration, dance as an awareness practice, yoga, and massage on specific areas of the body.

The sessions will be led by Esalen teachers/practitioners from the bodywork, massage, and movement fields.

C.E. credit is available; see pages 50-52. $380

Week of June 5-10

Couples Workshop

Jack Rosenberg & Beverly Kitaen Morse

For workshop description see February 6-11. $740

Golf in the Kingdom: An Exploration of the Inner Game

Stephen Cohen, Fred Shoemaker & Brian Bergstrom

For workshop description see April 24-29. $740

Mountains and Waves

Susan Harper & Steven Harper

Nature is a primary teacher of movement, creativity, and awareness. Being outdoors in the richness and beauty of the natural world awakens our outer senses. Continuum movement takes us inward, heightening the awareness of our inner senses. These five days will combine both practices, integrating the subtle inner explorations that Continuum movement inspires with the activity of day hiking in the magnificent Big Sur backcountry.

The day hikes will introduce participants to basic and increasingly refined awareness practices to enhance their sensitivity to all that wilderness and being out-of-doors offers. In doing so, not only will there be contact with the natural world, but it will be an opportunity to reawaken those elements of wilderness within.

In the indoor sessions, participants will explore movements which express and embody what they have taken in during their walks, enlivening their ability to feel what they see in nature, as well as their own inner nature. Engaging with this sensual environment, the group will play with movement, breath, sound, dreams, and ritual.

This is a time for contact with nature and wilderness, inside and out. Participants need not have previous experience in hiking or dance. $740

Healing the Heart

Julie Bowden & Richard Balaban

This five-day workshop will be a journey into the vulnerable, tender part of the self that carries childhood traumas. Experiencing and integrating the pain from our past allows us to live more fully in relationship to ourselves and others, and helps us to acknowledge and nurture our inner voice. Enhancing intimacy and relationship skills is an important part of this work. Issues specific to both men and women will be explored.

We welcome adult children of alcoholic and dysfunctional families, people with a history of unfulfilling relationships, recovering alcoholics and addicts, codependents and treatment providers. Participants are asked to forego alcohol and other mood-altering, nonprescription drugs for these five days. This will help create an atmosphere of safety, care, and respect for core issues to emerge. An environment will be created to facilitate transformation.

If there is unresolved pain from your past, or relationship issues in your present, this workshop is designed for you. Do it.

C.E. credit is available for nurses; see pages 50-52. $740

Weekend of June 10-12

Introduction to Gestalt Practice

Joyce Lyke

For workshop description see January 23-28. $380

Freeing Our Bodies/Our Selves through Movement: A Feldenkrais* Approach

Patrick Douce

The work of Moshe Feldenkrais is based on the natural process by which we learned to move as children. During this workshop, soft, easy, gentle movements will be used to increase awareness of the body and to improve the ease and ability of movement. Special emphasis will be placed on the difficulties in movement that arise from chronic conditions such as lower back and neck pain, tension in the neck and shoulders, and knee injuries. Such conditions can be improved by approaching the difficulties as problems in learning rather than as therapeutic troubles. Situations which were "incurable" become "reeducable." Workshop participants will also be introduced to methods for improving their ability to sense each other's bodies through touch and massage.

Although this workshop is valuable for anyone interested in learning more about his/her body through direct experience, it may be of special interest and benefit to dancers, athletes, doctors, nurses, physical therapists, psychologists, health care professionals, and elderly citizens who may discover new ways of moving with ease and increased flexibility — painlessly and immediately.

C.E. credit is available for nurses; see pages 50-52. $380

Optimum Health: Theory & Practice

Nick Hall & Jim Loehr

The effects of stress on the body are still largely unknown, but research over the past decade has indicated that it may be linked to various diseases. This workshop will explore the theoretical and practical issues relating to stress and outline a training program for optimum health and stress reduction.

Nick Hall, a pioneer in research exploring the relationship between the brain and the immune system, will review the practical issues concerning stress and psychoneuroimmunology. He has published over 100 articles on psychoneuroimmunology and has been featured on "60 Minutes" for his work using imagery with cancer patients. Participants will explore behavioral-based techniques such as relaxation, guided imagery, conditioning, and nutrition as anti-stress interventions.

Jim Loehr will demonstrate his Toughness Training System, which evolved from his work with world-class tennis players, including Gabriela Sabatini and Martina Navratilova. Strategies for toughening physically, mentally, and emotionally will be explored. His method for calculating units of stress, units of recovery, and markers of overtraining will be experienced by each participant. The importance, function, and timing of recovery in terms of sleep, diet, active and passive rest will be reviewed in the context of Life Toughening.

Participants need not be extremely athletic or highly conditioned, only interested in increasing their level of fitness.

C.E. credit is available for nurses; see pages 50-52. $380

JANNA FOURNIER

Finding Inspired Work in Midlife

Peller Marion

At the age of 93, as he was accepting the American Comedy Award, George Burns said, "The first half of my life has been good, and I look forward to the second half being even better." While most people usually don't live to the age of 93, some, like George Burns, remain charismatic and magnetic. Others are drawn to them, largely because their life seems effortless, playful, and meaningful.

How we define ourselves and what success means is integral to our personal growth as we age into the second half of our lives. Participants in this workshop will explore these issues through structured exercises and open exploration of topics such as, "What am I dissatisfied with? Who am I? What's my definition of success?" The leader will coach participants to create a vision for the second half of their lives based on internal values that are meaningful and significant.

What this workshop offers is a playful and rich way to reevaluate one's work and relationships to gain clarity, focus, and direction. It is recommended for professionals in diverse areas who want to revitalize and renew their vision.

C.E. credit is available for nurses; see pages 50-52. $380

Week of June 12-17

ISHTA: The Yoga of Empowerment

Rod Stryker

Each one of us is filled with unique potential and yearns for fulfillment. To realize ourselves fully, we must develop an understanding of who we are and what our hearts truly desire. The practice of ISHTA yoga sensitizes us to our natural physical, intellectual, energetic, and spiritual gifts and empowers us to utilize these gifts in our daily life.

This workshop will include: daily yoga routines to strengthen and purify the body; breathing practices for rejuvenation and healing; and meditation (including yogic visualization practices) to still the mind and deepen the experience of the self. The course will include open discussion and some theory to personalize our practices. The power and majesty of the Esalen surroundings will also be used to feed our journey towards wholeness and integration.

Previous yoga experience is recommended, but not necessary. For further information please contact: Yoga Works, 1426 Montana Ave., Santa Monica, CA 90230; (310) 393-5150. $740

Renewal: A Hands-On Workshop for Health Professionals

Laurie Lioness Parizek, Sherry Sanders Galloway & Guest Teachers

This workshop will provide a time for renewal, both personal and professional, for health-care workers, physicians, nurses, bodyworkers, chiropractors, physiotherapists, and all those actively involved in the healing professions.

Heartful communication, active listening, and focused healing touch are effective tools that are often neglected in today's busy world. This workshop encourages health-care workers to develop these practices in their own fields of expertise. There will be discussions and demonstrations of the specific uses of subtle energy balancing, meridian relationships, and acupressure and trigger points. These methods are effective for pain relief and for opening blocked areas that often inhibit the effectiveness of healing. Emphasis will be on educating patients and clients in self-care using simple, natural healing practices such as good breathing, quieting the mind, centering, meridian massage, and self-acupressure. Focus will be on using this information at the bedside, in hospital and clinic situations, and in private practice.

The fragrant and regenerative energy of late spring offers great opportunities for gaining new strength and insight. Meditation, Taoist exercises, and yoga will be used to encourage serenity and personal growth. The leaders will also make use of Esalen's beautiful grounds and gardens, with walks to acquaint participants with local herbs and flowers. Hands-on sessions at the baths will allow participants to integrate the more specific work into their own personal bodywork.

Since parts of the workshop will be held outside, please bring warm clothing.

Recommended reading: Haas, *Staying Healthy with the Seasons*; Gach, *Acupressure's Potent Points*; and Brennan, *Hands of Light*.

C.E. credit is available for nurses; see pages 50-52. $740

The Practical Art of Creative Risk-Taking

David Schiffman

To make effective, creative choices, you need courage, imagination, and the willingness to know your heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set — the choice to move against the powerful grain of old fears, habits, and the constant pressure of other people's expectations. To foster this spirit means contacting the elemental-instinctual

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parts of our natures, befriending rather than suppressing or denying the sexuality and power out of which initiative and enthusiasm spring.

During this week we will focus on how to develop a more adventurous, resourceful, and buoyant way of living. In an atmosphere based on warmth and humor, we will explore our capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as non-traditional innovative approaches in bodywork, kinesthetic retraining, music, and guided imagery. $740

Weekend of June 17-19

The Vision and Practice of Human Transformation

George Leonard

For workshop description see February 25-27. $380

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 15-20. $380

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 14-16. $380

Weekend Massage Intensive

George King & Ellen Watson

Participants will be instructed in basic methods used in giving a pleasurable and beneficial massage. Fundamental elements of body work, such as breath awareness, grounding, movement, quality of touch, and stress reduction, will be introduced. The workshop is for beginners as well as those who wish to brush up on their massage skills.

C. E. credit is available for nurses; see pages 50-52. $380

Story Magic and Jewish Intuition

Rabbi William Cutter & Stephanie Waxman

In the beginning was the word… — JOHN 1:1

Jews have always seen stories as the "unfolding of God." Jewish stories reflect an attempt to understand the spiritual possibility in the common event.

This workshop combines the religious insights of the Jewish tradition with the story-telling techniques of theater improvisation. The group will use non-verbal interpretation and will draw on personal memories. The leaders will tell Jewish stories — from the Bible, folktales, stories of the Baal Shem Tov and Nachman of Bratzlav — to uncover the deeper meanings which have resonated for centuries and still speak to our twentieth-century lives. Through the combination of several approaches, participants will explore the nature of story-telling in general, and Jewish stories in particular.

Participants are asked to bring a story about a time when *they* experienced the unfolding of God — a deep insight, a miracle, an epiphany. $380

Week of June 19-24

Ceremony

Gabrielle Roth

This workshop will weave tribe, trance, and transformation into a living prayer for the earth and all its sentient beings. Participants will invoke primal energies from the five elements and their own souls in an ecstatic ceremony of terrestrial art, dance, and music.

Rooted in the dynamic practice of THE WAVE, the five sacred rhythms, we will enter an unpredictable, organic process of community. CEREMONY will be a large gathering supporting smaller, core groups led by special guest teachers who will assist Gabrielle in drawing forth the group's collective voice in ritual theater. Much of the work will be done outside on the beautiful Esalen grounds. Bring any costumes, masks, or sacred objects that you wish to share. $740

Weekend of June 24-26

A Weekend with David Schiffman

For workshop description see January 28-30. $380

Positive Approaches to Menopause

Lonnie Barbach

This workshop can help turn the myths of menopause upside down and help women make the "third-third" of life the most productive and fulfilling. By combining a woman's support group format with the most up-to-date information available, women will gain access to options and insights. In addition, drawing on her extensive work on sexuality, the leader will discuss the sensitive subjects of intimacy, desire, and sexual practices, and provide truly helpful advice for this time in a woman's life. You will learn about:

- Early, often overlooked, symptoms of menopause — and what to do about them
- Managing moodiness, irritability, rage, and feelings of anxiety
- How to get dramatic relief with exercise and diet adjustment
- Herbal remedies and vitamin supplements that work for PMS and menopause-related difficulties
- Chinese herbs, acupuncture, and homeopathic treatments
- Ways to benefit from hormones while you're still menstruating
- Hormone replacement therapy and how to make sure it is tailored to your specific needs
- How to handle physicians who may not offer the information or help you need.

This workshop will focus on helping participants feel in control, empower them to make informed choices about the options they face, and help them experience this major turning point without fear and discomfort. It can be a time of strength, confidence, and glowing good health.

C.E. credit is available for nurses; see pages 50-52. $380

Awakening the Wisdom of the Body

Richard Strozzi Heckler

To work with someone bodily is to work with the shape of their experience. To see the person through their body is to see how they contain, express, and awaken their excitation. The way we rigidify who we are, and how we seek that which we long for, can be discovered in the way our excitation interacts with the world. How we are in our bodies tells us who we are in the present, and what we have denied in the past. By turning our attention to the life of the body, it is possible to experience a greater depth of feeling, compassion, and intuition.

This seminar will focus on character armoring, states of attention, contact and expression, and aiki principles of center, ground, and blending while working with others. The modalities of movement, breath, and touch will also be used.

Recommended reading: Heckler, *The Anatomy of Change* and *In Search of the Warrior Spirit.* $380

June 24-July 1

Cortical Reeducation* and the Feldenkrais Method*

Harriet Goslins & Patti Lawrence

The habitual way a person sits, stands, or moves reflects patterns that are "wired in" to the nervous system. This information can be erased or changed. By reeducating the brain-muscle connection, restrictions in movement are freed, freeing also the lifetime habits that have organized around that movement.

This work is a relearning of the ease and fluidity that was taken for granted as a child and lost somewhere along the way. Physical injury, emotional trauma, or ongoing stress all evoke a protective response from the body. These patterns, necessary at the time, remain when no longer needed, outside of awareness, and continue to cause discomfort and unnecessary limitations. Freeing them results in relief of chronic pain or tightness, a more restful sleep, and a higher enegy level. By changing muscular holding patterns, the entire protective posture is altered, deeply affecting the body's habitual defense system. Thus, new movement possibilities mean new self-image possibilities.

Fears and anxieties have corresponding muscular habits. Verbal information, no matter how brilliant, or spiritual practice that fails to extinguish these muscular habits, will fail to totally eliminate the toxic behavior.

This workshop is for those who are physically active and fit and want to increase their skills while learning to reduce risk or injury; for the sedentary or those dealing with after-effects of injuries; for the athlete, the dancer, and those who "live in their heads;" for individuals who feel chronically tired and stressed and want to learn how to take better care of their neck, shoulders, and back; and for those who want to improve their posture and breathing and live with more flexibility and comfort.

This course is provider approved by the California Board of Dental Examiners, number 2586.

C.E. credit is available for nurses; see pages 50-52. $1110

Week of June 26-July 1

A Week with Seymour Carter

Everyone has unused capacities for further personal development. When these capacities are recognized and given attention, a natural force is released which, like a tide, can carry the individual to a higher level of ability and action. Fritz Perls taught how to recognize the force of avoided issues in dealing with blocked energies. When unfinished issues are confronted and assimilated, it is possible to feel potent and in charge of one's life

In this workshop, participants will deal with these issues by examining the influence of the inner dialogue on thoughts and the nature of impasse, as well as tendencies within themselves toward psychological completion and well-being. The basis of this work is the gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, and aikido. Each participant's process of development will be honored, encouraged, and treated as unique. $740

The Subtle Art of Meditation

David Streeter

The experience of insight, tranquility, inner strength, and aliveness can be found within our everyday life through the ancient art of meditation.

This workshop will approach traditional meditation practice in an unusual way. In our retreat atmosphere we will prepare the body-mind for silent listening with fluid movement from the martial arts and yoga. We will incorporate breathing methods (Prana-Yama) and energy work with Zazen (sitting meditation). Other activities will include a silent listening hike in the wilderness, group meditation in a nearby contemplative monastery, and Zazen at our new meditation center nestled close to a waterfall.

This approach to the subtle practice of meditation through the body can inspire the student to discover his or her rich interior life, and that crystal clear still point described so well in every spiritual tradition.

C.E. credit is available for nurses; see pages 50-52. $740

Starting to Heal Yourself

Meir Schneider

Subtle expectations about aging and health have programmed us to believe that our bodies are destined for certain levels of decline; that fatigue will increase as the day progresses; and that health naturally declines with age. This workshop will encourage a change in those expectations. Participants will imagine a higher level of optimum health and mobilize those resources that promote healing through proper awareness and movement.

Meir Schneider's methods of self-healing will be explored using subtle movement, breathing, relaxation, self-massage, and vision exercises in order for each person to get in touch with his/her body. The effects of both correct and incorrect movement will be discussed. Imagery will be used to help free us from physical limitations and the restricted concepts of health which accompany them.

The leader's self-healing methods have been very helpful with a variety of stress and lifestyle-related diseases, among them:

- Arthritis, both osteo- and rheumatoid
- Spine problems, including scoliosis, sciatica, and degenerated disks
- Vision problems, from myopia to macula degeneration
- Neuromuscular ailments such as multiple sclerosis and muscular dystrophy
- Digestive disorders such as spastic colon, colitis, chrone's disease, and constipation
- Respiratory problems such as asthma.

C.E. credit is available for nurses; see pages 50-52. $740

◆ SPECIAL PROGRAMS

JOYCE LYKE

The Esalen Baths

THE PRICES quoted below for these longer programs are for standard accommodations or bunk bed rooms (when available) as described in "Reservation Information" pages 4-5. Scholarships are also available; please see "Scholarship Information" on page 5.

January 16–28

Creative Bodywork: An Advanced Workshop

Deborah Anne Medow & CC.(Carl Chase)

> *No one is ever competent enough, nor is any technique ever effective enough. It is only the continuing growth of the practitioner that can guarantee competence and effectiveness.*
>
> —THOMAS HANNA

This is an opportunity for certified massage practitioners to improve their skills, stimulate their creativity, and experience current trends in massage and bodywork. Some anatomy, movement, and meditation will be included. This workshop offers 75 hours of advanced massage training credit where applicable.

Priority will be given to Esalen certified practitioners.

C.E. credit is available for nurses; see pages 50-52. $1795

February 4–11

Hoffman Quadrinity Process

This is a comprehensive seven-day program focusing on healing the wounds of childhood, letting go of negative behaviors, experiencing forgiveness, acceptance, love for self and others, and learning to live from your spiritual essence. This process seminar in the Big House at Esalen is well-suited for executives, leaders, and entrepreneurs.

For more information, cost, and to apply, please call the Hoffman Institute: (415) 485-5220.

C. E. credit is available for nurses; see pages 50-52.

February 13–25

Advanced Training in Shamanism and Shamanic Healing

Michael Harner & Sandra Ingerman

Shamanism is the most ancient system known for using the mind, heart, and spirit to heal oneself and others, and to solve the problems of daily living. This 12-day intensive course emphasizes the universal methods of classic, core shamanism, such as shamanic journeying, and their practical application to contemporary life.

Course prerequisite: a previous workshop with Michael Harner or other authorized faculty member of the Foundation for Shamanic Studies, either at Esalen or elsewhere.

Recommended reading: Harner, *The Way of the Shaman* (Harper & Row) and *Hallucinogens and Shamanism* (Oxford).

For more information, cost, and to apply, please contact Michael Harner, Foundation for Shamanic Studies, Box 670, Belden

Station, Norwalk, CT 06852; (203) 454-2825. Early application is recommended.

C. E. credit is available for nurses; see pages 50-52.

February 27-March 27

28-Day Massage Practitioner Certification Program

Peggy Horan, Arthur Munyer & Staff

This month-long program offers professional level instruction in massage practice, movement, and self-care. The emphasis will be on developing basic massage skills through daily lecture, demonstrations, and illustrated anatomy classes. Individually tailored supervised practice sessions, using each other as models, will be scheduled throughout the program. In addition, meditation and gestalt awareness will be included for deeper, more integrative learning. Bodywork will be studied as a tool for optimal well-being and as a valued aid to transpersonal growth.

Students wishing to fulfill certification requirements will have six months, following successful completion of this program, in which to give and record 30 massage sessions. Upon payment of a $50 processesing fee, payable to the Esalen Massage School, a California state-approved Certificate of Completion will be issued. This is a professional training group with limited admission. Please request an application form when making your reservation.

C.E. credit is available for nurses; see pages 50-52. $3325

March 27-April 8

Emotional Healing: From Co-Dependence to Aliveness

Terry Hunt & Katie Hemmeter Ray

Children who grow up in alcoholic, abusive, or otherwise unhealthy homes often develop disabilities that last through their lifetime unless they are deliberately addressed. These disabilities can include: an inordinate need to control, an over-developed sense of responsibility, fear of authority figures, inability to trust, difficulty having fun, compulsive behavior, fear of abandonment, and chronic lack of self-esteem.

All addictions and codependency are diseases of denial. This includes workaholism and other compulsive activities, as well as substance abuse. Sufferers of addictions and their offspring tell themselves that it really wasn't so bad, and they learn not to feel what they cannot tolerate. As they deny pain, they screen out joy, and their adult lives can be filled with depression and loneliness. These same individuals are also survivors, however, and most have emerged as successful-appearing adults. Yet they often spend so much energy managing and controlling work and relationships that they have little left for themselves and their own fulfillment.

A necessary part of healing is moving from being codependent toward a state of emotional sobriety. Through self-exploration, participants will have the opportunity to access, express, and release blocked emotions that they still carry from childhood, and to tap the aliveness that was sacrificed when they buried their anger, fear, and grief. Points of focus for this workshop will include:

- Emotional Sobriety: Having a personal sense of balance and physical boundaries from which to find peace and a capacity for genuine sharing and pleasure
- Pleasure/Addictions: Learning that true pleasure is a life-affirming, non-addictive experience
- Sexuality: Separating the unmet needs of the wounded child from adult intimate sexual relationships; learning basic tools for nurturing and sustaining healthy relationships
- Boundaries: Looking at the tendency to alternate between fusing with another and then completely isolating oneself
- Spirituality: Learning to have faith despite the horror experienced in childhood
- Learning New Behaviors: Identifying and overcoming old ways of reacting
- Looking beyond the Label: Knowing when to stop calling oneself codependent.

Recommended reading: Hunt & Paine-Gernee, *Emotional Healing* (Warner 1990); and *Secrets to Tell, Secrets to Keep* (Warner, 1994).

C.E. credit is available for nurses; see pages 50-52. $1795

April 1-10

The Painting Experience

Michell Cassou & Stewart Cubley

It is rare for most people to use painting for its qualities of inner adventure and self-discovery, to paint purely for the process of exploration, not for the result.

The purpose of this workshop is to provide a setting to explore the self through painting — to discover in form and color a powerful tool for uncovering and dissolving blocks to emotional and spiritual expression. Participants will be given the support and stimulation to develop a natural way of painting based directly upon feeling. The work takes place in an authentic studio setting with large white surfaces to confront the creative void, along with a rich spectrum of colors and brushes. The workshop may be of interest to persons involved in a wide variety of disciplines, including art, education, counseling, and meditative practices. No prior experience in painting is necessary. Please bring a smock.

For further information about this workshop, contact: The Painting Experience Studio, 2101 20th Avenue, San Francisco, CA 94116, (415) 564-8515. $1500

(plus $30 materials fee paid directly to the leaders)

May 22-June 17

Certification in Clinical Hypnosis

Marc Lehrer, Maggie Phillips, Norman Katz & Adam Burke

This course is a synthesis of Ericksonian and Direct Hypnosis, neurolinguistics, and bio-hypnotic monitoring. It satisfies the hypnosis course requirements for the MFCC and complies with the California State Requirement for Hypnosis Certification. It is designed to help develop hypnotic skills for counseling, medicine, nursing and other health areas, education, and bodywork. This program is also an opportunity for personal growth and transformation for anyone interested in hypnotic phenomena and the uses of suggestion in daily life.

Hypnotic suggestion, advanced imagery, and relaxation methods will be explored. There will be daily presentations, numerous practice sessions, video examples of Erickson and other practitioners, and extensive written support materials. A hypnosis library will be available for in-depth learning of advanced topic areas, and there will be an opportunity to explore personal goals with trance and biofeedback equipment.

The scientific basis of hypnosis as well as the ways hypnosis can be applied will be emphasized. Topic areas will include: induction methods, hypnotic testing, symptom and habit removal, individual and family counseling applications, pain control and psychosomatics, nonverbal and pendulum methods, biomedical hypnotic monitoring, metaphor and story-telling methods, hypnosis with children, regression and uncovering, redecisioning and reframing, self-concept enhancement, stress management, fears and phobias, early trauma, hypnotic dream programming, imagery conditioning, NLP methods, enhancing performance in sports and music, self-hypnosis methods, teaching self-hypnosis classes, and other topics related to therapy, health, and personal growth. Selected ongoing exercises drawn from aikido, Feldenkrais, movement, massage, and shamanistic traditions will complement the traditional topic areas.

Since each of the leaders will present for a number of days, there will be an opportunity to model different ways of deepening your own hypnotic potential, trance induction, and utilization skills. This month-long experience with various faculty members gives each participant an in-depth opportunity to develop vivid personal imagery, make lasting self-suggestions, and relate more completely with the unconscious mind.

The certification offered through this program is equivalent to a University modified tutorial course. You will complete readings, assignments, and a paper for the hypnosis certificate. Certification is granted based upon the competency demonstrated to the faculty in applying hypnotic techniques with an ethical and professional approach and satisfactory completion of all Great Western University CEU course requirements. The paper and assignments are due no later than four months following the completion of this program at Esalen. Course fees for the Hypnosis Certificate are $300 (12 CEUs), payable to Great Western University upon beginning the program at Esalen. It is also possible to obtain four transcripted Graduate Psychology courses rather than CEUs. (requires additional fees to Great Western University and you must have at least a B.A. degree). Contact Marc Lehrer, Chairman, Dept. of Psychology, Great Western University (415) 397-4929 for further details.

Space is limited so early registration is recommended. Reading lists and information about certificate and graduate credit will be sent upon request or registration.

C.E. credit is available for nurses; see pages 50-52.

Standard accommodations:	$3150
Bunk Bed Room, if available:	$2225

(Plus $300 fee for those who want certification, payable to Great Western University).

Massage Practitioner Certification Program

Esalen offers a California state-approved massage program. Upon completion of a 130-hour massage practitioner workshop, and after giving 30 additional massages elsewhere, graduates will receive their certificates (there is a $50 processing fee for certificates). Workshops for certification are offered at least twice a year. This program provides at least 130 hours of instruction, including anatomy, supplemented by study in body-mind disciplines such as yoga, movement, and gestalt awareness work, fulfilling the state requirement.

C.E. credit is available for nurses through this program.

Healthspring Outreach and Education

The Healthspring Project offers education and information that extends Esalen's work in the healing arts and sciences to the outside world. It is an independent service-oriented program of Esalen teachers and their associates. Healthspring offers a global information network linking visitors to Esalen with centers, teachers, and health professionals focused in the fields of somatics and psychology that are located in their home area. Our listings are public information and are not meant to be an endorsement of any individual or institution.

The Healthspring library offers books on health and healing, bodywork, somatic studies, psychology, nutrition, and related studies which may be borrowed by students for a given period while at Esalen. Donations of appropriate books are greatly appreciated.

For access to this program, write to Laurie Lioness Parizek at Esalen, c/o Healthspring.

✦ WILDERNESS PROGRAMS

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The standard refund policy reflects the fact that few of these expenses can be recovered.

To reserve a space in a wilderness workshop, we require a deposit of $200. The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your nonrefundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your deposit is forfeited.

April 29-May 7

Big Sur Wilderness Journey: From Esalen to Tassajara Zen Mountain Center

Steven Harper & Guest Leader

Nature can provide opportunities to stretch one's limits and explore one's inner wilderness. By living in a natural environment it is possible to expand and realize a deeper sense of self and richness of being.

The group will spend a day and a night at Esalen, leaving the next morning to hike through the Ventana wilderness. Participants will travel "light," with instruction in minimum impact camping, ecology, geography, and cultural history of the area.

Wilderness will be a mirror and primary teacher as the group lives simply and in direct contact with nature. Participants will explore their feelings and sensations as they emerge, using gestalt awareness practice and group process. Taking inspiration from natural and native purification practices, they will create a time of cleansing and contemplation, culminating in a 24-hour period alone. The group will hike on to Tassajara Zen Mountain Center, deep in a rugged wilderness valley with natural hot springs, for their last night together. Meditation instruction will be available at Tassajara for those who wish it.

Backpacking experience is not necessary, though participants should be prepared for the challenge of vigorous physical activity. More information will be sent upon registration.

$740

STEVE BECK

The Esalen Property

✦ FUTURE PROGRAMS

Listed here are a few of the programs and workshop leaders scheduled for the months ahead. This is not an invitation to register, but information to assist you in your long-range plans to participate in an Esalen workshop. Dates are subject to change; please call the Esalen Office or see the next catalog for more specific information.

Winter 1994

28-Day Massage Certification Program

BEST COPY AVAILABLE

✦ CONTINUING EDUCATION PROGRAMS FOR NURSES

The Board of Registered Nursing has approved Esalen as a provider of Continuing Education for registered nurses, provider number 01152. Only those programs listed below offer continuing education credit. Workshop leaders have the final decision in applying for C.E.U. eligibility. Beginning November 1, 1993, there will be a $10 processing fee for C.E.U. certificates. If you need additional information on our C.E. courses or future C.E. outreach programs, please contact Sherry Sanders Galloway, R.N., Continuing Education Coordinator, (408) 667-3000.

December 31-January 2
Weekend Massage Intensive
George King & Ingrid May
10 hours

January 2-7
Mending the Fragmented Self through Soul Retrieval and Shamanic Practices
Sandra Ingerman & Carol Proudfoot-Edgar
30 hours

Feeling & Innovation
Dale Cummings & Karel Samson
30 hours

January 9-14
Sexual Abuse Survivors: Specific Strategies for Body, Mind & Spiritual Healing
Carolyn Braddock
30 hours

Chakra Integration:
A Total Approach to Health
Laurie Lioness Parizek
& The Esalen Teaching Staff
30 hours

The Art of Talking & Listening
Mudita Nisker & Dan Clurman
30 hours

January 16-21
Creating Exact Moments of Healing
Mariah Fenton Gladis
30 hours

January 16-28
Creative Bodywork: An Advanced Workshop
Deborah Anne Medow & CC. (Carl Chase)
30 hours

January 21-23
Introduction to Vipassana Meditation
James Baraz
10 hours

Advanced Gestalt Practice
Christine Stewart Price & Guest Leaders
10 hours

January 23-28
Gestalt Practice
Christine Stewart Price & Guest Leaaders
30 hours

Spiritual Dimensions of Healing
Elizabeth Stratton
30 hours

January 28-30
Weekend Massage Intensive
Brita Ostrom & Laurie Schutz
10 hours

A Healing for Healers
Carolyn Braddock
10 hours

Psychic Self-Defense
Elizabeth Stratton
10 hours

January 30-February 4
Sports Massage
David Streeter
30 hours

Self-Empowerment and Purification:
The Farther Reaches of Gestalt Therapy
Julian Silverman
30 hours

February 4-6
Somatics: Mastery of Muscles & Emotions
Eleanor Criswell Hanna
10 hours

February 4-11
Hoffman Quadrinity Process
30 hours

February 6-11
Five-Day Massage Intensive
Char Pias Brenner & Dean Marson
30 hours

Awakened Mind: Five-Day Brain-Wave Training Intensive
Anna Wise
30 hours

February 13-18
Craniosacral System: Basic Workshop
Jim Asher
30 hours

February 13-25
Advanced Training in Shamanism & Shamanic Healing
Michael Harner & Sandra Ingerman
30 hours

February 20-25
Turning on the Light:
A Choice to Live Consciously
Laura DeNuccio & Guest Leaders
30 hours

Making it Float
Robert Hall
30 hours

February 25-27
When Success Is Not Enough
Peller Marion
10 hours

February 27-March 4
Toward an Embodied Wisdom
Brita Ostrom & Staff
30 hours

February 27-March 27
28-Day Massage Practitioner Certification Program
Peggy Horan & Arthur Munyer
30 hours

March 4-6
Clinical Program for Professionals: Treatment of Post-Traumatic Stress Disorder and Dissociative Disorders
Daniel Brown
10 hours

March 11-13
The Core Self: The Heart of the Matter
Bruce Gregory
10 hours

March 13-18
Bodywork Intensive: Strategies for Healing Post-Trauma Stress
Carolyn Braddock & Char Pias Brenner
30 hours

Gestalt Practice
Christine Stewart Price & Guest Leaders
30 hours

A Modern Shamanic Initiation
Richard Yensen Pérez-Venero
& Donna Dreyer Pérez-Venero
30 hours

March 18-20
Gestalt Practice: The Art of Being Present
Christine Stewart Price
10 hours

March 20-25
Spiritual Healing: Laying-on-of-Hands
Maria Lucia Sauer Holloman
30 hours

March 25-27
Gestalt in the Workplace and in Your Life
Mariah Fenton Gladis & Bruce Mills
10 hours

JOYCE LAKE

Esalen's Big House

March 27-April 1
Enhancing Communication Hypnotically
Paul Lounsbury & Nancy Winston
30 hours

March 27-April 8
Emotional Healing: From Codependence to Aliveness
Terry Hunt & Katie Hemmeter Ray
30 hours

April 1-3
Introduction to Gestalt Practice
Eric Erickson
10 hours

April 3-8
The Healing Crisis: Fasting as a Pathway
Michael Barnett, Grace Stern Swanson
Robert Swanson
30 hours

April 8-15
Gestalt Practicum
Christine Stewart Price & Guest Leaders
30 hours

April 15-17
Caring for the Dying
Zoketsu Norman Fischer & Frank Ostaseski
10 hours

Settling with Oneself
Kathleen Riordan Speeth
10 hours

April 17-22
Five-Day Massage Intensive
Roger Grandy & Laurie Schutz
30 hours

Self-Hypnosis: Methods, Practice, and New Learning with Brain-Wave Feedback
Marc Lehrer
30 hours

April 22-24
The Art of Leadership: Excellence in Business, Management, and Communication
Ronald Alexander & Bruce Gregory
10 hours

April 24-29
Change & Self-Esteem
Phyllis Shankman
30 hours

Clinical Program for Professionals:
Integrating Gestalt, Self Psychology, and
Mind-Body Healing
Ronald Alexander & Bruce Gregory
30 hours

April 29-May 1
The Six Pillars of Self-Esteem
Nathaniel Branden
10 hours

Massage Intensive for Couples
Brita Ostrom & Attila Vaas
10 hours

May 1-6
Imagery Training for Health-Care Professionals
Jeanne Achterberg & Frank Lawlis
30 hours

May 6-8
Introduction to Vipassana Meditation
James Baraz
10 hours

Integrating Jungian Spirituality &
Alexander Bodywork
David Richo & Doris Green
10 hours

Medicinal Herbology:
An Esalen Garden Workshop
Jeanine Pollak
10 hours

May 8-13
Turning on the Light:
A Choice to Live Consciously
Laura DeNuccio & Guest Leaders
30 hours

May 13-15
Time-Shifting: Creating Time for Your Life
Stephan Rechtschaffen
10 hours

The Rosen Method®: Bodywork & Movement
Marion Rosen & Sue Brenner
10 hours

May 15-20
Intermediate Massage Intensive
CC. (Carl Chase) & Kathleen O'Shaughnessy
30 hours

Mythmakers: Discovering the Healing Power
of Images
Jeremiah Abrams & Linda Piscitelli
30 hours

May 20-22
The Awakened Mind: Brain-Wave Training
Anna Wise
10 hours

Refilling the Chalice: Time-Out for Healers
Joan & Myrin Borysenko
10 hours

Acupressure Energy Workshop
Pauline Kirby
10 hours

May 22-27
Feeling & Innovation
Dale Cummings & Karel Samson
30 hours

May 22-June 17
Certification in Clinical Hypnosis
*Marc Lehrer, Maggie Phillips, Norman Katz
& Adam Burke*
30 hours

May 27-29
Experiencing Psychic/Intuitive Abilities
Anne & Jim Armstrong
10 hours

May 29-June 3
Self-Empowerment & Purification:
The Farther Reaches of Gestalt
Julian Silverman
30 hours

May 29-June 5
Healing from Sexual Trauma
Carolyn Braddock & Guest Staff
30 hours

June 3-5
A Symposium for Bodyworkers, Health-Care
Providers & Movement-Oriented
Practitioners
Deborah Anne Medow & Esalen Instructors
10 hours

June 5-10
Healing the Heart
Julie Bowden & Richard Balaban
30 hours

June 10-12
Introduction to Gestalt Practice
Joyce Lyke
10 hours

Freeing Our Bodies/Our Selves through
Movement: A Feldenkrais® Approach
Patrick Douce
10 hours

Optimum Health: Theory & Practice
Nick Hall & Jim Loehr
10 hours

Finding Inspired Work in Midlife
Peller Marion
10 hours

June 12-17
Renewal: A Hands-On Workshop for Health
Professionals
*Laurie Lioness Parizek, Sherry Sanders Galloway
& Guest Leaders*
30 hours

June 17-19
Weekend Massage Intensive
George King & Ellen Watson
10 hours

June 24-26
Positive Approaches to Menopause
Lonnie Barbach
10 hous

June 24-July 1
Cortical Reeducation® and the Feldenkrais
Method®
Harriet Goslins & Patti Lawrence
30 hours

June 26-July 1
The Subtle Art of Meditation
David Streeter
30 hours

Starting to Heal Yourself
Meir Schneider
30 hours

◆ WORK STUDY PROGRAM

JOYCE LYKE

THE WORK STUDY PROGRAM is for those who are interested in an intense and complete involvement with the Esalen environment. It is a work-oriented program, emotionally and physically, and only rarely is it restful. The Work Study Program is an educational program and does not offer any form of therapy or personal psychotherapeutic assistance. It is not for those who wish to take catalog workshops or for those who are unwilling to be fully engaged in the work life of the community. Participants work 32 hours per week in one of Esalen's departments (kitchen, garden, farm, housekeeping, maintenance, or grounds) and participate, along with staff and long-term students, in that department's program. It is necessary for applicants to be able to speak and understand English.

During most evenings and one weekend intensive, work students are together as a group exploring different practices and approaches available at Esalen, with specifically assigned leaders who will be with the group throughout the month coordinating the study schedule and facilitating many of the evening sessions.

The selection of work students is done by Bette Dingman, the Work Study coordinator, in consultation with department supervisors. Since this is a work program, preference is given to applicants who are open and willing to learn about themselves within the work context as well as within the evening and weekend study/process groups. Applicants with particular skills or physically limiting conditions are urged to note them on the application.

First-month work students, in particular, are assigned to departments largely on the basis of community need. No work students will be assigned to the office or Gazebo School/Park until they have fulfilled a minimum of one month in one of the aforementioned departments.

The study portion of the program is usually divided into two sections each month: each emphasizes one type of growth practice, such as gestalt, meditation, Reichian work, massage or somatics work, and so forth. Participants must be prepared to stay at Esalen for the full duration designated for that particular program, assuming that they meet the standards of the Work Study Program. Two programs are planned for each month.

It is sometimes possible to receive college unit credit for participating in the Work Study Program. Please check with your college or university for eligibility requirements.

Work study programs currently scheduled for 1994 include:

January 9–February 6

This month with **Gideon Dreyer** will focus on the experience of becoming immobilized when confronted with certain obstacles and how we can use these situations for inner enrichment and education. Participants will focus on spiritualizing their thoughts, feelings, and actions, and cultivating the will to act accordingly.

Eric Erickson will lead a group devoted to the development of integral practices. Gestalt practice, meditation, movement exercises, the experience of nature, and bodywork will be explored as complementary awareness practices which, when combined, integrate mind-body-spirit into a greater whole and enhance personal development and transformation.

February 6–March 6

Julian Silverman's program will be based on *A Course in Miracles*. The program provides a format for thoughtfulness using the *Course's* teachings in such areas as communication, relationship, goal-setting, decision-making, and spirituality in everyday life.

Maria Lucia Sauer Holloman & Anita Eubank Donovan will invite the creative spirit to come alive during this monthlong by combining music, art, movement, and ritual with practice of the fundamental healing art of laying-on-of hands.

March 6-April 3

Vicki Topp and friends will lead a monthlong journey exploring ourselves and our environment in a weaving of integral healing practices which may include massage, sensory awareness, imagery, storytelling, gestalt, creative movement, and spiritual nourishment.

Steven Harper will lead a group inquiring into the theory and practice of ecopsychology. With nature as a teacher, the group will draw from various somatic and contemplative traditions that enhance personal awareness to further explore ourselves, family, the workplace, society, and the natural environment.

April 3-May 1

During this monthlong Kenn Chase will teach the entire sequence of T'ai Chi Ch'uan meditation technique. There are 54 postures which will be taught along with various East/West mind body techniques. He will integrate body alignment, Taoist breathing exercises, deep relaxation methods, sensory awareness, and visualization processes.

The focus of a month with David Schiffman will be on the theme of transition. It is geared for people who are facing major changes and would like an opportunity to create a time for sanctuary and a mood of mutual support. The intention will be to cultivate an individual style of approaching change that is heartfelt, open-minded, and resourceful in spirit.

May 1-May 29

Eric Erickson will lead a group devoted to the development of integral practices. Gestalt practice, meditation, movement exercises, the experience of nature, and body work will be explored as complementary awareness practices which, when combined, integrate mind-body-spirit into a greater whole and enhance personal development and transformation.

With the emphasis on the practice of massage, David Streeter will explore the inner power of the human being. He will combine the fundamental essence of Zen meditation with movement from the martial arts and yoga. These principles will then be applied to the art of massage and the art of being in the world.

May 29-June 26

Eduardo Eizner and guests will lead a month concentrating on emotional release work and self-awareness, incorporating gestalt practice, group and individual process, rituals, movement, and bodywork.

Daniel Brown & Marushka Glissen will lead a monthlong in which each week is devoted to one of the four domains of overall development: psychological, interpersonal, spiritual, and health and wellness. Group experiences, meditation, visualizations, guided imagery, self-hypnosis, and structured exercises will all be used.

June 26-July 17

Anna Wise will present a program of Awakened Mind brainwave training. Different methods of meditation, visualization or "sensualization," and deep psychophysiological relaxation will help you learn to develop the intricate combinations of brainwave frequencies that underlie optimum mental states. Mind Mirror EEGs and Electrical Skin Resistance Meters will be available for biomonitoring and biofeedback.

Patrick Douce will share the essence of his work with Moshe Feldenkrais, Balinese healers, and Indonesian Silat Martial-Art-for-Health systems. This monthlong program will focus on movement and touch techniques to increase the sensitivity, flexibility, coordination, relaxation, and freedom of the body. Individual chronic problem areas will be approached in order to improve chronic stiffness and pain. Group experience and interaction will help facilitate balance in the overall growth of each participant.

Institute of Transpersonal Psychology Offers External Master's Degrees

Work students now have the opportunity to integrate their work study experience at Esalen with the external degree program of the Institute of Transpersonal Psychology. The external degree format enables students to study at any location. Work students will be able to continue the dynamics of personal growth fostered at Esalen while earning master's degrees in transpersonal studies or in transpersonal psychology.

Inquiries and applications should be made directly to ITP. Contact:

Nancy Fagen
External Program
Institute of Transpersonal Psychology
744 San Antonio Road
Palo Alto, CA 94303
(415) 493-4430

INASMUCH AS the Work Study Program is a complete program in itself, please do not plan to take regularly scheduled catalog workshops during your stay. Professional services, such as massage, are available at staff rates.

Accommodations are shared, with up to four people to a room, usually at South Coast Center, a staff complex located 1 ½ miles north of Esalen.

A deposit of $400 in U.S. currency is required with your application. The work scholar fee is $750 for the first month, $700 for the second month, and $650 for the third month. Work students may be invited to remain for a second or third month depending on space available and community needs. There are no scholarships available for the Work Study Program.

For more information contact Bette Dingman: (408) 667-3010.

Note: Application is not registration in the program. Registration is made only after approval of application and upon receipt of deposit. The balance of the fee is due on arrival. Of the original deposit, $100 is nonrefundable and may be transferred to other programs within one year of receipt. Please return the application form (see next page) with your deposit to:

Work Study Program
Esalen Institute
Big Sur, CA 93920.

✦ WORK STUDY PROGRAM APPLICATION

Name ______________________ ☐ Male ☐ Female

Date of Birth ______________________ Occupation ______________________

Place of Employment ______________________

Daytime Phone (____) ______________________ Home Address ______________________

Evening Phone (____) ______________________ City/State/Zip code ______________________

Date of Application ______________________ Country ______________________

Do you have any physically limiting conditions which might affect your full participation in this program? ☐ Yes ☐ No

If yes, please be specific. ______________________

Are you currently taking any medications? ☐ Yes ☐ No If yes, please specify: ______________________

Which program(s) are you interested in? Please list the leader's name. ______________________

Please note: When focused programs continue with the same leader for more than one month, participants must be prepared to stay at Esalen for the full duration of that particular program.

The Work Study Program is for 28 days, beginning and ending on Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: __________ to __________ 2nd: __________ to __________ 3rd: __________ to __________

Work students may be invited to remain for a second or third month, depending on space available and the needs of the Esalen community. Please indicate your availability for such an invitation.

☐ No extension ☐ One-month extension ☐ Two-month extension

Assignments to departments are made according to community labor needs. However, if you have particular skills that you're willing to use, especially in food preparation, gardening, maintenance, mechanics, construction, or housecare, please mention them here.

____

☐ Please check here if you have emergency medical skills (M.D., R.N., or E.M.T.) and are willing to use them during your stay.

Attach a personal statement about your interest in the Work Study Program and why you'd like to participate.
All applicants are required to sign a standard release from liability and assumption of risk form as a condition of participation in the Work Study Program.
Please Note: No pets allowed.

✦ THE FRIENDS OF ESALEN

The Friends of Esalen provides financial aid to people who want to attend our workshops but cannot afford them. We believe that one of our first priorities is to make our programs available on a broader basis. Friends of Esalen contributions fund scholarships that make this possible.

We invite you to join us. In addition to knowing that you have given someone else the opportunity to experience Esalen, you will receive The Esalen Catalog, the Friends of Esalen Newsletter, and other mailings to Friends for one year. We hope you feel your experience at Esalen is worth sharing and that you will join us in extending Esalen into the lives of other people.

☐ I wish to become a Friend of Esalen; I enclose my check for a one-year membership in the category marked below.

☐ I wish to renew my membership in the Friends of Esalen; I enclose my check for the category marked below.

☐ Student (to age 22)	$25	☐ Supporting member	$100-450	☐ Group 2000	$2,000
☐ Senior Citizen (65 & over)	$25	☐ Sustaining member	$500-950	☐ Founders Circle	$5,000
☐ Associate member	$35	☐ Patron	$1,000		

Name ______________________ Student Affiliation ______________________

Address ______________________ City ______________________

State ______________________ Zip ______________ Date ______________

Please mail this form or complete inside flap of envelope insert. Contributions are tax-deductible to the extent allowed by law.

Let the beauty we love be what we do. —*Rumi*

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✦ GENERAL INFORMATION

ESALEN lies 300 miles north of Los Angeles and 175 miles south of San Francisco, situated directly over the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot springs, was once the home of a Native American tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute, By Reservation Only.

There are various ways to experience Esalen, ranging from an overnight visit to a long-term stay as a seminarian. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the methods of personal growth available here. The "Experiencing Esalen" workshops, scheduled periodically, offer an introduction to practices such as gestalt, massage, sensory awareness, and meditation. From such a sampling, participants can then choose those approaches they are most attracted to and pursue them in subsequent seminars.

Another way of being at Esalen which allows a much greater involvement with the place and its community at a lower expense is the Work Study Program, an intensive work-oriented program for individuals who want to make a directed, personal commitment to self-exploration and growth and a contribution to the Esalen community. Participants can enroll in the general interest track, which gives an overview of several disciplines, or choose a more specific course of study from the focused track, such as gestalt, meditation, Reichian work, or massage.

Information regarding special interest sections may be obtained by writing Bette Dingman, c/o Esalen. For a full description of the Work Study Program, please turn to page 53.

For those who wish an extended stay of a month or more, there are frequent long-term programs which involve didactic seminars or professional trainings as well as experiential workshops. Please see Special Programs.

Finally, there are other events that enrich life at Esalen. There are occasional forums in which writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights there may be lectures, films, dance performances, or other forms of entertainment. Body work of various kinds is available by appointment with individual practitioners. There is also a community event schedule offered. Please check the bulletin board for details when you arrive.

Conferences at Esalen

It is now possible to arrange for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100) on a space available basis. For further information, contact the conference coordinator, (408) 667-3038.

With the completion of the Big House renovation, we can now accommodate groups of people in a single facility. The Big House provides meeting rooms, ten bedrooms with twenty beds, a kitchen for meal preparation, and a dining area. We invite people who work together on a regular basis, be they corporate, government, legal, artistic, or familial groups, to design a workshop according to their own needs, using Esalen resources and catalog faculty. Participants also have access to other Esalen amenities, including massage, the hot springs, swimming pool, and bookstore. Reservations for the Big House must be made at least nine months in advance. For more information contact Pat LeWine, (408) 667-3038.

Catalog Subscriptions

If you would like to receive the Esalen Catalog, please refer to the inside front cover for subscription rates and send your check or money order (U.S. currency) in the enclosed subscription envelope, or mail it to Subscriptions, Esalen Institute, Big Sur, CA 93920 (see Income Tax Regulation 1.162-5). Esalen Institute reserves the right to cancel any program at any time.

The Hot Springs at Esalen

We would like those people who are planning their first visit to Esalen to know that swimsuits are optional, and nudity common, in the hot springs, massage area, and swimming pool. We encourage each individual to choose what is most comfortable, either wearing a swimsuit or not, and emphasize that the environment at Esalen is one of personal sanctuary and respect for the human body.

Accreditation

Many formal educational institutions recognize the time spent at Esalen as being worthy of credit in their own curriculum; check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs. Please submit a written request to the office supervisor.

Medical Programs

Some programs offered at Esalen qualify for continuing education credit with the California Board of Registered Nursing. For current C.E. listings, see pages 50-52.

There is a $10 processing fee for each certificate of completion requested.

Recommended Reading and Mail Order Books

Most books listed as recommended reading for workshops are available through Esalen's bookstore. Other merchandise is also available. For ordering information please call (408) 667-3049.

Disabled Access

Esalen now provides a means of transportation to the baths for those with physical limitations which prevent them from walking. A vehicle was purchased, in part, through the generosity of Dr. John W. Harris who believes, as we do, that those among us who are aged, infirm, or handicapped should also be able to enjoy the hot springs.

If you are disabled and would like to plan a visit to Esalen or participate in a workshop, please give the office as much advance notice as possible. While disabled access to some parts of the property is difficult, with enough planning, arrangements can be made for access to most of our facilities.

◆ AUDIO RECORDINGS

The Dolphin Tape Series

Titles for this tape list are varied, ranging from a rather full selection from Carl Rogers, Buckminster Fuller, Huston Smith, Abraham Maslow, and Joseph Chilton Pearce, to the latest from Terence McKenna and Brother David Steindl-Rast. And there are a few sleepers and surprises, including several gems and jewels from unexpected sources.

There are also contributions from Laura Archera Huxley and from her husband Aldous Huxley, bringing back to life the original inspiration for the human potential movement, eloquently expressed in Huxley's public addresses in the years just before Esalen's birth.

Finally, we have the original conversations in a newly-published book entitled *TRIALOGUES at the Edge of the West* (Bear & Co. 1992), built from interplay between three explorers of chaos, imagination, and creativity.

Dolphin Tapes has no complete catalog, just overlapping tape lists. When you place an order, let us know your field of interest or your favorite speakers. We may have more information on some of them. Most tapes are in stereo. Tape length is normally 1 to 1 1/2 hours.

Single-tape titles are $10:

Abraham/McKenna/Sheldrake: *Sampler from the TRIALOGUES*, 1989-1990
Abraham/McKenna/Sheldrake: *Cast of Characters*, 1989
Angeles Arrien: *Basque Mysticism* (ITA Boston), 1979
Gregory Bateson: *The Limits of Science*, 1978
Joseph Campbell: *Tibetan Book of the Dead*, 1981
George Friebott (with Stan Grof): *Nikola Tesla: The Inventor*, 1984
Gerald Heard: *The Power of Wonder* (KPFA Berkeley), 1954
Aldous Huxley: *On Language* (MIT Cambridge), 1960
Aldous Huxley: *Why Art?* (MIT Cambridge), 1960
Laura Huxley: *Recipes for Living and Loving* (Guided Imagery), 1963
Robert Johnson: *The Roots of Modern Masculinity*, 1990
Stanley Keleman: *Biological Roots of Spiritual Experience* (Kairos), 1970
Timothy Leary: *American Culture: 1945-1985* (College of Marin), 1977
Janet Lederman: *Early Childhood Experience* (KAZU Pacific Grove), 1987
Abraham Maslow: *Psychology of Religious Awareness*, 1967
Terence McKenna: *Personal Biography and the Time Wave*, 1992
Terence McKenna: *Science and Agriculture*, 1992
Terence McKenna: *Art and Eros*, 1992
Joseph Chilton Pearce: *Intelligence of the Heart*, 1992
Fritz Perls: *Dream Theory and Demonstration*, 1967-1968
Christine Price: *Intro to Gestalt Practice* (Friends of Esalen), 1992
Paul Rebillot: *The Pluto Story: Journey into Madness*, 1984
Carl Rogers: *The Intensive Group*, 1966
Carl Rogers: *The Person of Tomorrow*, 1970
Carl Rogers: *My Philosophy and How It Grew* (AHP Hawaii), 1972
Rogers/Bateson: *Dialogue on Thinking, Feeling, Learning* (Marin), 1975
Daniel Sheehan: *Philosophy of Christic Institute*, March 1991
Anne Simkin: *Choice and Changes Using Gestalt* (Findhorn), 1989
Huston Smith: *No Wasted Journey*, 1968
Huston Smith: *The Coming World Civilization*, 1968
Huston Smith: *The Nature of Reality* (Boston), 1979
Brother David Steindl-Rast: *Three Ways of the Spiritual Path* (Big Sur), 1990
Brother David Steindl-Rast: *The Body: Sensuousness & Spirituality*, 1990
Rick Tarnas: *Bringing It All Home* (Esalen), 1992
Alan Watts: *Interviewed by Michael Murphy* (SS Vallejo), 1964
Arthur M. Young: *The Bacon-Shakespeare Controversy*, 1983
Arthur M. Young: *The Reflexive Universe*, 1983

Two-tape titles are $18

Walt Anderson & Ted Roszak: (2) *The Upstart Spring* (Esalen), 1984
Angeles Arrien: (2) *Cross-Cultural Shamanic Practice*, 1991
Joseph Campbell & Sam Keen: (2) *The Dark Side of the Forest*, 1985
Prem Das: (2) *The Huichol Cosmology* (Creation & Return), 1977
Ram Dass: (2) *Creation, Creativity, Spirituality*, 1987
Buckminster Fuller: (2) *The Critical Path* (Maui), 1982
Abraham Maslow: (2) *The Farther Reaches of Human Nature*, 1987
Terence McKenna: (2) *The Magical Mystery Tour*, 1989
Ralph Metzner: (2) *Metaphors of Transformation*, 1982
Joseph Chilton Pearce: (2) *The Magical Child*, 1975
Fritz Perls: (2) *Neurosis, Psychosis, and Dreams*, 1978
Carl Rogers: (2) *A Weekend at Esalen*, 1983
Daniel Sheehan: (2) *Christic Institute Update and JFK*, March 1992
Frederick Spiegelberg: (2) *India and the Saints*, 1964
Alan Watts: (2) *Eastern Religion and Western Therapy*, 1971
Janet Zuckerman: (2) *The Feeling Process*, 1987

Four-tape titles are $36

Buckminster Fuller: (4) *Integrity Day* (Marin), 1983
Terence McKenna: (4) *Psychedelics and A Free Society*, 1984
Fritz Perls: (4)*Working with Dreams*, 1968
Rupert Sheldrake: (4) *Resonance and the Habits of Nature*, 1987
Rupert Sheldrake: (4) *Revival of Animism*, 1990
Brother David Steindl-Rast: (4) *Enjoying Poetry*, 1992

The Dolphin Vinyl Album Tape Sets:

Aldous Huxley: (6) *The Human Situation Lecture Series (Part I)*, 1959	$60
Abraham Maslow: (6) *The Eupsychian Ethic*, 1969	$60
Joseph Chilton Pearce: (6) *Journey to the Heart*, 1990	$60
Fritz Perls: (6) *The Perls Encounter*, 1968	$60
Carl Rogers: (6) *The Basic Encounter Group*, 1967	$60
Rupert Sheldrake: (6) *Resonance and Presence of the Past*, 1985	$60
Brother David Steindl-Rast: (6) *Approaches to Christian Mysticism*, 1987	$60
Buckminster Fuller: (8) *The Pajaro Dunes Tapes*, 1977	$72
Terence McKenna: (8) *The Esalen Scholar-In-Residence Series*, 1989	$72
Joseph Chilton Pearce: (8) *Insight and Ecstasy* (Quest), 1981	$72
UCB Symposium: (8) *The Sixties: Its Leaders and Legacies*, 1987	$72
Abraham/McKenna/Sheldrake: (10) *TRIALOGUES at the Edge* (Vol. I), 1992	$88
Virginia Satir: (10) *Conjoint Family Therapy*, 1967 (Archives)	$88
Joseph Campbell: (10) *World Mythology Series*, 1969 (Library Archives)	$88
Esalen Series: (12) *The Value of Psychotic Experience*, 1968	$98
Esalen Symposium: (12) *Wilhelm Reich: His Life and Work*, 1974	$98
Gregory Bateson: (12) *The Informal Esalen Lectures*, 1975-1980 (Library)	$98

Please add $3.00 to your complete order for handling and mailing (add $3 more if you wish priority mail). Overseas orders add $1.00 per tape for mailing. California residents include 7 1/2% tax. (Institutional purchase orders please add 10% to tape cost for invoicing and deferred payment). Allow 4 to 6 weeks for delivery. (Most orders are mailed within two weeks.)

Please mail your order and your check payable to:
DOLPHIN TAPES, P.O. Box 71, Big Sur, CA 93920

Advertisement: Dolphin Tapes is a private company independent of Esalen.

✦ BIOGRAPHICAL INFORMATION

A

Ralph Abraham,
known for his work in dynamics and chaos theory, is professor of mathematics at UCSC and author of Chaos, Gaia, Eros: The Orphic Trinity in Myth and Science, *and co-author of* Trialogues at the Edge of the West.
p. 17

Jeremiah Abrams
is a Jungian therapist, dream analyst, writer, counselor, trainer, and consultant. His books include Meeting the Shadow *and* Reclaiming the Inner Child. *He is director of the Mt. Vision Institute in Sausalito, CA.*
p. 38, 52

Sarah Abukutsa
is a professional singer and dancer who trained in her country of Kenya before working in Europe and then the U.S. She has worked with Babatunde Olatunji and Quincy Jones.
p. 40

Jeanne Achterberg
is professor of psychology at Saybrook Institute and co-chairs the Mind/Body Advisory Panel for the Office of Alternative Medicine Division, National Institute of Health. She is currently president of the Association of Transpersonal Psychology.
p. 35, 52

Margo Adler
is the author of Drawing Down the Moon, *the classic work on neopaganism and goddess spirituality. She is also the New York correspondent for National Public Radio.*
p. 21

Stephen Aizenstat
is the founding president of Pacifica Graduate Institute, a core faculty member of Pacifica, and a clinical psychologist. He conducts dreamwork seminars throughout the U.S. and Europe.
p. 13

Ronald Alexander
is a creativity and health consultant in the entertainment industry. He teaches clinical training groups in gestalt and mind/body healing in Santa Monica, California, and is director of clinical training at Ryokan College.
p. 33, 34, 51, 52

Anne Armstrong
has been doing transpersonal counseling for 30 years and has trained professionals to use their intuitive abilities.
p. 40, 52

Jim Armstrong,
a former engineer, is a lifelong student and teacher of esoteric studies.
p. 40, 52

Angeles Arrien,
a native Basque, is an author, anthropologist, and educator. Her teachings are based on the universality of values, ethics, and experiences as they relate to myths, symbols, and the arts.
p. 13

Lauren Artress
is Canon for Special Ministries at Grace Cathedral and director of Quest, Grace Cathedral Center for Spiritual Wholeness in San Francisco. She is also a licensed therapist (MFCC).
p. 15

Jim Asher
has practiced cranio-sacral work and Rolfing® since 1971. Certified by Ida Rolf, he is a senior instructor for the Rolf Institute and Colorado Cranial Institute.
p. 18, 50

B

Nancy Bacal
is a lyricist and screenwriter. Student of meditation and black belt in Aikido, her work includes the award-winning film, RAGA, *starring Ravi Shankar. She conducts ongoing writing workshops in Los Angeles.*
p. 20

Richard Balaban
is a clinical psychologist in private practice in Bloomington, Indiana. He has taught at Indiana University in the departments of psychology and public & environmental affairs.
p. 42, 52

James Baraz
has taught Vipassana (Insight) meditation retreats since 1977. He is on the board of directors of Insight Meditation West and the Dharma Foundation.
p. 14, 35, 50, 52

Lonnie Barbach
is considered a pioneer in human sexuality. She is on the clinical faculty of UCSF Medical School and has authored several books, including Pleasures *and* The Pause: Positive Approaches to Menopause.
p. 44, 52

Michael Barnett
lives on a ranch in Boise, Idaho, where he is a psychiatrist in private practice. He works with individuals, families, and groups.
p. 29, 51

Ellen Bass
has supported, encouraged, and inspired women's writing for over 20 years. She's published a dozen books, including poetry, non-fiction, and children's stories.
p. 31

Brian Bergstrom
has been a structural bodywork practitioner since 1980. He has integrated his training with his passion for golf and helps golfers maintain a swing free of physical restriction.
p. 33, 42

Stephen Book
heads his own professional acting studio in Hollywood. Former executive director of Spolin Theater Game Center, he is a longtime faculty member at Juilliard and USC.
p. 41

Joan Borysenko,
a medical scientist and psychologist, is the author of Minding the Body, Mending the Mind *and* Minding the Spirit, Mending the Soul.
p. 39, 52

Myrin Borysenko,
a medical scientist and educator, is executive director of Mind/Body Health Sciences, Inc. He is working on a book about male spirituality.
p. 39, 52

Julie Bowden,
pioneer in the children of alcoholics (COA) field, is co-founder of the National Association of COAs. She co-authored Recovery: A Guide for Adult COAs *and* Genesis: Spirituality in Recovery.
p. 42, 52

Carolyn Braddock
is a body-centered therapist and consultant in private practice in Lakewood, Colorado. She is the author of Bodyvoices: Using the Power of Breath, Sound, and Movement to Heal and Create New Boundaries. *She trains professionals in the field of sexual abuse.*
p. 12, 15, 25, 41, 50, 51, 52

Nathanial Branden
is a psychotherapist, author, and lecturer who has been a pioneer in the field of self-esteem for over 33 years. He has a private practice in Los Angeles.
p. 34, 52

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Char Pias Brenner
has lived at Esalen Institute since 1977. She is a facilitator of the expressive arts and teacher of Esalen Massage.
p. 17, 25, 50

Sue Brenner
was a member of the first Rosen training group. A licensed psychotherapist, she continues to explore how bodywork and therapy interface. She is the creator and director of the Rosen Center Northeast.
p. 37, 52

Jessica Moore Britt,
gestalt and Reichian practitioner in the Bay Area, is a teacher of the Ridhwan Work School, which is dedicated to understanding personality and spiritual development.
p. 28

Daniel Brown
is director of a group private practice in Cambridge, Mass. and assistant professor at Harvard Medical School. He has spent nearly two decades investigating states of consciousness and is a co-author of States of Consciousness.
p. 23, 24, 50, 54

Adam Burke
is a research psychologist, acupuncturist, educator, and author. He is the director of Halcyon and offers trance-based trainings internationally.
p. 40, 47, 52

C

Fritjof Capra,
physicist and systems theorist, is the founder of the Elmwood Institute, an ecological think tank. He is the author of The Tao of Physics, The Turning Point, and Uncommon Wisdom. He wrote the screenplay for Mindwalk, a film based on his books.
p. 17

Phil Cardillo
is a guild certified Feldenkrais practitioner who has a practice at Esalen and in Mill Valley, California. He has played the guitar for 29 years and has taught music for over 20.
p. 19

Seymour Carter
longtime gestalt teacher at Esalen and in Europe, combines studies in sensory awareness, Zen Buddhism, aikido, and other body-oriented practices.
p. 45

Michell Cassou
is the founder of an original approach to painting designed to stimulate and unblock creativity. She is director of the Painting Experience Studio in San Francisco.
p. 11, 29, 47

CC. (Carl Chase)
is a body worker who specializes in cross-fiber friction and deep tissue methods. He has also studied sports massage and soft tissue manipulation.
p. 14, 38, 46, 50, 52

Kenn Chase
has taught traditional Yang style T'ai Chi Ch'uan for 25 years. He has studied with several T'ai Chi masters and has taught in Paris, Amsterdam, and London. He is the founder of MindBody technologies, a corporate training company.
p. 28, 54

Dan Clurman
has an M.A. and M.F.C.C. and teaches critical thinking at Golden Gate University. He is in private practice in Oakland, California.
p. 12, 50

Ricci Coddington,
certified practitioner of Holotropic Breathwork and on the Grof Transpersonal Training Staff, has been part of the Arica School for 20 years. She is in private practice in the Bay Area.
p. 30

Stephen Cohen,
gestalt practitioner, is a longtime golf hacker who recently founded The Kingdom Tour, dedicated to bringing inner game golfers together for world travel.
p. 33, 42

Emilie Conrad-Da'oud
is the founder of Continuum. Her innovative approach to movement has enhanced the creativity of artists in many fields and has led to new insights in the healing process.
p. 37

Robert Corff
teaches performance in Los Angeles. He has had leading roles on television, Broadway, and in motion pictures. His workshops deal with self-presentation in business and professional life.
p. 13

Stewart Cubley,
artist and scientist, is co-founder with Michell Cassou of the Painting Experience Studio in San Francisco.
p. 11, 29, 47

Dale Cummings,
certified Radix® teacher and marriage and family counselor in West Los Angeles and Los Gatos, is director of training for the Radix® Institute.
p. 10, 40, 50, 52

Rabbi William Cutter
holds a doctorate from UCLA and was trained in the Ford-Esalen project in Confluent Education. He teaches modern literature and education at the Hebrew Union College.
p. 44

D

David Darling
is a master cellist, composer, conductor, and teacher whose many recordings include Journal October; Cycles; River Notes; and Amber.
p. 9, 10

Lama Surya Das
is a Buddhist scholar, poet, and translator of Tibetan texts. He is founder of the Dzogchen Foundation of America and author of The Snow Lion's Turquoise Mane: 150 Wisdom Tales from Tibet.
p. 34

Laura Day
has been a practicing intuitive for over a decade in the U.S. and Europe. She teaches intuitive skills for use in business and daily life.
p. 23

Laura DeNuccio,
a certified Radix® practitioner on Esalen's teaching staff, has 20 years of experience leading groups in Reichian bodywork, gestalt, movement, meditation, and vision work. Her current interest is swimming with wild dolphins in Hawaii.
p. 20, 36, 50, 52

Anita Eubank Donovan
practices psychotherapy and spiritual healing in San Francisco. She is co-founder and advisory member of the Creative Arts Center at Esalen.
p. 54

Patrick Douce,
one of Moshe Feldenkrais's first American students, has lived at Esalen since 1972. Since 1986 he has lived half of each year in Bali where he is developing programs with Indonesian Silat, Martial-Arts-for-Health, schools.
p. 42, 52, 54

Gideon Dreyer
is a clinical psychologist from Capetown and the Netherlands. He has taught at several universities and institutes. His main interest is ancient and modern initiation.
p. 11, 53

Ken Dychtwald
is a psychologist, gerontologist, and entrepreneur. He has lectured and written extensively on issues pertaining to body/mind health and aging.
p. 39

E

Eduardo Eizner,
a licensed psychologist from Belgrano University in Argentina, is an Esalen staff member and co-director of Gazebo School Park.
p. 54

Eric Erickson
is a long-term student of gestalt and Eastern philosophical traditions.
p. 28, 51, 53, 54

Viktor Erofeyev
is an internationally acclaimed writer from Moscow whose most recent book, Russian Beauty, *has just been published by Viking Press.*
p. 22

Maty Ezraty
is a founder and director of Yoga Works in Santa Monica, California. She has been teaching and promoting yoga for the past eight years.
p. 24

F

James Fadiman
has given many workshops at Esalen. He teaches transpersonal psychology, sits on three corporate boards, and writes both textbooks and novels.
p. 13

David Feinstein,
a clinical psychologist, is co-author of Personal Mythology *and* Rituals for Living and Dying. *He has taught at The Johns Hopkins University School of Medicine.*
p. 18

Peter Finkelstein,
a psychiatrist practicing in Woodside and San Francisco, teaches at Stanford and writes about emotional issues in medical training and practice. He counts among his important influences Sigmund Freud, Irv Yalom, and Van Morrison.
p. 17

Zoketsu Norman Fischer,
a Zen Priest, is Chairman of the Zen Hospice Project and author of six volumes of poetry. He was written extensively on the integration of Buddhist practice in everyday life.
p. 31, 51

Reinhard Flatischler
is a Viennese composer and percussionist who performs worldwide. He has devoted his life to creating TA KE TI NA, *a process which makes the forgotten power of rhythm accessible to everybody. He also tours with his world-class* MEGADRUMS *project.*
p. 30

Lilias Folan
continues to share yoga through her PBS series "Lilias,Yoga & You," her books, and award winning videos and audiotapes. She conducts seminars internationally and has taught yoga and meditation in Russia.
p. 29

Joyce Frazee,
a gestalt practitioner in private practice, is the senior supervisor of the Gestalt Training Institute of Vancouver, Canada. She is on the Board of Advisors of Hollyhock Institute and gives dream workshops internationally.
p. 22, 23

G

Sherry Sanders Galloway
is an Esalen massage staff practitioner. She has been an R.N. and nursing instructor since 1974. She has a private practice working with survivors of childhood abuse and people with work-, stress-, and sport-related injuries.
p. 43, 52

Mark Gerzon
has training as a clinical psychologist and family therapist. He is the author of several books, most recently Coming Into Our Own: Understanding the Adult Metamorphosis *and* A Choice of Heroes: The Changing Faces of American Manhood *(recently reissued).*
p. 9

Mariah Fenton Gladis,
gestalt practitioner and trainer, founded and directed the Bucks County Institute for 12 years. She is director of the Pennsylvania Gestalt Center for Psychotherapy and Training.
p. 13, 27, 50, 51

Marushka Glissen
is a clinical social worker on the staff of Mt. Auburn Hospital in Cambridge, Mass. She specializes in psychotherapy, hypnotherapy, and couples treatment.
p. 24, 54

Herbert Gold
has published over 20 books, most recently Best Nightmare on Earth: A Life in Haiti; Travels in San Francisco; *and the novels* Dreaming *and* A Girl of Forty.
p. 40

Mary Goldenson (Devarani)
is a psychologist, chiropractor, and certified Radix® teacher with a private practice in West Los Angeles.
p. 13, 16, 20, 34, 37, 40

Harriet Goslins
is the originator of Cortical Reeducation® She is a Feldenkrais® practitioner with a background in psychosynthesis, applied kinesiology, craniosacral work, and social anthropology.
p. 45, 52

Roger Grandy
is certified in movement reeducation, massage, and shiatsu. He is involved in a medical research project studying the effects of bodywork and hypnosis on the immune system.
p. 32, 51

Doris Green
is a teacher of Alexander technique, Tai Ji, and Qi Gong. She helped develop an East-West Study Center in China and now teaches at Santa Barbara City College and UCSB Extension.
p. 35, 52

Ed Greenberg,
writer and producer, has worked in film, theater, and television, and directed The Second City in Chicago. He gives workshops on improvisational acting throughout the U.S.
p. 28

Bruce Gregory
is a psychologist in private practice who specializes in mind/body healing and health psychology. He works with corporate executives who are experiencing difficulties with leadership skills.
p. 24, 33, 34, 50, 51, 52

H

Nick Hall
directs the Division of Psychoneuroimmunology at the University of South Florida School of Medicine, and serves as a consultant to the National Institutes of Health.
p. 42, 52

Robert Hall,
physician, psychiatrist, and teacher, has studied the mind-body process and meditation for 25 years. He is co-founder of the Lomi School and the Tomales School of Psychotherapy.
p. 20, 50

Eleanor Criswell Hanna,
professor of psychology at Sonoma State University, is editor of Somatics, *director of the Novato Institute for Somatic Research and Training, and author of* How Yoga Works.
p. 17, 50

Michael Harner
has practiced shamanism and shamanic healing for more than 30 years and has pioneered their return to contemporary life. His books include The Way of the Shaman; The Jivaro; *and* Hallucinogens and Shamanism.
p. 19, 46, 50

Steven Harper
taught for Colorado Outward Bound and the National Outdoor Leadership School. He coordinates Esalen Wilderness Programs and is director of Earthways Wilderness Journeys.
p. 33, 38, 42, 44, 49, 54

Susan Harper
teaches Continuum Dance Meditation workshops in Los Angeles and San Francisco, leads Dance the River trips on wild rivers, and has presented at the Joy-Spangler Asilomar Conference.
p. 42

Andrew Harvey
was educated at Oxford where he was the youngest ever fellow of All Souls College. He teaches at the California Institute of Integral Studies. His 22 books include novels, poems, travel books, and translations.
p. 36

David Hawkins,
a psychiatrist in private practice, has trained group therapists at Duke University and throughout the U.S.. He is past president of the American Academy of Psychotherapists.
p. 27, 28

Tom Hayden
was elected to the California State Senate in 1992. He chaired the successful campaign for Proposition 65 — the Clean Water Initiative — approved by California voters in 1986.
p. 29

Richard Strozzi Heckler,
psychologist and fourth-degree black belt in aikido, has worked with such diverse groups as the Army Special Forces, emotionally disturbed children, corporate executives, and inner city gangs.
p. 44

Harville Hendrix
is founder/president of the Institute for Relationship in New York City and author of, Getting the Love You Want: A Guide for Couples *and* Keeping the Love You Find: A Guide for Singles. *He is the originator of Imago Relationship Therapy.*
p. 17

Dennis Hicks
is a licensed marriage, family, child counselor with a private practice in Los Angeles. He facilitates groups for men, fathers, cancer patients, and survivors of sexual abuse.
p. 20

Maria Lucia Sauer Holloman
has practiced spiritual healing in Brazil and the U.S. since 1982. She has been a resident student and teacher at Esalen and conducts trainings and seminars internationally.
p. 27, 51, 54

Peggy Horan
has been practicing and teaching massage at Esalen for 20 years. She is a student of childbirth, dance, and movement.
p. 22, 40, 47, 50

Chungliang Al Huang
teaches Tai Ji philosophy of the creative process, East/West synthesis, and the joyful art of movement meditation. He is the founder-president of the Living Tao Foundation, and the director of Lan Ting Institute in the Sacred Mountains of China.
p. 10, 11, 27

Helen Hunt
is a community activist in the women's empowerment movement, founder of the New York Women's Foundation and the Dallas Women's Foundation. She is also founder and president of the Sister Fund and a board member of the MS Foundation.
p. 17

Terry Hunt
is a licensed psychologist and a certified bioenergetic therapist specializing in addictive disorders and adults from dysfunctional families. He is co-author of Emotional Healing *and* Secrets to Tell, Secrets to Keep.
p. 28, 47

Cecelia Hurwich
is a life-span developmental psychologist and author of Vital Women in Their 70s, 80s, and 90s. *Through her involvement in research on creative aging, she has become an outspoken figure in the field.*
p. 13

I

Sandra Ingerman
is an international faculty member of Michael Harner's Foundation for Shamanic Studies. She is the author of Soul Retrieval: Mending the Fragmented Self.
p. 10, 19, 46, 50

Carole Ione (Ione)
is a writer, psychotherapist, and playwright who has taught creativity workshops for 20 years. She is the author of Pride of Family: Four Generations of American Women of Color.
p. 25

K

Norman Katz
is a director of the Milton Erickson Institute of Hypnosis and the Behavioral Sciences of New Mexico. He teaches in Albuquerque and Santa Fe.
p. 40, 47, 52

George King
has for three decades been a teacher of somatic poetry, a connoisseur of touch bringing about euphoria and encouragement to those interested in knowing more about themselves.
p. 9, 44, 50, 52

Pauline Kirby,
teacher and health practitioner for 25 years, has a background in both traditional medicine and a variety of complementary medical practices including acupuncture, herbs, and homeopathy.
p. 39, 52

Paul Krassner
is editor of The Realist — *"the best satirical periodical published in America"* (Library Journal). *He is an award-winning stand-up comedian — "the last live Lenny Bruce"* (Groucho Marx).
p. 28

Stanley Krippner
is professor of psychology at Saybrook Institute and California Institute of Integral Studies, and co-author of Personal Mythology, Dreamworking, Dream Telepathy, *and* Realms of Healing.
p. 18

Susan Kuttner
is a marketing and communications consultant, both in business and the healing arts. She assists her clients in becoming more effective, more powerful, more heartful, and more successful in their efforts.
p. 27

L

Stephen LaBerge
is a scientist dedicated to the transformation of human consciousness. He teaches and researches conscious or "lucid" dreaming at Stanford University.
p. 10

Frank Lawlis,
a clinical health psychologist and researcher, is a professor at the Institute of Transpersonal Psychology. He has taught at four major medical schools and has a grant to study pain and stress management for children with cancer at Stanford Medical Center.
p. 35, 52

Patti Lawrence
is a Cortical Reeducation® and Feldenkrais® practitioner who employs hypnotherapy, cranio-sacral, kinesiology, and Somatic-Emotional Release® to harmonize body, mind, and spirit.
p. 45, 52

Lenore Lefer
is a psychotherapist in San Francisco who also does teaching and training in psychosynthesis. She leads group workshops in the U.S., Canada, and Russia.
p. 10

Marc Lehrer
teaches clinical hypnosis and biofeedback internationally. He studied hypnosis with Milton Erickson and John Grinder, and resides in Santa Cruz, California.
p. 32, 40, 47, 51, 52

George Leonard
is the author of Mastery; The Silent Pulse; *and* The Transformation. *He is a fourth-degree black belt in aikido and founder of Leonard Energy Training (LET).*
p. 20, 31, 44

Linda Leonard,
a Jungian Analyst trained in Zurich, is a member of the San Francisco Jung Institute. She has authored several bestselling books, including The Wounded Women; On the Way to the Wedding; Witness to the Fire; *and* Meeting the Madwoman.
p. 32

Elisa Lodge
is an expressive arts therapist with an extensive background in the healing arts, movement education, and performance art.
p. 34

Jim Loehr,
sports psychologist and pioneer in Mental Toughness Training, works in business and professional and amateur sport. He has authored a wide variety of books and training materials.
p. 42, 52

Paul Lounsbury
is a founding member of the New York Forum for Psychotherapy Cybernetics. He studied hypnosis and psychotherapy with Milton Erickson and is in private practice in New York City. He specializes in the innovative use of hypnosis.
p. 28, 51

Viatcheslav (Slava) Loutchkov
is a Russian psychologist who has a MacArthur grant to study psychology and perestroika. He is director of the psychology project for Esalen's Russian-American Exchange Center.
p. 22

Francis Lu
is an associate clinical professor of psychiatry at the University of California, San Francisco, with interests in film and transpersonal psychology.
p. 25

Nancy Kaye Lunney,
formerly a vocal coach and accompanist, is the originator of Singing Gestalt, which utilizes lyrics and songs as a means of self-expression. She is director of programming at Esalen.
p. 31

Kathryn Lydecker,
licensed marriage and family therapist, is a senior associate of the Lomi School, an innovator in somatically-based psychotherapy. She is in private practice in Santa Cruz, California.
p. 36

Brian Lyke
is committed to following a path with heart and Spirit. In former lives he was a college chaplain, and Esalen's General Manager. He is currently in the process of being reborn.
p. 19

Joyce Lyke
is a teacher in the Ridhwan Work School, which is dedicated to understanding personality and essential development. Her passion is spiritual unfoldment in herself and others.
p. 19, 40, 42, 52

M

Helen Malcolm-Neeb,
artist, consultant, and teacher, works with a visionary consulting team designing long-range vision paintings for individual clients and Fortune 500 corporations.
p. 41

Jena Marcovicci
was a touring professional tennis player (1972-1976) who competed against such players as Borg and Vilas. He has a private sports psychology practice in Richmond, Massachusetts.
p. 18

Peller Marion,
psychologist and management consultant, is president of Peller Marion Associates, Inc., an executive development coaching corporation in San Francisco. She is the author of Crisis Proof Your Career: How to Find Job Security in an Insecure Time.
p. 21, 43, 50, 52

Dean Marson
is a practitioner and instructor of Esalen Massage who uses self-care techniques as a means of introducing people to the pleasure and potential of human touch.
p. 17, 50

Ingrid May
is a German trained physical therapist currently with the Esalen massage staff. Her massage work integrates dance, movement, breath awareness, and meditation.
p. 9, 50

Peg Elliott Mayo
has a private psychotherapy practice in Corvallis, Oregon, and is a professional basket maker and storyteller.
p. 39

Terence McKenna,
author and explorer, has spent 25 years studying the ontological foundations of shamanism and the ethno-pharmacology of spiritual transformation. He is the author of True Hallucinations; The Archaic Revival; *and* Food of the Gods.
p. 18, 33

Deborah Anne Medow,
Esalen workshop leader and bodywork practitioner since 1969, teaches ashtanga yoga, massage, creative movement, gestalt awareness, and related healing disciplines throughout the U.S. and Europe.
p. 14, 26, 41, 46, 50, 52

Chuck Miller
has been practicing yoga for 20 years and is an advanced ashtanga student and teacher. His teaching reflects his deep commitment to yoga as a way of life.
p. 24

Bruce Mills
is an assistant professor of management at the University of Wisconsin-Madison. He specializes in research concerning the psychodynamics of the workplace.
p. 27, 51

William Monning,
an attorney and past executive director of International Physicians for the Prevention of Nuclear War, is a consultant to the Center for A New Democracy, a project of the Tides Foundation.
p. 35

Beverly Kitaen Morse
is a marriage and family counselor in private practice in Santa Monica and a senior instructor at the Rosenberg-Rand Institute for Integrative Body Psychotherapy.
p. 18, 42

Caroline Muir
has been a yoga practitioner for over 20 years. She is a Tantric Sex expert who specializes in sexual healing and awakening the goddess energy in women.
p. 15, 36

Charles Muir,
a professional yoga instructor for 25 years, is director of the Source Schools of Tantra Yoga in Hawaii and California. He is co-author (with his wife) of Tantra: The Art of Conscious Loving.
p. 15, 36

Arthur Munyer,
a member of the Esalen massage crew, is a trigger point specialist and longtime bodywork practitioner trained by Dub Leigh and Lauren Berry.
p. 22, 47, 50

Dulce Murphy
is executive director of the Esalen Russian-American Exchange Center and has over a decade of experience working with Russia and the Russian people.
p. 22

N

Mudita Nisker
directs Communication Options and has conducted communication trainings nationally since 1978. A clinical supervisor at the California Institute of Integral Studies, she has a private practice in Oakland, California.
p. 12, 50

Wes "Scoop" Nisker
is considered the dean of new radio journalism and is editor of Inquiring Mind, *a journal of the Vipassana Buddhist community. He is the author of* Crazy Wisdom.
p. 28

O

Heather Maycock Ogilvy,
a psychologist in Menlo Park, California, has been in private practice for 17 years, working with adults and children. She is a longtime Esalen group leader.
p. 11

Babatunde Olatunji,
master percussionist from Nigeria, has performed internationally for over 30 years and is known for his album Drums of Passion. *He is an authority on African religion.*
p. 21, 22

Kathleen O'Shaughnessy
has had a fascination with expanded mind and body states through the experiential modes of meditation, somatics, nutritional healing, ancient plant teachers and hands on work for 24 years.
p. 38, 52

Frank Ostaseski
is founding director of the Zen Hospice Project. He has 15 years of Buddhist practice and has studied a variety of psychotherapeutic methods. He gives professional trainings on compassionate care of the dying.
p. 31, 51

Brita Ostrom
has led massage and other workhops at Esalen for 21 years. She is trained in gestalt awareness work and participated in the two-year somatics education project. She is a licensed MFCC.
p. 15, 22, 34, 50, 52

P

Helen Palmer
has for the past 20 years directed CITI, a training center that unites psychological work with the agendas of sacred tradition. She has authored The Enneagram *and* The Enneagram in Love and Work, *both published by Harper/Collins.*
p. 16

Wendy Palmer
is a fourth-degree black belt in Aikido and co-founder and teacher at Tamalpais Aikido Dojo in Mill Valley, California. She is the author of The Intuitive Body.
p. 14

Laurie Lioness Parizek
coordinates a reference library at Esalen and pilots Healthspring Referral and Education. She blends innovative and traditional approaches to health and healing and works with body, mind, and breath.
p. 12, 43, 50, 52

Donna Dreyer Pérez-Venero
studied the shamanic tradition of the Hmong hill tribes in Thailand. She is a transpersonal psychiatrist and serves on the faculty of the University of Maryland Medical School.
p. 25, 51

Richard Yensen Pérez-Venero
studied the shamanic tradition with Carlos Castaneda and Maria Sabina. A psychologist, he has served on the faculties of Harvard Medical School and John Hopkins University.
p. 25, 51

Maggie Phillips
is a psychologist in Oakland, California. She has been a presenter at many national and international conferences and training events on hypnosis and psychotherapy.
p. 40, 47, 52

Linda Piscitelli
is a certified transpersonal counselor in private pratice in Madisonville, KY. She leads workshops throughout the U.S. and interweaves a variety of approaches, relying on the premise that the "healer is within."
p. 38, 52

Jeanine Pollak
is the founder of Botanic Adventures, a wilderness adventure-travel company. She teaches at the Univesrity of California, Santa Cruz, and throughout Northern California.
p. 36, 52

Christine Stewart Price
is a teacher and ongoing student of gestalt practice and other approaches to developing awareness.
p. 14, 15, 24, 25, 30, 50, 51

Carol Proudfoot-Edgar
was a counseling psychologist at UCSC for 17 years. She leads workshops that focus on integrating shamanic methods and Native American teachings. She is a certified shamanic counselor and teaches for Michael Harner's Foundation for Shamanic Studies.
p. 10, 50

Johanna Putnoi,
a senior associate of the Lomi School, has studied Feldenkrais, aikido, and Continuum dance. She has a private practice in Palo Alto, where she is also director of Body Therapy's massage program.
p. 36

R

Katie Hemmeter Ray
is completing her MA in psychology and drama therapy at California Institute of Integral Studies. She has directed personal growth camps for adolescents and taught at Pecos Rivers Learning Center.
p. 28, 47, 51

Paul Rebillot,
a group leader at Esalen for 16 years, combines gestalt methodology with theater and ritual. He divides his time between Europe and the U.S.
p. 24

Stephan Rechtschaffen,
founder/president of Omega Institute, is a physician concerned with holistic approaches to wellness and longevity. He uses concepts of time as the focus for developing optimal health.
p. 37, 52

Christopher Reed
founded Ordinary Dharma, a center for meditation and engaged Buddhism in Venice, California. He is a senior student of Thich Nhat Hanh and a senior Dharma teacher in the Tiep Hien Order.
p. 37

Tracey Rich
has earned the title of "Yoga Acharya" and is the associate director of White Lotus Foundation. She trains teachers and students and leads seminars nationally.
p. 35

David Richo
has a doctorate in clinical psychology with over 20 years experience in the field. He is the author of How To Be An Adult *and teaches at UCSB and Berkeley Extension.*
p. 35, 52

Eric Van Riswold
is a thirty-year practitioner of the martial arts, including iaido, escrima, boxing, and fencing. He holds a second-degree black belt in aikido, and is a certified Leonard Energy Trainer (LET).
p. 36

Richard Rohr
is a Franciscan priest who founded the New Jerusalem community in Cincinnati and the Center for Action and Contemplation in Albuquerque. He has authored several books and tapes on spirituality and social critique.
p. 17

Marion Rosen,
a physical therapist trained in Munich in the 1930s, was one of a group of therapists who gave breathwork and massage to the psychoanalytic patients of Carl Jung. She has studied at the Mayo Clinic and has been in private practice since the early 1950s.
p. 37, 52

Jack Rosenberg,
a psychologist and director of the Rosenberg-Rand Institute of Integrative Body Psychotherapy in Venice, California, is the author of Body, Self, and Soul.
p. 18, 42

Gabrielle Roth
is an artist, healer, and philosopher. She is the author of Maps to Ecstasy: Teachings of an Urban Shaman *and is musical director of* The Mirrors.
p. 44

Cathleen Rountree
is an artist, photographer, and author of several books, including Coming into Our Fullness *and* Celebrating Midlife Discoveries.
p. 36

Gordy Ryan
has written and recorded music for film, theater, TV, and recorded albums with artists such as David Sanborn, Carlos Santana, Mickey Hart, Airto, and Spike Lee. He is a founding member of Arica Instituite.
p. 40

S

Karel Samson
is a teacher and researcher of innovation at the University of Vermont and at Nijenrode Universiteit in his native Netherlands.
p. 10, 40, 50, 52

Robert Sanoff,
a senior associate of the Lomi School, has led workshops and trainings in personal growth for 12 years. He has been in private practice in Santa Rosa, California since 1976.
p. 36

David Schiffman
is a longtime group leader at Esalen. His primary interest is in facilitating people who are in transition towards a more heartful, unstrained existence.
p. 15, 19, 27, 35, 43, 44, 54

Meir Schneider
healed himself of congenital blindness at age sixteen using the Bates vision exercises. He is the founder and director of the Center and School for Self Healing in San Francisco and Tel Aviv.
p. 45, 52

Laurie Schutz,
longtime Esalen massage practitioner and teacher, incorporates varied approaches to allow for nuturing, balance, and integration of the body. She has led parent-infant workshops.
p. 15, 32, 51

Will Schutz,
founder of the Antioch holistic studies department, is the creator of The Human Element, *a set of training materials for organizations. He is the author of* Joy *and* Profound Simplicity.
p. 10, 30

Charlotte Selver,
student of Elsa Gindler, introduced sensory awareness in the U.S., and has been closely connected with Esalen and the San Francisco Zen Center since their beginnings.
p. 25

Phyllis Shankman
is a licensed counselor in Santa Monica who teaches at Ryokan College and is a group facilitator at AIDS Project Los Angeles. She has led workshops at Esalen for over 15 years.
p. 34, 35, 36, 51

Paula Shaw,
a professional actress and acting teacher for over 20 years, conducts workshops in expanding self-expression, well-being, and creativity for non-actors across the U.S. and Canada.
p. 13, 23

Fred Shoemaker,
an inner game teacher and golf professional, is founder of The School for Extraordinary Golf. He has taught seminars for the U.S., Canadian, and Japanese P.G.A., and often writes about the inner game.
p. 33, 42

Julian Silverman,
a former director and president of Esalen Institute, is a psychologist and educator. He has led group process and health care seminars throughout the U.S. and Europe.
p. 16, 41, 50, 52, 53

David Silverstein
is a Reichian practitioner and longtime Esalen group leader. He is currently a teacher in training with Hameed Ali from the Ridhwan Work School.
p. 40

Gerald Smith
is a licensed psychologist in private practice in Belmont, *California. He has authored two books on relationships —* Couple Therapy *and* Hidden Meanings *— and has led workshops at Esalen for 23 years.*
p. 37

Elliot Sobel
is a writer, musician, and the author of Wild Heart Dancing *(Simon & Schuster, 1994).*
p. 28

Robert Solomon
is a professor at the University of Texas at Austin and has been giving seminars at Esalen for eight years. He is the author of many books, including The Passions *and* About Love.
p. 11

Malidoma Somé
is an initiated shaman of the Dagara tribe, West Africa, who teaches ritual, indigenous spirituality, and healing through ceremony. He has led gatherings with Robert Bly, Michael Meade, and James Hillman.
p. 33

Sonbonfu Somé
is an initiated healer from the Dagara tribe, West Africa. Her gifts were recognized at age five by tribal elders and she was sent to the West to build a bridge of healing knowledge and spiritual regeneration.
p. 33

Kathleen Riordan Speeth,
a psychologist in private practice, is the author of The Gurdjieff Work. *Her interest is in deepening self-understanding through contact with profound minds, both ancient and contemporary, as they express themselves in literature and the arts.*
p. 14, 31, 51

Brother David Steindl-Rast,
Benedictine monk, psychologist, and author, has lectured on five continents. He is concerned with the spiritual changes of our time.
p. 11, 17, 25, 33

Elizabeth Stratton,
is a healer, pastoral counselor, and teacher. She has a private practice in New York City and teaches a three-year training program for healers entitled Touching Spirit℠. She has been teaching at Esalen for twelve years.
p. 15, 16, 50

David Streeter,
a certified sports massage practitioner on the Esalen massage staff, has taught yoga and anatomy and worked as an athletic trainer. Before joining the Esalen faculty, he lived as a Camaldolese monk.
p. 16, 45, 50, 52, 54

Rod Stryker
is an initiate in the traditions of Kriya and Tantric-Hatha Yoga. A writer and speaker, he currently teaches at Yoga Works in Santa Monica, California where he leads teacher training and meditation programs.
p. 43

Grace Stern Swanson,
founder/director of Aegis Institute in Haverford, Pennsylvania, is a yoga and meditation teacher trained by Moshe Feldenkrais. She is currently doing personal research in fasting and rejuvenation.
p. 29, 51

Robert Swanson,
practitioner of optimum health techniques, is an astrology teacher and columnist. He has logged over 100 dolphin swims while managing a project with the Human/Dolphin Foundation.
p. 29, 51

T

Yao Tamakloe
studied African dance, music, and literature at the University of Ghana and at UCLA. He dances with the Drums of Passion Dancers.
p. 40

Richard Tarnas,
former director of programs at Esalen, is professor of philosophy and psychology at the California Institute of Integral Studies, and author of The Passion of the Western Mind.
p. 30

Charles Tart
is a psychologist who has worked with altered states of consciousness, parapsychology, and human potentials.
p. 19

Jeremy Taylor
has taught dream work for over 25 years. He is president-elect of the Association for the Study of Dreams and author of Dream Work *and* Where People Fly and Water Runs Uphill: Using Dreams to Tap the Wisdom of the Unconscious.
p. 40

Vicki Topp,
faculty coordinator for the Esalen massage staff, teaches soft and sensitive use of pressure points and deep tissue massage combined with emotional and transpersonal body practices.
p. 54

Michael Tracy
has been an artistic director of Pilobolus Dance Theatre since 1974, and served as touring artistic director from 1981-1987. He has recently taught at Trinity College and Yale University.
p. 32

Karen Turner,
author, teacher, and counselor, specializes in mid-life transitions and spiritual emergence. She has been working for over 25 years combining mysticism, shamanism, and psychology.
p. 29

V

Attila Vaas
has been a member of the Esalen massage staff since 1976. His skills include polarity, acupressure, and Esalen's free-form style of massage.
p. 34, 52

Sim Van der Ryn
is professor of architecture at the University of California, Berkeley. He is founder of the Farallones Institute, has served as California State Architect, and was director of appropriate technology under Gov. Jerry Brown.
p. 11, 35

W

Robert Walter,
Joseph Campbell's editor for a decade, is director of the Joseph Campbell Foundation and a poet/playwright with experience as a teacher, publisher, and theatrical producer/director/designer.
p. 26

Ellen Watson
practices and teaches at Esalen where she has studied since 1984. Her bodywork style reflects her training in yoga, dance, Reichian and holotropic breathwork, hypnosis, and spiritual healing.
p. 44, 52

Stephanie Waxman
is the head of the speech department at the Hebrew Union College. She is the founding member of We Tell Stories, a children's theater company. She has authored two children's books.
p. 20, 44

Peter Ways
is a medical educator and writer who has been an academic hematologist internist, author, and counselor to recovering alcoholics. He lives in Seattle and writes about medical self-care.
p. 17

Laurie Weaver
is a teacher, counselor, and certified practitioner of Holotropic Breathwork with a private practice in San Francisco. She is a member of the Grof Transpersonal Training staff.
p. 30

Ganga White,
internationally-known teacher and master of yoga, is author of Double Yoga *and has received the titles "Yoga Acharya" and "Yograj" in India.*
p. 35

David Whyte,
poet, storyteller, and world traveler, is the author of two books, Songs for Coming Home *and* Where Many Rivers Meet. *He teaches throughout the U.S. and Britain.*
p. 18

Nancy Winston
is a counselor in New York City who has studied with Milton Erickson and has taught and trained clinicians in the use of hypnosis and counseling.
p. 28, 51

Anna Wise
has been using EEGs to measure and train brainwaves for high performance and meditative states for the past 20 years. She has led workshops in the US, Europe, and Asia, and has a private practice in Marin County, California.
p. 17, 39, 50, 52, 54

Nina Wise
is a performance artist who creates autobiographical and fictional pieces. Her multi-media works have been honored with seven Bay Area Critics' Circle awards and numerous grants and fellowships.
p. 29

Roger Woolger
is a Jungian analyst who brings Buddhist meditation and body release work to his regression processs and spiritual healing. He is the author of Other Lives, Other Selves, *and* The Goddess Within. *He trains therapists in Europe and America.*
p. 22

Y

Anne Yeomans,
a psychotherapist in Concord, Massachusetts, uses psychosynthesis as the primary framework for her work. She gives workshops on conflict resolution and reconciliation, as well as the healing and empowerment of women.
p. 10

◆ ESALEN INSTITUTE RESERVATIONS FORM

This form is for your convenience in reserving a space in Esalen workshops. If you wish to make reservations for more than one person, please photocopy this form so that each registrant has his/her own form, unless you are registering as a couple with the same address and phone number. A nonrefundable deposit for each person registering and each workshop applied for must accompany this form. (Please see Reservation Information, page 4, under Fees and Reservations, Making Contact with Us, and Cancellation and Refund Policy.)

Scholarship information is listed on page 5. If you wish to request a scholarship, please check the appropriate box:

☐ Standard Scholarship ☐ Other Scholarship

If you need more information, please refer to the inside front cover for Esalen's phone numbers and office hours.

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Address ______________________________

City ____________________ State ____________________ Zip ____________

Home Phone: (______) ____________________ Work Phone: (______) ____________________

Occasionally there are unexpected situations that require us to contact you immediately before your stay here. If you will not be at the above numbers during the two weeks prior to the workshop, where may we reach you?

____

Please mark your first and second choices for housing after referring to page 4 for accommodation descriptions and rates. Total cost includes workshop fees, lodging, and meals.

☐ Check for standard accommodations, if available.

☐ Check for bunk bed room, if available.

☐ Check for sleeping bag space, if available.

☐ Check if you wish to room as a couple.

Write here the name(s) of any person(s) with whom you wish to room.

____

Workshop Date	Leader's Name	Fee

All workshop reservations require a nonrefundable deposit. Balance is due at time of check-in. (See page 4.)

Workshop Deposits Enclosed . ____________

Tax deductible contribution to Esalen (Optional): ____________

$5 Catalog Contribution (Optional): ____________

Subtotal: ____________

Total Amount Enclosed: ____________

☐ Check here for $10 prepay discount (see page 4).

☐ Check here if this is your first visit to Esalen.

☐ Check here if you need directions to Esalen.

☐ Check here if you are a senior.

FOR OFFICE USE ONLY

DATE REC.	RES INITIALS	CIRCLE DEPOSIT CC CK CA SUS
DEPOSIT AMT.	RES. BK	CC AUTH #
DATE TYPED	TYPED INITIALS	PP SCHOL LIMO SENIOR

Passenger Van Service:
I want transportation from (check one):

☐ Monterey Greyhound Bus Stop at approximately 3:45 PM

☐ Monterey Airport at approximately 4:00 PM on

____
(date of arrival, Fridays and Sundays only).

The $25 per person charge (subject to change) is payable on arrival at Esalen. **If your plans for use of the passenger van service change after you have made your reservation, please notify us.** The only departing van service from Esalen is on Fridays and Sundays at approximately 5:30 PM. Passenger van service is not available at any other time.

Other Notes:
All of our rooms are non-smoking. If you smoke, please plan to do so outside.

No pets allowed.

We are unable to act as a banking service for our guests. Please bring adequate funds for your stay.

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

☐ Check here if we may give your phone number out for ride-sharing.

If you would like to become a Friend of Esalen, see page 55. Please make checks payable to Esalen Institute, in U.S. currency only. (There will be a $15 fee for returned checks.) Overseas residents must pay by checks drawn on U.S. banks or with one of the charge cards below. Checks or credit card information must accompany the reservations form. Or, you may **fax** this form to us at **(408) 667-2724**. If you do so, *you must include payment via one of the credit cards below.*

Your reservations can be charged to:

☐ MasterCard ☐ Visa ☐ American Express

Card No. ____________________ Exp. Date ____________

Authorizing Signature ______________________________

Thank you for your reservation. As soon as it is processed you will receive by return mail a receipt for your deposit and a notice of confirmation. Please review your confirmation for accuracy.

JOYCE LEAL

✦ *Esalen Institute is a center to explore work in the humanities and sciences that promotes human values and potentials. Its activities consist of public seminars, residential work-study programs, invitational conferences, research, and semi-autonomous projects.*

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

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Big Sur
California 93920
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Esalen Insitute

The ESALEN CATALOG

July–December 1994

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Esalen Institute, Big Sur, California 93920-9616

Phones:

Reservations:	408-667-3005
General Information:	408-667-3000
Fax Line (Esalen business only):	408-667-2724

Telephone Reservation Hours:
Monday, Tuesday, Thursday, Saturday 10 a.m. to 3 p.m.
Wednesday 10 a.m. to 12 noon
Friday 10 a.m. to 5 p.m.
Sunday 12 noon to 5 p.m.

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The Esalen Catalog is published biannually by the Esalen Institute, Big Sur, California 93920-9616.

Subscription Information: Subscription cost for one year is $15 for the United States, $17 for Canada and Mexico, $22 for Europe and South America, and $25 for all other countries.

Although we're delighted to provide you with this issue of the catalog, if you are not currently a subscriber we would appreciate a $5 contribution to defray postage and production costs.

The Esalen Catalog is printed on recycled paper.

JOYCE LYKE

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GENERAL INFORMATION

ESALEN lies 300 miles north of Los Angeles and 175 miles south of San Francisco, situated directly over the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot springs, was once the home of a Native American tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute, By Reservation Only.

There are various ways to experience Esalen, ranging from an overnight visit to a long-term stay as a seminarian. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the methods of personal growth available here. The "Experiencing Esalen" workshops, scheduled periodically, offer an introduction to practices such as gestalt, massage, sensory awareness, and meditation. From such a sampling, participants can then choose those approaches they are most attracted to and pursue them in subsequent seminars.

Another way of being at Esalen which allows a much greater involvement at a lower expense is the Work Study Program, an intensive twenty-eight day work-oriented program for individuals who want to make a directed, personal commitment to self-exploration and growth and a contribution to the Esalen community. Participants may enroll in the general interest track, which gives an overview of several disciplines, or choose a more specific course of study from the focused track, such as gestalt, meditation, Reichian work, or massage.

Information regarding special interest sections may be obtained by writing Bette Dingman, c/o Esalen. For a full description of the Work Study Program, please turn to page 62.

For those who wish an extended stay of a month or more, there are frequent long-term programs which involve didactic seminars or professional trainings as well as experiential workshops. Please see Special Programs.

Finally, there are other events that enrich life at Esalen. There are occasional forums in which writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights there may be lectures, films, dance performances, or other forms of entertainment. Bodywork of various kinds is available by appointment with individual practitioners. There is also a community event schedule offered. Please check the bulletin board for details when you arrive.

Conferences at Esalen

It is now possible to arrange for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100) on a space-available basis. For further information, contact the conference coordinator, 408-667-3038.

With the completion of the Big House renovation, we can now accommodate groups of people in a single facility. The Big House provides meeting rooms, ten bedrooms with twenty beds, a kitchen for meal preparation, and a dining area. We invite people who work together on a regular basis, be they corporate, government, legal, artistic, or familial groups, to design a workshop according to their own needs, using Esalen resources and catalog faculty. Participants also have access to other Esalen amenities, including massage, the hot springs, swimming pool, and bookstore. Reservations for the Big House must be made at least nine months in advance. For more information contact Pat Lewine, 408-667-3038.

Catalog Subscriptions

If you would like to receive the Esalen Catalog, please refer to the inside front cover for subscription rates and send your check or money order (U.S. currency) in the enclosed subscription envelope, or mail it to Subscriptions, Esalen Institute, Big Sur, CA 93920 (see Income Tax Regulation 1.162-5).

The Hot Springs at Esalen

We would like those people who are planning their first visit to Esalen to know that swimsuits are optional, and nudity common, in the hot springs, massage area, and swimming pool. We encourage each individual to choose what is most comfortable, either wearing a swimsuit or not, and emphasize that the environment at Esalen is one of personal sanctuary and respect for the human body.

Accreditation

Many formal educational institutions recognize the time spent at Esalen as being worthy of credit in their own curricula; check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs. Please submit a written request to the office supervisor.

Continuing Education for Nurses

Some programs offered at Esalen qualify for continuing education credit with the California Board of Registered Nursing. For current C.E. listings, see pages 60-61.

There is a $10 processing fee for each certificate of completion requested.

Recommended Reading and Mail Order Books

Most books listed as recommended reading for workshops are available through Esalen's bookstore. Other merchandise is also available. For ordering information please call 408-667-3049.

Disabled Access

Esalen now provides a means of transportation to the baths for those with physical limitations which prevent them from walking. A vehicle was purchased, in part, through the generosity of Dr. John W. Harris, who believes, as we do, that those among us who are aged, infirm, or handicapped should also be able to enjoy the hot springs.

If you are disabled and would like to plan a visit to Esalen or participate in a workshop, please give the office as much advance notice as possible. While disabled access to some parts of the property is difficult, with enough planning, arrangements can be made for access to most of our facilities.

◆ ESALEN NOTES

Big House Programs

We are now scheduling workshops in our newly renovated Big House. This facility is available to groups of individuals who work together and would like to design their own Esalen program, drawing on our leaders and other resources. Ten bedrooms accommodating up to twenty individuals, ten bathrooms, a kitchen, dining room, and living room make it possible to house group members together, thereby enhancing the retreat environment.

To schedule or discuss possible formats, please contact Pat Lewine, program coordinator at 408-667-3038.

Friends of Esalen

Through membership contributions, the Friends of Esalen support the scholarship fund and other Esalen projects. In return, the Friends receive *The Esalen Catalog* two times a year, the quarterly Newsletter, the annual Directory, and the opportunity to attend the Friends' workshop in December.

The Group 2000, another arm of the Friends of Esalen, is committed to helping Esalen have the long-term financial capability to fulfill its vision into the year 2000. The members have an opportunity to attend two weekends at Esalen as a group activity.

If you would like to join us, please complete and return the membership form on page 6, or complete the inside flap of the envelope insert.

If your membership donation is $100 or more, you will receive an autographed copy of Michael Murphy's book, *The Future of the Body*.

© KARIN PRUCHA

The Esalen Catalog (1962-1992) available via the Education Resources Information Center (ERIC)

Since 1962 there have been 105 issues of *The Esalen Catalog*. A Friends of Esalen project, organized by Ted Brandhorse and Deborah Miller, has collected these issues and entered them into the bibliographic database of the U.S. Department of Education's Educational Resources Information Center (ERIC), where it is identified by the Accession Number/Order Number ED 347118. ERIC records are announced in the monthly abstract journal *Resources in Education* (RIE) and the entire database can be searched online via DIALOG and BRS, and on CD-ROM via SilverPlatter and DIALOG products.

Anyone interested in *The Esalen Catalog* as human potential movement historical source material for research purposes can now obtain the complete thirty-year set from ERIC's document delivery arm, the ERIC Document Reproduction Service (EDRS, 7420 Fullerton Road, Suite 110, Springfield, Virginia 22153-2852; 1-800-443-3742).

Correction: Our January–June 1994 catalog showed Great Western University as sponsor of the May 22–June 17 Clinical Hypnosis Certification Program. Great Western University is in no way associated with this program.

◆ RESERVATION INFORMATION

Phone

Making Contact with Us: Since it can be difficult to get through by phone, we encourage you to read the catalog and mail or fax your reservation. Our fax number is 408-667-2724. Fax the reservation form and include your credit card information. (The fax line is for Esalen business purposes only, not personal correspondence.)

If you prefer to make your reservation by phone, please be prepared with your completed reservation form and your credit card when you call. Our reservation number is 408-667-3005. We know that all calls to Esalen are long distance; we will be as efficient as possible. Please be patient so that we can give you complete information and our best service.

Note: *Room and Board reservations must be made by phone, not by fax machine.*

Fees

Please Note: ***Workshop fees cover tuition, food, and lodging.***

Fees and Reservations: Preregistration, by mail or phone, is required prior to arrival. A registration form is provided on page 72. Our address, phone numbers, and reservation hours are on the inside front cover. Since workshops fill quickly, it is advisable to sign up as early as possible. In order to reserve a space in any workshop, we require full payment or the following deposits:

Weekend:	$150	19 to 21 days:	$450
5 to 7 days:	$250	More than 21 days:	$600
12 to 14 days:	$350		

Deposits are payable in U.S. currency only. Overseas residents must pay by checks drawn on U.S. banks or use a credit card. Balance of payment is due on arrival. (Please see page 5 for information on discounts and reduced rate options.)

Please indicate your second choice for a workshop in case your first choice is cancelled and we are unable to reach you.

Esalen Institute reserves the right to cancel any program at any time.

Accommodations

Standard Accommodations: This is shared housing with two or more persons per room. In some cases, bathrooms are shared. Couples will always be housed together. The rates listed with the workshop descriptions throughout the catalog refer to these shared, standard accommodations.

7-Day Rate, per person	5-Day Rate, per person	Weekend Rate, per person
$1110	$740	$380

Bunk Bed Rooms: Bunk beds are available for seminar participants who are willing to share a room with three or more persons. There are a limited number of these spaces, which are reserved on a first-come, first-served basis.

$845	$550	$300

Sleeping Bags: Sleeping bag space may be available for workshop participants. Please inquire when you make your reservations.

$570	$375	$200

Own Accommodations: If you are staying off the property the following rates apply:

$660	$425	$235

Camping on the grounds, either in tents or campers, is prohibited. We do not have parking space to accommodate RVs.

We would like to remind you that scholarship assistance is available; refer to "Scholarship Information" as well as "Reduced Rate Options and Discounts" for other economical ways of staying at Esalen.

Ongoing Residence Program

Offered beginning mid-September and ending mid-June, the Ongoing Residence Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A Residence Program stay is 26 days (four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay with weekends free to enjoy room and board. Occasionally workshops are cancelled, so second choices are advised.

The cost is $3195 per 26-day period for standard accommodations and $2520 for bunk bed rooms.

Room and Board

Occasionally, when beds aren't needed for seminarians, room and board is available. This gives visitors the opportunity to enjoy the grounds, the baths, and massage without participating in a workshop. Accommodations are standard (2 or 3 per room) or bunk bed (4 or more per room). Not all rooms have private baths. Room and board rates include dinner on the day of arrival and breakfast and lunch on the following day. We require full payment at the time of reservation. This payment is nonrefundable and nontransferable.

For a room and board stay between Sunday and Thursday, please call us no sooner than the Thursday before for room availability. For a Friday or Saturday night stay, please call no sooner than the Sunday before. The following rates are per person, per day.*

	Weekend (Friday and Saturday nights)	Weekday (Sunday through Thursday nights)	(Two or more weekdays)
Standard Accommodations (2 or 3 per room):	$125	$105	$90
Bunk Bed (4 or more per room):	$85	$80	$70

*Off-season rates are in effect from October 1 through March 31, holidays excepted.

Cancellation Policy

Cancellation and Refund Policy: If you cancel or change any part of your reservation at least five full days before the start of your workshop, your nonrefundable deposit, less a $30 processing fee, will be transferred to a credit account to be used within one year. If you cancel with less than five days' notice, you forfeit your entire deposit. If you have prepaid your entire reservation fee, we will retain the deposit, as above, less the $30 processing fee, and return the balance to you. (*Please note:* Wilderness Programs has a different cancellation and refund policy.)

If you have applied for a scholarship and we are unable to give you any assistance, we will, at your request, refund your deposit in full if you cancel your reservation at least five full days prior to the start of your workshop.

Scholarship Information

Esalen is able to provide some scholarship assistance to workshop participants in exchange for a work commitment (usually in housekeeping). Approved scholarship recipients must contact the labor pool supervisor soon after arrival at Esalen.

	Assistance	**Work**
Weekend	$50	4 hours
5-9 days	$100	8 hours
12-14 days	$200	16 hours
14+ days	$300	24 hours

Due to the number of requests we receive, we can only provide one scholarship per person per year, and only in cases of financial hardship.

Reduced Rate Options and Discounts

If you pay in full at the time you make your reservation, you will receive a $10 prepayment discount per workshop and be eligible for express check-in upon arrival. This discount does not apply to scholarship recipients or sleeping bag accommodations.

Senior Citizen Discount: Esalen offers a special discount to individuals over 60 years of age. The discount for a weekend workshop is $25; for a five-day or longer workshop, it's $50. Please request this discount at the time of registration. When you complete the reservation form on page 72, please indicate the discounts for which you qualify. If you qualify, and you make your reservation by phone, be sure to ask for this discount. (Please note: Senior discounts are not available for the Work Study Program.)

Accommodations for Families: Two full-paying adults housed in standard accommodations may have their children in the room for a meal charge of $19 per child per day ($9 for children under six). Note: If children are enrolled in Gazebo School Park or an Esalen workshop, additional fees are required. Contact the Gazebo, 408-667-3026, for information regarding their fees.

Workshops for Families: Participating families will pay full workshop rates for the first two participants (adult or child). Each additional participant will pay the following rate:

2-day workshop	*3-day*	*4-day*	*5-day*
$115	$165	$210	$245

Additional sleeping mats and bedding will be provided for each room.

The Gazebo School Park Early Childhood Program

The Gazebo School Park is a unique educational experience for children one to six years. It is open year-round and has an average of 15 to 20 children in attendance each day.

The Early Childhood Program is available to seminarians who would like child care at Esalen. Child care is provided during workshop hours only. Daytime activities for the children include gardening, pony rides, learning about animal care, exploring nature, a real boat, the magic castle, and an Indian tepee. Evenings are spent with a teacher in the Gazebo Farmhouse, engaged in activities that are age appropriate, such as reading, learning and playing with the computer, baking, arts and crafts, or building-block play.

Reservations should be made a least a month in advance. Call the Gazebo Farmhouse, 408-667-3026, for more information and reservations.

Weekend	$200
Week	$400

Internship Program: This is a three-month program for those who wish to have intense exposure to life at the Gazebo School Park and its unique educational resources. The Internship Program offers experience with children, the Gazebo environment, and its teaching philosophy. Applicants must have completed at least three work scholar months at Esalen before being considered for this program.

Call the Gazebo Farmhouse, 408-667-3026, for more information or reservations.

First month	$400
Second month	$350
Third month	$300

Seminarians as Volunteers

Seminarians in residence at Esalen are invited to contribute one or two hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out.

Transportation to Esalen

Van Service: On Fridays and Sundays we have van service from the Monterey Greyhound stop leaving at approximately 3:45 p.m. and from the Monterey Airport at approximately 4 p.m. If you plan to use this service, please inform the Esalen office at least 24 hours prior to your arrival. The $30 one-way fee (subject to change) is payable to the Esalen office when you check in. Return reservations may be made at that time. The only departing van service from Esalen is on Fridays and Sundays at approximately 5:30 p.m.

Checking In

Check-in and Meals: Rooms become available at 4 p.m.; however, guests are welcome to arrive anytime after 2 p.m. Weekend programs begin with dinner on Friday and end with brunch on Sunday. Five-day and longer programs begin with dinner on Friday or Sunday and end with lunch on Friday or Sunday. Check-out time is noon on departure day.

F. Y. I.

Esalen's flourishing organic garden provides the kitchen with many of its vegetables and herbs. Our breads and pastries are baked at Esalen.

For Your Safety: Please bring a flashlight for use at night while walking on the grounds.

Health Services: We are unable to provide medical supervision or pharmaceutical supplies. If you are on a health-care program and you plan to spend several weeks at Esalen, please arrive prepared to administer to your health-care needs.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Lost and Found: To inquire about items left behind from your Esalen visit, call 408-667-3019.

Guests: Seminarians are not allowed guests on the property during their stay.

Pets: No pets are allowed on the property.

Smoking: Smoking is not permitted in any of our accommodations or meeting rooms.

◆ FRIENDS OF ESALEN

An Update and an Invitation

Esalen is now thirty-two years old. As we reexamine our work and clarify our purpose, our values, and our mission, we remain committed to the ongoing work in Big Sur, and will focus our programs and research in the areas of environmental design, transformative practices, and theoretical work related to the human potential.

We invite you to support us as we develop these programs for Esalen's future.

◆ Environmental Design

This program is built upon the environmental work that has previously been done at Esalen. We intend to expand the existing organic agriculture program, the use of alternative energy sources, and the recycling and sustainability projects. Our aim is to integrate environmental awareness into all decisions, practices, and purchases made by the Institute. We will seek to develop alliances with other organizations that are fostering environmental consciousness and ecologically sound design practices. We will also expand the number of public programs, seminars, and conferences devoted to environmental design.

◆ Transformative Practices

Since its very beginning, Esalen has been a center for transformative practices. We will refine and expand these efforts by:

- Bringing transformative practices into a unified curriculum
- Beginning a systematic appraisal of such practices and their effectiveness
- Developing a specialized work-scholar track in transformative practices

◆ Theory and Research

Esalen will foster strategic alliances with institutes, universities, healing centers, and individuals. We intend to bring people together from a variety of fields and backgrounds for ongoing, focused discourse and collaboration. One of our objectives has been to provide support for scientists, scholars, and contemplatives whose work is neglected by mainstream institutions. We remain committed to these people and their endeavors as we work to overcome the fragmentation of knowledge in the diverse field of human potential.

The Friends of Esalen program also supports the scholarship fund which provides financial aid to people who want to attend our workshops but cannot otherwise afford them.

We invite you to join us. In addition to knowing that you have given someone else the opportunity to experience Esalen and are supporting our ongoing work, you will receive the Esalen Catalog, The Friends of Esalen Newsletter, and the Friends Annual Directory for one year. We hope that you will join us in extending Esalen into the lives of other people.

☐ Student/Senior	$25	☐ Sustaining member	$500-950
☐ Basic member	$35	☐ Benefactor	$1000
☐ Joint member	$50	☐ Group 2000	$2000
☐ Supporting member	$100-450	☐ Founders Circle	$5000

Name ______________________ Phone ______________

Address ______________________________________

City ______________________ State __________ Zip __________

Please make checks payable to Esalen Institute, in U.S. currency only, or use one of the charge cards listed below:

☐ MasterCard ☐ Visa ☐ American Express

Card No. ______________________ Exp. __________

Authorizing signature ______________________

Please complete this form or the inside flap of the envelope insert included in the catalog and return with your gift. Check the box on the outside of the envelope marked "Friends of Esalen." Thank you for your support.

Contributions are tax-deductible to the extent allowed by law.

✦ GUIDE TO WORKSHOPS

This is a guide to the workshops offered in this catalog. Although many of the them could be cross-referenced, most are listed only in their main subject area. We recommend that you read the workshop description before deciding to register. If you have never been to Esalen or taken an Esalen workshop, you might want to consider the "Experiencing Esalen" workshop scheduled throughout the catalog and listed in the Integral Practices section of this directory. Please call the Esalen office if you have questions concerning a workshop: 408-667-3000 or 667-3005.

✦ THE ARTS / CREATIVITY

July 1-8 • Language of the Drums: African Percussion, Chanting, and Dance
July 5-8 • Learning to See: Freeing the Artistic Spirit
July 5-8 • For Adults Who Always Wanted to Play the Violin and Never Have
July 8-10 • The Language of the Drum: Advanced Level
July 10-15 • Pottery at Esalen
July 15-17 • Creating for the Stage and Screen
July 24-29 • Film and the Remembering of Love
July 24-29 • Creative Arts Center at Esalen
July 29-31 • Christian Yoga and the Mystical Icon
July 31-August 5 • Living Dance
July 31-August 5 • Visual Thinking with the Polaroid Camera
August 5-7 • The Art of the Actor for Everyday Life
August 12-14 • Writing and the Act of Creation
August 19-21 • Vision Painting
August 19-21 • A Weekend with Ruth Zaporah and Action Theater
August 21-26 • The Soul's Theater: Improvisation, Storytelling, and Play
August 26-28 • When Drummers Were Women
September 2-4 • The Healing Voice
September 2-4 • Creating From the Spirit
September 4-9 • The Writer's Way
September 9-11 • Singing Gestalt
September 11-16 • Creative Arts Center at Esalen
September 23-25 • Writing New Poems
September 25-30 • The MAX: Stretching the Limits of Your Self-Expression
September 25-30 • Drawing the Mystic Light of Nature
October 2-7 • Awakening Vision Through Conscious Photography
October 9-14 • The Power of Voice
October 16-21 • Pilobolus Technique: Choreographic Creation
October 23-28 • Proprioceptive Writing: Demystifying the Creative Process
October 28-30 • The Art and Craft of Screenplay
October 30-November 4 • Finding Your Way with Expressive Play
November 6-11 • Natural Genius: An Authenticity of Being
November 13-18 • Learning to See: Freeing the Artistic Spirit
November 27-December 2 • Creative Arts Center at Esalen
December 4-9 • True Stories: Autobiographic Storytelling
December 18-23 • Big Sur Ceramic Alchemy
December 23-25 • Play, Spontaneity, and Performance Art
December 23-30 • The Painting Experience
December 25-30 • Improvisational Wisdom: Finding the Robin Williams Within
December 30-January 1 • Finding Your Long-Lost Musician

✦ BIOFEEDBACK / HYPNOSIS

August 28-September 2 • Gender, Communication, and the Politics of Everyday Life
October 14-16 • The Awakened Mind: Brainwave Training
October 16-21 • Self-Hypnosis: Methods, Practice, and New Learning with Brainwave Feedback
November 13-18 • Awakened Mind: Five-Day Brainwave Training Intensive
December 25-January 1 • Enhancing Communication Hypnotically

✦ BUSINESS / WORKPLACE

July 1-5 • The Art of Leadership: Excellence in Business, Management, and Communication
August 28-September 2 • Organizations of the 1990s: Managing with Heart
September 9-11 • When Success is Not Enough
September 30-October 2 • Living Your Values Without Losing Your Job
October 2-7 • The Art of Leadership: Excellence in Business, Management, and Communication
October 14-16 • Rekindling the Spirit in Work
December 2-4 • Spiritual Survival in the American Workplace

✦ CHILDREN / FAMILIES / EDUCATION

July 1-5 • Family Week
July 5-8 • Family Week
July 8-10 • Replenishing the Vision: A Retreat for Educators
July 10-15 • Eighth Annual Children's Safari: A Music and Dance Festival
July 15-17 • Big Sur Wilderness Experience: For Families
July 22-24 • A Workshop for Teenagers and Their Parents
August 14-19 • Creating a Workable Stepfamily

✦ CONTEMPLATIVE / SPIRITUAL & RELIGIOUS STUDIES

July 17-22 • Four Winds: The Spiritual Traditions of Big Sur
July 22-24 • The Kabbalah: Doorway to the Mind
July 29-31 • Christian Yoga and the Mystical Icon
September 2-4 • The Healing Voice
September 9-11 • The Subtle Art of Meditation
September 11-16: The Jewish New Year: Ancient Traditions — Modern Responses
September 18-23 • Living a Spiritual Life in a Practical World
September 25-30 • A Course in Miracles
October 2-7 • Meditation: An Alchemical Process of Integration
October 7-9 • Healing From Our Spiritual Roots On Up: A Christian-Jewish Dialogue
October 23-28 • The Way of the Orisa
November 11-13 • Introduction to Vipassana Meditation
November 13-18 • The Subtle Art of Meditation
November 25-27 • Healing Consciousness, Healing the Planet
December 23-25 • Zen Practice

◆ DREAMS

August 28-September 2 • The Dream Master
October 28-30 • Dream Teachings
December 16-18 • Exploring the World of Lucid Dreaming

◆ ECOLOGY / SOCIAL RESPONSIBILITY

July 1-5 • Landscape Perception and Love
July 15-17 • CoHousing: Creating Your Own Community
July 17-22 • Four Winds: The Spiritual Traditions of Big Sur
July 29-31 • Building in a Sacred Way
August 5-7 • Ecopsychology: Healing the Human/Earth Relationship
September 18-23 • Regenerative Architecture: Making Nature Visible Through Design
September 25-30 • Drawing the Mystic Light of Nature
October 28-30 • Somewhere Between Freedom, Security, and Social Responsibility
November 25-27 • The Tao of Community
December 16-18 • Energy, Resources, Environment, Development and Security

◆ HEALTH / HEALING

July 10-15 • Taoist Chi Kung: Enhancing Vitality
July 24-29 • Spiritual Healing: Laying On of Hands
August 7-12 • Spiritual Dimensions of Healing
August 12-14 • Therapeutic Touch
August 26-28 • Managing Your Stress, Your Heart, and Your Life
October 7-9 • Transpersonal Medicine
October 21-23 • Psychoneuroimmunology and its Implications
November 4-6 • Conscious Health: A Model for Ultimate Aliveness

◆ INTEGRAL PRACTICES

July 29-31 • Experiencing Esalen
August 14-19 • Healing the Emotional/Spiritual Body
August 19-21 • Experiencing Esalen
August 26-28 • The Subtle Self
September 4-9 • Life Energy Process
September 16-18 • Experiencing Esalen
September 18-23 • Stepping Into Your Body Of Light
September 25-30 • Five-Day Lomi Intensive
October 21-23 • Experiencing Esalen
October 28-30 • The Eastern Path to Long-Term Fulfillment
November 18-20 • Experiencing Esalen
November 18-20 • The Further Evolution of Human Nature
December 9-11 • Experiencing Esalen
December 18-23 • Healing the Emotional/Spiritual Body

◆ INTUITIVE DEVELOPMENT

July 8-10 • Practical Intuition: Introduction
July 31-August 1 • ESP in Life and Lab
August 12-14 • Psychic Self Defense
September 9-11 • Intuition and the Dance of Attention
October 9-14 • Living with Intuitive Wisdom
October 16-21 • Intuition, Perception, and Altered States of Consciousness

JOYCE LYKE

The Esalen Baths

◆ MARTIAL ARTS / YOGA / SPORT

August 5-7 • Yoga for the '90s
September 11-16 • Golf in the Kingdom
October 9-14 • Golf in the Kingdom
October 14-16 • The Clean Cut: The Art of Bokken
November 4-6 • Ryukido: Movement from the Martial Arts
November 6-11: ISHTA: The Yoga of Empowerment

◆ PHILOSOPHICAL INQUIRY / INTELLECTUAL PLAY

July 5-8 • Eros, Chaos, and Meaning's Edge
July 22-24 • The Kabbalah: Doorway to the Mind
July 29-31 • Getting to the Source of Wisdom
August 26-28 • Spiritual Experience and Scientific Discovery
September 11-16 • The Jewish New Year: Ancient Traditions — Modern Responses
September 25-30 • A Course in Miracles
September 30-October 2 • The Ten Great Questions of Life
October 7-9 • Quantum Reality
November 4-6 • Surviving Success and Achieving Fulfillment
November 4-6 • Art and Physics: Parallel Visions in Space, Time, and Light
November 11-13 • Soul: From Socrates to Ray Charles
November 18-20 • The Further Evolution of Human Nature
November 25-27 • Healing Consciousness, Healing the Planet
December 2-4 • The False Memory Debate
December 9-11 • A Weekend with Terence McKenna

◆ PROFESSIONAL GROWTH

July 8-10 • The Personal Growth and Development of the Clinician
July 15-17 • Healing the Healer: Self Care for Health-Care Professionals
July 17-22 • Sexual Trauma Survivors: Specific Strategies for Body, Mind, and Spiritual Healing
July 22-24 • Intimate Connections
July 24-29 • Creating Exact Moments of Healing
August 12-14 • Therapeutic Touch
August 21-26 • The Application of Altered States
September 11-16 • Self-Acceptance Training: Advanced
September 16-18 • Integrating Self Psychology, Gestalt, and Mind-Body Healing
October 9-14 • Leela: No-Mind Training for Helping Professionals
November 11-13 • Focusing: When Your Clients Feel Too Much or Too Little
December 2-4 • The False Memory Debate

◆ PSYCHOLOGICAL / TRANSPERSONAL PROCESS

July 1-5 • Embodied Gestalt Practice: Body and Soul
July 10-15 • Letting Go — Moving On
July 10-15 • Un Viaje Interior
July 15-17 • Self-Empowerment for Trauma Survivors
July 15-17 • Healing the Healer: Self Care for Health-Care Professionals
July 17-22 • Decisions, Decisions
July 22-24 • Precision Happiness
July 24-29 • Creating Exact Moments of Healing
July 24-29 • Self-Inquiry
July 29-31 • A Weekend with Seymour Carter
July 29-August 5 • Creating Intimacy
July 31-August 5 • Making It Float
August 5-7 • Introduction to Gestalt Practice
August 5-7 • Forgiveness
August 7-12 • Gestalt Practice
August 7-12 • Caring and Conflict
August 12-14 • The Healing Power of Humor, Compassion, and Gentle Touch
August 12-14 • The Heart of the Matter
August 28-September 2 • Creating Exact Moments of Healing for Survivors of Abuse
August 28-September 2 • The Practical Art of Creative Risk Taking
September 2-4 • Endarkenment
September 2-4 • Accepting Life's Transitions: Letting Go — Moving On
September 4-9 • Self-Acceptance Training: Basic
September 9-11 • Singing Gestalt
September 11-16 • Relationships: Letting Go — Moving On
September 11-16 • Change and Self-Esteem
September 18-23 • Playing the Edge
September 23-25 • Personality Balancing
September 25-30 • Gestalt Practice
September 30-October 2 • Self-Empowerment and Purification: The Farther Reaches of Gestalt
October 2-7 • Melting the Frozen Heart
October 7-9 • The Future of the Self
October 9-14 • Focusing to Release Blocks to Action
October 9-14 • Handwriting Patterns: Possibilities for Healing and Change
October 14-16 • The Dark Cabinet of the Heart
October 14-16 • Psychosynthesis: Personal and Transpersonal Growth
October 21-23 • A Weekend with David Schiffman
October 23-28 • Healing the Heart
October 23-28 • Self-Esteem Through Endarkenment
October 30-November 4 • Courage
November 4-6 • Introduction to Gestalt Practice
November 6-11 • Gestalt Practice
November 6-11 • Dancing with the Shadow
November 13-18 • Loving Presence: Psychotherapy as Spiritual Practice
November 20-25 • A Week with Seymour Carter
November 20-27 • Healing from Sexual Trauma
November 27-December 2 • Accepting Life's Transitions: Letting Go — Moving On
December 9-11 • The Joy of Longing
December 16-18 • The Healing Power of Humor, Compassion, and Gentle Touch
December 16-18 • The Core Self
December 18-23 • Holiday Humbug
December 23-25 • A New Beginning: Forgiveness and Freedom
December 23-25 • Christmas Present
December 25-30 • You Can't Get Enough of What You Don't Really Want
December 30- January 1 • Renewal: New Beginnings in Midlife

◆ RELATIONSHIP / COMMUNICATION

July 8-10 • A Workshop for Couples: Independence and Intimacy
July 17-22 • The Enneagram of Relationships
July 22-24 • Intimate Connections
August 5-7 • Keeping A Good Relationship Alive
August 19-21 • Keeping the Spark Alive
August 21-26 • How We Choose Who to Fall In Love With
August 26-28 • The Myth of Male Power
August 28-September 2 • Gender, Communication, and the Politics of Everyday Life
September 4-9 • Coming Out and Coming Into Relationship
September 9-11 • Massage Intensive for Couples
September 11-16 • Relationships: Letting Go — Moving On
September 16-18 • The Art of Talking and Listening
October 30-November 4 • Couples Workshop
November 11-13 • Heart to Heart: Seeking the Sacred, Transforming the Mundane
November 18-20 • Relationship Intensive for Sexual Abuse Survivors and/or Partners
December 2-4 • Essential Peacemaking: Women and Men
December 25-January 1 • Enhancing Communication Hypnotically

◆ RITUAL / SHAMANISM / ANTHROPOLOGY

August 7-12 • Australian Aboriginal Dreaming
August 14-19 • Rituals of Transformation
September 16-18 • The Art of Ceremony
September 30-October 2 • The Nine Ways of Zhikr Ritual: Ecstatic Movement
October 21-23 • Ritual: Finding Our Way Home
October 23-28 • The Way of the Orisa
October 30-November 4 • Stone Age Solutions: Healing Practices of our Ancient Ancestors
November 20-25 • Spirit in Nature: Intercultural and Interspecies Learning
November 27-December 2 • The Medicine Wheel Way
December 4-9 • Coyote Dance

◆ SOMATICS

July 10-15 • Massage Mbunde
July 15-17 • Body Rejuvenation
July 17-22 • The Body and Zen
July 22-24 • Freeing Our Bodies/Our Selves through Movement: A Feldenkrais® Approach
July 24-29 • Introduction to Hand Analysis: Blueprint for Life
August 7-12 • Zero Balancing: Basic I & II
August 14-19 • Movement, Touch, and the Healing Process
August 19-21 • Weekend Massage Intensive
August 21-26 • Dancing on the Body
August 28-September 2 • Continuum
September 4-9 • Facial Communication
September 9-11 • Intuition and the Dance of Attention
September 9-11 • Massage Intensive for Couples
September 16-18 • Freeing Our Bodies/Our Selves through Movement: A Feldenkrais® Approach
September 18-23 • Five-Day Massage Intensive
October 2-7 • Trigger Point and Esalen Massage
October 7-9 • Reinhabiting Your Body: An Experience in Authentic Movement
October 21-28 • Cortical Reeducation® and the Feldenkrais Method®
October 28-30 • Weekend Massage Intensive
October 30-November 4 • Movement and Touch
November 11-13 • Sensory Awareness
November 13-December 11 • 28-Day Massage Certification Program
November 20-25 • Five-Day Massage Intensive
November 27-December 2 • Feldenkrais®: Life, Learning, and Movement
December 2-4 • Advanced Zero Balancing
December 16-18 • Body Rejuvenation
December 18-23 • The Body and Zen
December 30-January 1 • Couples Massage Weekend

◆ WILDERNESS

July 15-17 • Big Sur Wilderness Experience: For Families
August 21-26 • Big Sur Wilderness Experience
August 29-September 2 • Path of the River: A Salmon River Journey
September 30-October 2 • Big Sur Wilderness Experience
October 8-15 • Heart of Big Sur: Journey into the Santa Lucia Mountains
October 16-21 • Big Sur Wilderness Experience

◆ WOMEN'S / MEN'S STUDIES

August 14-19 • Women's Wisdom
August 26-28 • When Drummers Were Women
August 26-28 • The Myth of Male Power
November 18-20 • A Retreat for Women of Experience: Midlife and Beyond

◆ ESALEN SEMINARS

Please Note: *The writing workshops scheduled for September 23-25 and December 4-9 require an advance application. Please refer to workshop descriptions for more information.*

July 1-8

Language of the Drums: African Percussion, Chanting, and Dance

Babatunde Olatunji & Friends

Nigerian musician Babatunde Olatunji has been bridging the gap between American and African culture for over thirty years. In this workshop he will show how drum sounds and rhythms communicate, stimulate, and pace the activities of traditional African life. He will teach the consonants of the Yoruba language, reproducing its sounds on drums and through chants, body percussion, and dance.

This workshop is for dancers, percussionists, musicians, and anyone who wants to speak the language of the drums. Drummers can experience the dance and dancers can experience the drums. Bring a drum if you have one.

Please note: This has always been a popular workshop with lots of people drumming and dancing in a small area. The energy runs high; be prepared for a crowded, exuberant atmosphere. $1110

July 1-5

Family Week

Lia Thompson-Clark & Eduardo Eizner

In this workshop families of all forms with children ages 12 and under will have the opportunity to experience Esalen's unique environment with time for play, discovery, and relaxation.

Children ages 7 and under will be enrolled at the Gazebo School Park during the morning and afternoon sessions. The school's program is designed for children to experience a unique outdoor environment rich with opportunities for physical, psychosocial, and intellectual development.

Children ages 7 and up will be assigned to help in one of Esalen's work departments in the morning. In the afternoon they can participate in organized activities such as mask making, painting, swimming, dancing, and performance.

Parents will have the opportunity to learn massage, practice gestalt process, dance, and hike. There will also be time to experience and discuss the Gazebo School Park's unique philosophy.

Families will spend evening sessions together sharing activities such as an herbal bath, movement, singing, and games.

Please note: Children ages 7-12 may enroll unaccompanied if their parents are enrolled in another workshop during these same dates. $640

(For family rates, see Reduced Rate Options, page 5.)

The Art of Leadership: Excellence in Business, Management, and Communication

Ron Alexander & Bruce Gregory

> *In the beginner's mind there are many possibilities*
> *While in the expert's mind there are few.*
> — Suzuki

This workshop is for executives, managers, and other people who are committed to improving their communication and leadership skills. The focus of the workshop will be on:

- Conflict resolution
- Dealing with the blocks that prevent executives from feeling secure and clearly articulating their vision
- Developing trust with those who feel threatened or intimidated
- Discovering and addressing blind spots in self-esteem
- Developing creative strategies for building support systems that facilitate the transformation of visions into realities

Some of the group processes will include giving and receiving feedback on communication and leadership styles, role-playing, problem-solving exercises for real-life work situations, and exercises for learning to use the unconscious to solve problems creatively.

Recommended reading: Depree, *Leadership is an Art*; and Crum, *The Magic of Conflict*.

C.E. credit is available; see pages 60-61. $640

Embodied Gestalt Practice: Body and Soul

Edward Smith

Gestalt practice focuses on personal process, unfolding moment to moment in the here and now. Value is placed on awareness, actuality, and personal responsibility. As a path of growth, Embodied Gestalt Practice integrates methods from Eastern and Western body-oriented systems. It includes one-on-one work with the leader, group exercises, and spiritual practices in the natural environment to foster personal and spiritual growth.

Recommended reading: Smith, *The Body in Psychotherapy*; *Sexual Aliveness*; and *Gestalt Voices*.

C.E. credit is available; see pages 60-61. $640

Reawakening and Re-Visioning: Landscape Perception and Love

Laura Sewall

Our visual habits and the worldview we maintain largely determine our consciousness. Our vitality as individuals and our ecological crisis call for a reawakening of our senses and a consequent shift in consciousness.

This workshop is devoted to the reawakening of visual awareness and to altering visual and perceptual patterns in order to deepen one's relationship with the earth, and thus develop an ecological consciousness. This includes expanding sensory awareness and appreciation for interdependence and beauty, and cultivating a sensuous, embodied response to the landscape. The group will consider various ways of seeing, cultural influences on perception, and the power of perception on consciousness and behavior. Using exercises both conceptual and perceptual, participants will engage in the practices of:

- Learning to attend, or becoming visually mindful
- Learning to see relationships and processes within the landscape
- Developing perceptual flexibility
- Learning to perceive and experience oneself as part of a vast, living system
- Nurturing imagination, or developing guiding images

These elements constitute an ecological way of seeing, the theory and practice of which will form the group's experience together. Most essentially, the group will play with vision toward coming to love what we see.

$640

July 5-8

Family Week

Lia Thompson-Clark & Eduardo Eizner

For workshop description see July 1-5

$480

(For family rates, see Reduced Rate Options, page 5.)

Eros, Chaos, and Meaning's Edge

Terence McKenna

Terence McKenna writes, "The plot thickens and the stakes rise as we approach the end of the Millennium. Join us for the midsummer meditation on the state of the condensing techno-lapis and the mysteries of the attractor at the end of time. We will discuss self-directed psychedelic cartography, mapmaking, and sail repair. Excursions into botany, ontology, epistemology, and 'pataphysics are bound to occur. Think along fun for double Scorpios, pagans, explorers, fans of Tantra and alchemy. Think practical approaches to rave culture, the problem of post-modernism, and the search for real love and community. All are welcome." $480

Learning to See: Freeing the Artistic Spirit

Leigh Hyams

Too often we allow our busy, complicated lives and chattering minds to block awareness of the ever-present visual delights in the world around us. Similarly, many otherwise intelligent, well-functioning people are visually illiterate and unthinkingly deny themselves the pleasure, excitement, and significance art can have in their daily lives.

Leigh Hyams is an artist whose unorthodox teaching methods have enabled students to release their own creativity and, consequently, to open their eyes. These methods can help participants to work fearlessly, exuberantly, sensitively, and imaginatively, from the very first session. The workshop will employ a variety of art materials and techniques, working both indoors and outdoors, using models, dreams, music, memories, fantasy, synesthesia, and Esalen's natural landscape. Informal discussions, demonstrations, and slides from many cultures will help expand understanding of visual language.

Participants will complete the workshop with a portfolio of their own artwork. They may also discover a revitalized connection with art and the environment and a new sense of themselves as creative human beings.

No previous art experience is necessary. The only prerequisites are curiosity about the creative process and a desire to see the world with fresh eyes. $480

(plus $30 materials fee paid directly to the leader)

Fun with the Violin: For Adults Who Always Wanted to Play the Violin and Never Have

Diane Egli

Are you one of the many adults who always wanted to play a musical instrument but never have? Or maybe you used to play but haven't since childhood. This workshop is an opportunity to learn to play or re-play the violin and have fun with the learning process.

Participants will increase their awareness of how it feels to learn a new skill — the challenge, the excitement, the frustration, and the success of accomplishment. The workshop will include various activities designed to enhance violin playing/fiddling, such as movement, music, and rhythm exercises. There will be time for listening to various types of music such as classical, jazz, and bluegrass, and participants will do some music meditation and visualization.

Recommended reading: Shinichi Suzuki, *Nurtured by Love*; Holt, *Never Too Late*.

$480

(plus $15 violin rental fee paid directly to the leader)

Weekend of July 8-10

The Language of the Drum: Advanced Level

Babatunde Olatunji

This workshop is designed for those who would like to further explore the polyrhythmic aspect of African music. It will include exploring varying combinations of rhythmic patterns, rhythmic exercises to help develop stamina and dexterity of the hands and fingers on the drum, the ability to play rhythmic patterns on two drums, and the use of sticks in playing. Participants will also be introduced to different styles of playing the agogo (cow bell), shekere (African maracas), and body percussion.

There will be time devoted to open discussion of the healing power of the drum through history. The group will learn how to meditate with drumming and chanting. No special dancing is involved in this class except for occasional movements conducted by the leader.

Please note: Class is open to those who have taken at least two full workshops with Babatunde Olatunji or a professional percussionist.

Things to bring: one or two drums, congas, djembes, or ashidos; shekere (African maracas); agogo (cow bell); and djun-jun (not required). $380

A Workshop for Couples: Independence & Intimacy

Mary Goldenson (Devarani) & Gustavo Rabin

Very little in our culture prepares couples for the challenge, "There is room for both of us." Too often the relationship becomes a battleground for unresolved issues, hurts, and beliefs.

In this workshop, couples will have an opportunity to explore and reclaim the unspoken expectations they project onto each other, begin healing past hurts that create distance, and learn new ways of communicating. They will have a supportive environment where they can experience themselves as courageous and able to take risks. Experiential processes will be drawn from gestalt, Reichian work, dance, imagery, and meditation. $380

Replenishing the Vision: A Retreat for Educators

Betty Halpern, Patricia Monighan Nourot, Lia Thompson-Clark, Eduardo Eizner, & the Gazebo Staff

Based on the vision and educational philosophy of Janet Lederman, this workshop will give educators at all levels a chance to replenish their professional souls. The weekend will include the following areas of exploration:

- Play and its relationship to human development and learning
- Ways of planning curriculum and observing children's development consistent with playful modes of knowing
- The growth of the professional self through dreams, dance, and movement

Participants will also explore their own childhood experiences insofar as these experiences influence their work with children and families. In addition, there will be time for massage and herbal baths, as teachers join with other teachers in an opportunity to nurture themselves and therefore the children they teach. $380

The Personal Growth and Development of the Clinician

Jeffrey Zeig

How do people in the helping professions become more effective? Two distinct training models are commonly used: didactic and experiential. Many trainers are didactic and provide students with conceptual models of theory and technique. Alternately, there are experiential teachers who develop the person of the practitioner rather than the practitioner's cognitive ability. Milton Erickson clearly was in the experiential camp. He used hypnosis, tasks, puzzles, symbols, and indirect communication to help students garner skills relevant to therapy, including sensitivity, flexibility, perceptual acuity, and the ability to use analogical communication.

Following Erickson's model, this experiential workshop will present PSYCHOAEROBIC$^{\text{SM}}$ growth exercises and group hypnosis to explore the merging of discipline and spontaneity that occurs in the most artful and effective clinical work. Participants will refine their lenses (perception), muscles (therapeutic power), heart (compassion), and hat (social role).

This seminar offers a coherent training experience designed to empower the person of the clinician. Cultivation of the clinician's ability to contribute at multiple levels in the therapeutic relationship is emphasized. Minimal didactic information on principles and practice will be presented.

This program is designed for practitioners from all schools of psychotherapy and all health fields. Previous training in Ericksonian methods or hypnosis is not necessary.

C.E. credit is available; see pages 60-61. $380

Practical Intuition: Introduction

Laura Day

We are all psychics. Every time we draw a conclusion, we work with intuition as well as linear and emotional processes. Identifying how our intuitive faculty works enables us to use it selectively for effective decision-making. A predominantly linear process may be preferable when clear, empirical information is available. But when little data is at hand, or if the question relates to how current choice might affect future results, an intuitive process may be more efficient.

"Practical Intuition," an experiential workshop, introduces intuitive methods for gaining empirical information. Participants will give and receive several present and future intuitive readings a day, focusing on predicting and retrieving verifiable data. Different intuitive styles, such as clairvoyance, clairaudience, and telepathy, will be taught, along with exercises for continued training at home.

Participants are requested to bring a few photographs of themselves and people they know well, their personal and business questions, and a willingness to work as if they already know how to do something that they in fact already know how to do. $380

Week of July 10-15

Eighth Annual Children's Safari: A Music and Dance Festival

Babatunde Olatunji & Ensemble

The Eighth Annual Children's Safari is a music and dance festival for children 7-15 years old, led by musicians and dancers who teach musical ritual worldwide. Through storytelling, chanting, and learning rhythms in drumming and dance, children will work toward a performance guided by Babatunde Olatunji.

Olatunji's message is more than musical: it carries a dedication for the future: "We hope

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that children's programs will become the concern of all who work diligently for a peaceful world, full of love, for those who take our places tomorrow. *Omelere* — children are the reward of life."

This year there will be both beginner and advanced classes for children, and parents who wish to participate may do so as musicians. Please bring a drum and bells.

For further information contact Lia Thompson-Clark, PO Box 815, Gambier OH 43822, or phone 614-427-5819. $400

Massage Mbunde

Char Pias Brenner, Brita Ostrom & Guest Drummers

This workshop will join the fundamentals of Esalen massage with expressive movement and drum rhythms from many cultures. Participants will learn to give and receive soothing touch with emphasis on awareness, sensitivity, nurturing, and presence. A basic understanding of specific tension-producing patterns and how to relieve them will be presented.

Days will be spent in the Esalen baths, and the evenings will be shared with various live drummers for movement and rhythm exercises.

This workshop is designed for those who want tools for reducing stress in their lives, for bodywork practitioners, therapists, and those in the creative arts interested in learning new skills with sound, rhythm, and expression. It is also a good introductory course in Esalen massage. $740

Letting Go — Moving On

Mary Goldenson (Devarani)

Beliefs, fears, and emotions from the past can continue into present relationships and interfere with spontaneous feelings of trust, love, and joy. The goal of this workshop is to experience and let go of these defenses and create new ways to relate — in the moment — to ourselves, our work, and those we love.

The workshop includes periods of intense bodywork for those who want to let go of past anger, fear, and pain, which are reflected in the body as armor and tension. As armor softens, feelings held in since childhood can be released, and positive feelings can be experienced more fully. By also using dream work, massage, dance, and group process, a new capacity for loving can emerge.

This workshop will have no more than thirty participants. $740

Taoist Chi Kung: Enhancing Vitality

Master Share K. Lew

Traditional Taoist concepts of health, longevity, and harmony with nature will be introduced by Master Lew, a monastery-trained Taoist priest from southern China. The core of the workshop will be instruction in the "Shen," a set of twelve Chi Kung exercises (six standing, six sitting) whose primary purpose is self-healing. These rare exercises can also develop better concentration, increase visual and auditory acuity, and enhance sensitivity to oneself and others. Master Lew will discuss the use of everyday foods and Chinese herbs in healing, and tell stories from his life in the monastery.

Master Lew, now seventy-six, was among the first to openly teach Chi Kung (Taoist internal energy cultivation) to non-Chinese. His monastery style, Tao Ahn Pai, dates back 1300 years to Lui Dong Bin in the Tang Dynasty, who is one of the Eight Immortals of Taoism.

Recommended Reading: Porter, *Road to Heaven: Encounters with Chinese Hermits*, and Deng Ming-Dao, *The Wandering Taoist*.

C.E. credit is available; see pages 60-61. $740

Pottery at Esalen

Noel Mapstead & Keiko Suga

The Big Sur coast is uniquely endowed with numerous deposits of raw clays which have been decomposing from granite rock for millions of years. In this workshop we will come to the Big Sur clays to create form and metamorphosis.

The group will explore parts of the Big Sur coast to gather clays, make pottery, and bake the clay in open-pit fires using cow dung. Participants will be taught to identify natural clays, process and work clay, and fire by traditional methods using Esalen's natural surroundings as an open studio. Other sessions will include clay hot baths and a sweat lodge.

This workshop will demonstrate how to transform ostensibly valueless natural materials into treasured objects. No prior experience is necessary. Emphasis will be on completing handmade works to take home and give to loved ones. $740

Un Viaje Interior

Gustavo Rabin & Sara Szpektor

Muchas veces emprendemos un viaje como una expresión metafórica de nuestra necesidad de un cambio interior. Es el momento en el que buscamos en el afuera, la respuesta que yace en nuestro interior. La claridad nos llega cuando tenemos el conocimiento, y con el conocimiento buscamos la comprensión. Asi encontramos la armonía entre nuestro ser interior y el mundo exterior, lo aprendido y nuestra propia verdad.

En el conocimiento de uno mismo se encuentra la puerta por la cual salir de nuestros programas inconcientes, para relacionarnos desde un estado de libertad. Este workshop proveerá a los participantes la oportunidad de recorrer un proceso de exploración y crecimiento personal, afirmando la base sobre la cual ejercemos esa libertad y construimos nuestra vida, nuestros vinculos, nuestro ser.

Por primera vez en mas de treinta años, Esalen abre sus puertas a la comunidad de habla hispana para ofrecer el marco en el que recorrer ese viaje interior. A traves de ejercicios gestálticos, proceso grupal, meditación y trabajo corporal, crearemos el medio adecuado y protegido en el cual transitar el sendero interior. Habra tambien tiempo de explorar la espectacular Naturaleza que rodea a Esalen, los bosques y la costa de Big Sur.

Creando un puente con la comunidad de Esalen, invitados especiales presentaran diferentes ideas y técnicas de desarollo personal. Este workshop tendra lugar totalmente en español, las presentaciones de los invitados seran traducidas simultaneamente. $740

Weekend of July 15-17

Body Rejuvenation

Dub Leigh & Audrey Nakamura

The goal of this workshop is to start rejuvenating the body, mind, and spirit. A fast way to do this is to work the body: transform the old, hard, short, nonresilient tissue into soft, lengthy, bouncy tissue free from trauma, stress, and pain; work on changing the despondent, hopeless, negative, grouchy person into an enthusiastic, positive, upbeat one.

The recipe for beginning to rejuvenate the body will be demonstrated in one session to the group, and then experienced and performed by each participant.

This seminar is recommended for anyone and everyone. The older you are, the more stuff you have to work with. Bring a swimsuit — a two-piece for women.

Please note: Since this is a hands-on class using particular methods, participants are asked not to receive bodywork outside of class until the workshop is over.

Recommended reading: Leigh, *Bodytherapy: From Rolf to Feldenkrais to Tanouye Roshi*.

C.E. credit is available; see pages 60-61. $380

Big Sur Wilderness Experience: For Families

Kai, Kim & Steven Harper

In our modern world it is easy to overlook the importance of our relationship to nature and our relationship with our families. Using the natural world as the primary teacher, this workshop will offer an opportunity to play, work, and laugh together in nature. Big Sur's many moods — sometimes dramatic, sometimes subtle — inspire silence, playfulness, activity, thoughtfulness, awe. This will be a time to share these moments with your family.

This wilderness experience provides an opportunity for parents and children of all ages to explore the Big Sur backcountry on day hikes, returning each day to Esalen. The leaders will introduce exercises, games, and approaches to encourage awareness of how we relate to nature, ourselves, and our families. They will demonstrate methods for hiking as a family, introduce useful equipment, teach appropriate safety considerations, and encourage each family to find its own unique pace, style, and interest for being in nature together.

Previous wilderness experience is not necessary. Families of all configurations are welcome. $380

(For family rates, see Reduced Rate Options, page 5.)

KAREN PREUSS

Self-Empowerment for Trauma Survivors

Carolyn Braddock & Christian Hendricks

This workshop for trauma survivors (emphasizing sexual trauma) will help facilitate integration of body, mind, and spirit into a healing journey. Breath, sound, movement, and selected centering and martial arts techniques will assist survivors in expressing their voice, the source of their power, while encouraging release through movement. Martial arts techniques also foster self-expression and self-empowerment, and can help survivors to move through difficult, intense feelings.

Participants will work with the three main embodiments of trauma (rigid, collapsed, and inanimate), and explore how each manifests in the body, mind, and spirit. They will learn ways to move through body memories, flashbacks, intensive feelings, and other ramifications of their trauma, while physically grounding and integrating. This process can help to break the anguished silence and barriers to voice and growth by releasing the pain, allowing more space for healing and creating new boundaries.

Honoring the body and empowering the survivor is the goal. The work is presented through experiential exercises and group process, physically empowering the survivor, helping to bring the cycle of trauma to completion.

Recommended reading: Braddock, *Body Voices: Using the Power of Breath, Sound, and Movement to Heal and Create New Boundaries.* $380

Putting Your Muse to Work: Creating for the Stage and Screen

Michael Krasny

Creativity is a straight, if sometimes inaccessible or obstructed, highway to the unconscious. It is a source from which we can draw out language to embody characters who can cast real shadows upon the stage or page. Creative inspiration serves to open the self to imagination and memory.

This workshop guides participants to open up their creative forces and transform experience with language. Focus will be on creating character, action, and dialogue with the stage and screen in mind. Moreover, this will be an exploration of the routes to the unconscious and ways to release its power through characters and characterization, dialogue, and language. The process can be enterprising, exacting, and exhilarating. It requires not only learning how to access the flow of creativity and energetic thought, but also directing them and striving for mastery via words and character.

Participants will focus on writing scenes and dialogue and working with the created characters in a group setting. There will be the kind of individual attention that can allow for both the acquisition of elements of craft and the possibility for personal growth. $380

Healing the Healer: Self Care for Health-Care Professionals

Peter Finkelstein & Peter Ways

Work in health care involves intimate exposure to sorrow, death, and "failure." Although health-care professionals accumulate great emotional burdens, many of them do not pay enough attention to processing this charged material, nor to balancing work with other aspects of life, nor to remaining joyful and avoiding depression. In addition, institutional demands and work ethics foster stoicism, isolation, and withdrawal. Health care workers must find for themselves and one another the means to process fear, sorrow, and resentment wisely and with grace.

Because the heart of this workshop will be shared experience, special attention will be given to creating an atmosphere of trust. Participants will engage in the telling of stories from the world of health care, as well as in viewing and listening to recorded material from film and other educational sources. Through these tellings and the reactions to them, participants can reveal and perhaps heal those sometimes invisible wounds that interfere with both personal growth and the ability to help others. Consideration will be given to both the positive and negative aspects of humor in the work situation. Drawings, dreams, readings, and didactic presentations will help enrich and deepen the learning. Time will be devoted to each participant to develop or enhance effective strategies for personal self-care.

C.E. credit is available; see pages 60-61. $380

CoHousing: Creating Your Own Community

Kathryn McCamant & Charles Durrett

Dramatic demographic and economic changes have created a mismatch between today's household and most conventional American housing. Households experience this mismatch as they face a child-care crisis, deepening isolation, and a chronic time crunch. Things we once took for granted — family, community, a sense of belonging — must now be actively sought out.

CoHousing addresses many of these needs. Developed by the residents themselves, CoHousing communities are made up of private dwellings complemented by extensive common facilities. Each dwelling is autonomous, yet the common house, with the opportunity for shared dinners and child care, is a focal point of the community.

This workshop gives participants an overview of organizing, planning, and designing a CoHousing community, from site acquisition, group process, development, and design, to construction and management.

Topics will include:

- An overview of the CoHousing development process, from initial meetings to moving in
- Development strategies and the advantages/disadvantages of working with a developer
- Forming and working with a group, and organizing for effective decision making
- Financial options — ownership structures and money realities
- Designing for community — architectural considerations
- The next steps — your role, the group's role, services of professionals
- What other CoHousing groups are doing — the network and how to plug in

Recommended reading: McCamant and Durrett, *CoHousing — A Contemporary Approach to Housing Ourselves*. $380

Week of July 17-22

The Body and Zen

Dub Leigh & Audrey Nakamura

The goal of this seminar is twofold: (1) to use bodywork methods and principles for releasing tension, trauma, and toxins from connective tissue, and (2) to circulate the vital energy in an aligned body. The group will draw from Rolfing (structure), Feldenkrais (function), and Zen (energy), to obtain these goals.

This is a hands-on workshop. Participants will give and receive bodywork and learn methods to recognize, work with, and relieve some types of chronic muscle pain. Participants are asked to bring a swimsuit — a two-piece for women.

Please note: Since this is a hands-on class using particular methods, participants are asked not to receive bodywork outside of class until the workshop is over.

Recommended reading: Leigh, *Bodytherapy: From Rolf to Feldenkrais to Tanouye Roshi.*

C.E. credit is available; see pages 60-61. $740

Partnerships of Love and Work: The Enneagram of Relationships

Helen Palmer

The logic and integrity of different styles of relating is modeled by an ancient typology called the enneagram, which identifies nine personality types and how they interact. The outer study of the system correlates well with current psychological thinking, but describes optimal ways of relating rather than pathological trends. No way is better than another, but they differ radically in their points of view. At a deeper level of understanding, the preoccupations of thought and emotion that characterize each type are revealed as a continuum of experience that leads us to aspects of type such as empathy, omniscience, and love.

The workshop will review the nine types from panels drawn from the class, and thereby experience the styles of other seminar participants without interference from relationship bias. Adopting the view of a close companion breeds compassion and allows us to:

- See ourselves through the eyes of others and feel the pressure of their emotional life
- Recognize those "irreconcilable differences" that are simply the result of different internal logic
- Understand different views on relating
- Transform our tendencies into their higher attributes

Emphasis will be on typological inner material, not personal process work. This is a highly interactive format. Bring your current relationship questions.

This intensive can be applied as one of the prerequisites for the Enneagram Professional Training Program. *Previous work with the enneagram is required.* If you would like to discuss your background, contact the leader at 510-843-7621.

Recommended reading: Palmer, *The Enneagram: Understanding Yourself and Others in Your Life* and *The Enneagram in Love and Work*. $740

Decisions, Decisions

Yossi Yassour

Most people have difficulty making decisions when faced with a problem that involves uncertainty or multiple and conflicting objectives. Choosing a job, a mate, or a place to live are typical choice decisions; getting a divorce, having a baby, or resigning a job are typical "to do or not to do" decisions.

The workshop will focus on the ways people make and should make decisions. Some practical methods like "decision trees" and "decision tables" will be presented. Special attention will be given to fear and risk taking, regret and disappointment, the status quo trap, and the psychology of decision making and of probabilities. Emphasis will also be given to the possible limitations of intuitive decision making. In addition, games and questionnaires will be used in a humorous and safe setting.

Participants are expected to have a major decision that they are willing to share and discuss with the group. $740

Sexual Trauma Survivors: Specific Strategies for Body, Mind, and Spiritual Healing

Carolyn Braddock & Guests

The body remembers sexual trauma because the body is the scene of the crime. It expresses these memories in how one breathes, moves, and speaks — or doesn't speak. Consequently, body sensations may be blocked and a protective body belief system developed. The child learns early not to have a voice to express the anger, sadness, pain, or frustration she or he suffers.

This workshop focuses on body-mind-spirit integration, adding new somatic dimensions to traditional strategies in the healing journey. It will identify three main body types (rigid, collapsed, and inanimate) that illustrate how survivors respond when they revisit the memories of their traumas.

Through eight guided teaching sessions, participants will be shown how to enhance their skills with new intervention strategies to empower wounded individuals to speak in a strong, new voice. Group members will be actively involved in interventions, demonstrations, discussion of legal/ethical issues, and case presentations from a body-oriented perspective. Breathwork, sound, movement, gestalt, bodywork, Tai Ji, role-playing, and creative cognitive work will also be used, creating a balance between work and play.

This approach is applicable for traditional psychotherapists, bodyworkers, and those in the medical profession.

Please note: This workshop is for professionals, those in training, and others who are interested in a new body-oriented approach to working with sexual trauma survivors. It is applicable for Braddock Body Process™ certification hours.

Recommended Reading: Braddock, *Body Voices: Using the Power of Breath, Sound, and Movement to Heal and Create New Boundaries.*

C.E. credit is available; see pages 60-61. $740

Four Winds: The Spiritual Traditions of Big Sur

Reb Anderson, Father Bruno Barnhart, Steven Harper, Little Bear Nason & Brother David Steindl-Rast

The Four Winds Council is a unique cooperative association of four retreat centers located in or near the Ventana Wilderness of the Santa Lucia Mountains in Big Sur. Members include New Camaldoli Catholic Hermitage, Tassajara Zen Mountain Center, the Native American Esselen tribe's "Window to the West," and Esalen Institute. The Council was formed to develop cooperative initiatives among the four centers and to promote a deeper understanding and respect for the paths of personal and social transformation that each center represents. While each member organization is unique, the Council has discovered many common objectives, values, and issues of concern. Each center was drawn to this area to create a place of learning for the larger culture, to provide a place of retreat and spiritual renewal, and to explore the deeper dimension of what it means to be a human being. Primary among shared interests is nature and the land that sustains and connects us.

Workshop participants will be introduced to perspectives and practices from each of the respective traditions, their differences and similarities. In particular, participants will explore our relationship to the natural world and how these traditions may enhance understanding of ourselves and our relationship to nature. The workshop will include talks, experiential exercises, discussions, meditation, rituals, and short outings into the wild nature of Big Sur. $740

Weekend of July 22-24

Intimate Connections

Mariah Fenton Gladis

Creating stable and fulfilling relationships is a challenge that everyone faces. To be successful, human relating must be understood and accepted as an activity, an ability that requires movement, purpose, emotional capacity, and extensive contact skills. People often believe that good relating evolves naturally, but they discover in the routine of living with families, friends, and lovers that, in truth, they have not been adequately prepared to meet the demands of loving relationships.

This workshop will focus on the nature and basic requirements of healthy relationships. It will offer participants opportunities to assess their abilities and disabilities, to develop awareness, and to practice risking positive action with others. It is for anyone who has "hit the wall" in a relationship or who has experienced being stuck at some seemingly impenetrable contact boundary and wants to break through. Particularly helpful for adult children of dysfunctional families, ACAs, and human relations professionals, this experiential and didactic workshop will blend individual and group gestalt work, spiritual healing, bodywork, and personal metaphor. $380

Getting Along Better: A Workshop for Teenagers and Their Parents

Frances Verrinder & Michael Griffith

"I can't talk to my parents" is a common complaint of teenagers. "They treat the house like a hotel" is a familiar lament from parents. For teenagers, issues of privacy, friendships, love, sex, academic pressures, and future plans are of intense concern. They feel increasingly autonomous and yet still need parental love, understanding, and support as they do the important emotional work of becoming individual adults.

To parents, teenagers can seem moody, self-absorbed, and secretive. It is easy to feel left out and even abandoned by a teenager's distance. Sometimes it is hard to know when to set sensible limits, when and how much to let go, and when to reach out.

Using communication and conflict resolution skills, psychodrama, gestalt, and group work, this workshop sponsored by Esalen's Gazebo School Park can help parents and teenagers reconnect, listen better, appreciate their differences, and develop more mutual trust and respect.

The workshop is open to teenagers 13-18 years old accompanied by at least one parent or stepparent. Families of all styles with one or more teenagers are welcome. $380

(For family rates, see Reduced Rate Options, page 5.)

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach

Patrick Douce

The work of Moshe Feldenkrais is based on the natural process by which we learned to move as children. During this workshop, soft, easy, gentle movements will be used to increase awareness of the body and to improve the ease and ability of movement. Special emphasis will be placed on the difficulties in movement that arise from chronic conditions such as lower back and neck pain, tension in the neck and shoulders, and knee injuries. Such conditions can be improved by approaching the difficulties as problems in learning rather than as therapeutic troubles. Situations which were "incurable" become "reeducable." Workshop participants will also be introduced to methods for improving their ability to sense each other's bodies through touch and massage.

Although this workshop is valuable for anyone interested in learning more about his/her body through direct experience, it may be of special interest and benefit to dancers, athletes, doctors, nurses, physical therapists, psychologists, health-care professionals, and elderly citizens who may discover new ways of moving with ease and increased flexibility — painlessly and immediately.

C.E. credit is available; see pages 60-61. $380

Precision Happiness

Kathleen Riordan Speeth

Life's delights befall us like drops of honey: the rapture of a kiss, the exhilaration of insight, the hilarity of friendly play, the flood of gratitude when trust is not betrayed. At these moments who is not happy? In fair weather even the weather vane has character. But who knows how to be of good cheer by an act of personal choice — not only to enjoy but also to nurture and protect one's bliss?

Does happiness just come and go according to circumstances? Is life a game of chance or a game of skill? We must stand firm between two kinds of madness: the belief that we can do anything, and the belief that we can do nothing. Precision happiness is possible but it demands emotional intelligence. Just as the immune system shields the body from infection, we can fashion a protective net of tender interior gestures and secure bodily postures that will support joy in living.

This is an experiential weekend. With personal work toward insight, structured interaction, gestalt, music, and stories, the group will explore just how to be — and stay — happy. Bring your journal, an open mind, and a willing spirit. Happiness is as near as your own warm palm on your once-troubled brow.

$380

The Kabbalah: Doorway to the Mind

Edward Hoffman

For thousands of years, adepts of the Kabbalah, the mystical offshoot of Judaism, have explored the nature of the human mind and its vast potential. Its practitioners have focused extensively on such intriguing topics as consciousness, dreamwork, meditation, inward states of ecstasy and bliss, healing, and the mind/body unity. In recent years, a true renaissance of interest in the Kabbalah has been occurring. Throughout the world, men and women of all backgrounds are discovering the unique wisdom and power of this longstanding visionary system.

In this workshop, Dr. Hoffman will present specific Kabbalistic ideas and approaches for achieving greater joy and direction in our lives. The focus will be on the Kabbalah's understanding of our inner world, and ways to better identify — and actualize — our particular *tikun*, or life purpose.

The workshop will highlight how to develop the key inner traits of *kavanah* (intentionality) and higher imagination. No previous background in Jewish thought is necessary.

$380

Week of July 24-29

Creating Exact Moments of Healing

Mariah Fenton Gladis

Adult children of alcoholic, dysfunctional, or abusive families (ACAs) must walk a road of recovery that requires determination, life-long commitment, and the creation of specific moments of healing. This workshop offers participants an opportunity to take a major step toward health, helping them define a plan for necessary moments they must create so they can move forward, transforming their personal history from one of liability to one of strength and wisdom. Focus will be on the promotion of healing in four fundamental relationships:

- With oneself — developing awareness, freedom from addictions, and healing of the body and soul from the residual effects of trauma
- With others — improving one's capacity for moving out of isolation and into direct, open communication and trust; expanding intimacy skills while securing healthy boundaries
- In the world — moving away from chaos and deprivation toward stability and abundance
- Spiritually — searching for the meaning of one's history and accessing that part of the self that can utilize universal blessings

This workshop will be experiential and didactic, blending individual and group gestalt work, music, spiritual practices, and bodywork. A step-by-step recovery process developed by the leader will be incorporated throughout the workshop. The atmosphere will be one of trust and mutual support. This workshop is also appropriate for professionals who work with ACAs.

C.E. credit is available; see pages 60-61. $740

Film and the Remembering of Love: Passion and Compassion

Francis Lu & Brother David Steindl-Rast

Love must be told. Not that it may be forgotten, but so it can be rewoven into the tapestry of the present.
— George Valliant, M.D.

This seminar will explore the theme of love as passion and love as compassion. Joseph Campbell has written that these are "often represented as absolutely opposed — physical, respectively, and spiritual; yet in both the individual is torn out of himself and opened to an experience of rediscovered identity in a larger, more abiding format." The seminar will focus on the similarities, differences, and interrelatedness between these two forms of love across five types of relationships: servant-master, friend-friend, parent-child, spouse-spouse, and relationships of passionate, romantic love.

The seminar will utilize about eight feature films which depict these various kinds of love through the characters' actions and memories. Through viewing the films and discussing them, the seminar will provide a place to remember our own loves, to experience the "rediscovered identity," and to integrate these experiences into our present lives. The focus will be on sharing the personal experiences of the film and then discussing the psychological and transpersonal themes which are evoked.

For the fifth consecutive year, this workshop will bring together film enthusiasts — be they private film buffs or film professionals — to view and discuss films as a group in the incomparable setting of Esalen. $740

Spiritual Healing: Laying on of Hands

Maria Lucia Sauer Holloman

This workshop will explore various methods of contacting our spiritual nature as a process of working with the subtle energy body.

Maria Lucia, a longtime student of Native American and Brazilian methods of shamanic healing, will demonstrate the power of the natural forces and their use in healing, as well as practical methods of using the hands as instruments for physical, emotional, and spiritual healing.

Come equipped to let go of old patterns as you experience new energy, movement, and growth. This will be a journey of renewing and awakening the creative spirit and our untapped human potential.

C.E. credit is available; see pages 60-61. $740

Creative Arts Center at Esalen

Arts Center Staff

Everyone has a drive to create — to be original, inventive, whimsical, resourceful. Located in The Barn at Esalen, the Creative Arts Center is a place for individuals to explore their imagination and their playfulness. It is a growing resource that is constantly evolving — a place that invites you to express your own creative instincts and become the artist that you've always imagined was hiding somewhere inside you.

Your time at Esalen will be spent utilizing a variety of art media, which may include: painting, pit-firing, working in Big Sur clay, drum making and drumming, dance and movement, structural mask making, ritual, and creative group work.

Join the Arts Center staff as they help you experience the delight of moving from observer to participant — become the musician, the dancer, the actor, the painter, and the sculptor. Let your imagination get the best of you.

No previous art training is necessary. $740

Self-Inquiry

Joyce Lyke & David Silverstein

Our culture constantly delivers the message that happiness and success come from the outside — consumption and the attainment of material things. We tend to look outside ourselves for the things that will make our lives more fulfilling. But most of what we long for can't be purchased from the world, only given to us from ourselves. When we recognize that all we yearn for is not outside us but really deep within us, a process of self-inquiry begins that helps us discover what it is that we truly long for.

This workshop is designed for people who want to know themselves in a deeper way, both emotionally and spiritually. We will create a safe place to deepen our awareness and explore whatever emerges, using Sufi self-remembering exercises, meditation, gestalt awareness practice, and a connection to the earth at Esalen. $740

Introduction to Hand Analysis: Blueprint for Life

Richard Unger

Since ancient times, people have gazed into their palms and sought to learn about themselves. There has always been a suspicion that each unique pattern inscribed in our hand might reveal something about our fate.

Research with electron microscopes confirms that dermatoglyphic (fingerprint) markings begin to form approximately thirteen weeks after conception, creating a topographic map of the developing fetal hand. There are five basic fingerprint patterns (plus subsets of these patterns), and eleven locations per hand where these patterns may be found. Articles published in medical, psychological, anthropological, morphological, genetic, and biological journals have attempted to detail the impact of these markings on human development.

If our physical bodies are but one expression of a higher vibrational energy (i.e. spirit), it seems reasonable to try and study this energy by the impressions left on our own skins during our formation process. By examining our dermatoglyphic formations, we could be examining our "blueprint for life." $740

July 29-August 5

Creating Intimacy

George Kohlrieser & Elisabeth Pringle

Intimacy is impossible without emotional bonding. The foundation and core of intimacy is the ability to create bonding to people, pets, places, and mutual goals. From cradle to grave, life involves a changing script of "affectional bonds." A lack of intimacy is a way to explain many forms of physical, emotional, and spiritual distress, including emotional detachment, depression, and burnout. Previous experiences in relationships, whether positive or negative, strongly influence how intimacy is created and maintained in the present. Life energy is connected to the quality and depth of intimacy in one's life.

Attachment Theory is a theory of intimacy. This experiential workshop will focus on understanding intimacy by studying patterns of forming, maintaining, breaking, and renewing affectional bonds. Persons wishing to increase the depth of their intimate relationships and their understanding of bonding — or those experiencing difficulties in creating intimacy — may find this workshop particularly enjoyable and helpful. Methods include affective imagery, emotional release, group process, early bonding work, and current bonding work to understand, create, and celebrate emotional intimacy.

Recommended reading: Lynch, *The Language of the Heart: The Body's Response to Human Dialogue*; Bowlby, *Attachment and Loss, Volume 3: Loss, Sadness, and Depression*; Steindl-Rast, *Gratefulness, the Heart of Prayer*; Hendrix, *Getting the Love You Want*; Goulter & Minninger, *The Father-Daughter Dance*. $1110

Weekend of July 29-31

Experiencing Esalen

Experiencing Esalen Staff

Contact is the appreciation of differences.
— Fritz Perls

This workshop is designed to introduce the various practices of Esalen to first-time participants or to those renewing their acquaintance with Esalen. Emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Sessions may include: meditation, sensory awareness, gestalt practice, group process, art, movement, and massage. There is also time to explore the natural magnificence of the Big Sur coast. $380

Getting to the Source of Wisdom

Peter Ralston

What constitutes wisdom? Where do we find it within ourselves? Wisdom — sensitivity, creativity, and real intelligence — may be based on some elementary dynamics that we would not, at first, associate with common notions of sagacity. For example, associating wisdom with knowledge, and therefore thinking that we have to "know" what to do, produces a negative relation to not knowing; paradoxically, "Not-knowing" may be a fundamental and necessary component of wisdom.

This workshop explores the possibility that wisdom is founded on some very basic principles: Not-knowing, Questioning, Listening, Inclusion, and Wholeness. These are functions often overlooked, even negated, because they don't seem to get us what we want, assuage our personal concerns, or give us more power to control our environment.

If we can discover the source of wisdom in our own experience, then we can become increasingly conscious of when we are being unwise, insensitive, and uncreative, and instead empower a different course of action. We see in the archetypes of wise people some concurrent dynamics and traits; perhaps we can use them to give us clues about what it is to be wise. This workshop will present verbal communication and exercises with a partner, physical exercises and games, guided meditations, and dialogue to investigate this matter, and to develop the building blocks of wisdom.

Recommended reading: Ralston, *Reflections of Being*. $380

Building in a Sacred Way

Tom Bender

Many social problems, such as alcoholism, drugs, homelessness, and child abuse, share a common root. They arise from a lack of self-worth and self-respect, and a lack of opportunity to be of value to family and society. They are all diseases of the spirit, and of the absence of a sacred basis to society.

Similarly, our homes and communities embody our attitudes, good or bad, sacred or indifferent. Changes to our surroundings can reaffirm the sacredness of our world and reestablish the sense of respect, honor and value essential for social health and a sustainable society.

This workshop will examine how to build and transform homes and communities from a spiritual base, and the economics which make that essential. Group members will explore the modern application of *feng-shui*, involving the energy interactions of people and places. Participants will probe the reasons for rituals of founding and using places which sustain energy and the meaning they hold. The workshop will use the power of Esalen's setting to teach how to embody the same spirit in our homes and communities. $380

A Weekend with Seymour Carter

Everyone has unused capacities for further personal development. When these capacities are recognized and given attention, a natural force is released which, like a tide, can carry the individual to a higher level of ability and action. Fritz Perls taught how to recognize the force of avoided issues in dealing with blocked energies. When unfinished issues are confronted and assimilated, it is possible to feel potent and in charge of one's life.

In this workshop, participants will deal with these issues by examining the influence of the inner dialogue on thoughts and the nature of impasse, as well as tendencies within themselves toward psychological completion and well-being. The basis of this work is the gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, and aikido. Each participant's process of development will be honored, encouraged, and treated as unique. $380

Forgotten Treasures of Western Spirituality: Christian Yoga and the Mystical Icon

Christopher Castle & Olga Luchakova

This workshop combines ancient Western mind/body methods of self-transformation with an exploration of sacred iconography, presenting a devotional practice that addresses contemporary spiritual yearning. Although Western spiritual traditions are often seen as morally and mentally based, there exists at their core a profound, beautiful, and overlooked mystical essence, embodied in Byzantine teachings and icons.

There are two main aspects to the workshop: the teaching of long-forgotten Christian Yoga practices (Hesychasm), and an introduction to the ancient art of icon painting as a means of spiritual awakening and healing.

Morning sessions will be devoted to developing self-observation, to the mystical Prayer of the Heart, and to inner silence. These practices serve to heighten sensory perception, calm the mind, access positive states, and harmonize physiological processes. This prepares the group for the afternoon sessions in the art studio, where participants will perform a ritual: select an icon which will be the object of deep attention and contemplation; then, through guided drawing, explore the symbolic meaning and energies contained in it. Demonstrations of panel preparation, gold leaf, and egg tempera painting techniques will be given. These practices together can form a potent alchemy capable of transforming awareness at the deepest levels. Evening sessions will include slide presentations and discussion of the archetypal meaning of icons, their mystical qualities, and practical applications for healing.

These ancient practices, undiluted and undistorted, are now being presented for the first time in America. No prior art experience is necessary. Participants should wear loose, comfortable clothing, preferably of natural fibers. $380

Week of July 31-August 5

Living Dance

Anna Halprin & Rana Halprin Vassau

In early times, dance was the mother of all art forms and a way for people to connect with the natural world, integrate as a community, and affirm personal and tribal values. Ancient peoples expressed the most important experiences of life not with external materials, but with their own bodies. They danced to make sense of the mysteries of their existence — to celebrate victory, mourn loss, bring rain, initiate the young. Today, in an everyday world set apart from nature, people still need to tap into the deep resources of their bodies, moving and dancing to renew, inspire, teach, create, heal. Through an approach Anna Halprin calls the Life/Art Process, participants will create dances from their own lives, deepening their life experience through expanded art expression. This workshop will range from structured practice to spontaneous, dramatic, and zany group interactions. Visualizations, music, and outdoor environments will be incorporated.

This workshop is open to everyone. Potential students for the Tamalpa trainings may find this a valuable orientation. For information on recommended reading and videotapes, contact Tamalpa Institute, P.O. Box 794, Kentfield, CA 94914. $740

Making It Float

Robert Hall

There is no fixing a damaged childhood. The best you can hope for is to make the sucker float.
— Conroy

Robert Hall writes: "And so it is. This workshop is about making it float. How to. If you're willing to spend some time with meditation, gestalt group process, making sounds, and experimenting with moving your body to your own rhythms, if you're interested in how body awareness, psychotherapy, and meditation work together to loosen your identification with who you think you are, and if you still have your sense of humor, we'll not only make it float, we'll take a ride in it."

C.E. credit is available; see pages 60-61. $740

Visual Thinking with the Polaroid Camera

Cay Lang

The joy of working with an instant camera is that the images are, well, instant. As quickly as the mind can process ideas, the camera can process the images. There's no waiting around to get the film back from the lab — we know instantly what we have and can begin making truly personal images right away.

This class is for artists looking for a fresh window to their vision, writers who want to expand their visual sense, and anyone else who just always wanted to make pictures. To paraphrase Milorad Pavorik: We will photograph as we eat, using the right eye as a fork, the left as a knife, and tossing the bones over our shoulders as we go.

The workshop will have a different focus every day. Bring a Polaroid camera (any Polaroid with close-up capabilities will do), ten or more rolls of film, a bound journal with white paper, something to write with, and something of your essence to photograph —

something larger than a cupcake and less valuable than your dalmation.

Please note: If there are questions regarding a camera, or anything else, please call the leader at 510-653-1655. $740

ESP in Life and Lab: An Introduction to Parapsychology

Marilyn Schlitz & Elisabeth Targ

This workshop will survey the development of modern parapsychology, including the latest research findings in the U.S., Russia, Europe, Asia, and Latin America. Integrating lectures and experiential approaches, the seminar will review and demonstrate important experimental protocols, including remote viewing, associative remote viewing, Ganzfeld (a sensory deprivation and imagery induction technique), remote mental influence on biological systems, and psychometry. Along with research methodologies and experimental results, the group will explore spontaneous psi experiences and the social and personal implications of psychic functioning. Participants will have the opportunity to practice and discuss their personal reactions to a number of different psychic methods, and to carry out demonstration experiments in the context of the workshop.

The weeklong program is aimed at a broad range of people, including health professionals, scientists, and the educated layperson. $740

Weekend of August 5-7

Introduction to Gestalt Practice

Eric Erickson

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear —
And when used — is inexhaustible.

—Lao Tzu

Gestalt practice is a form — nonanalytic, noncoercive, nonjudgmental — evolving out of the work of Fritz Perls. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that awareness is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. This form is similar to some Reichian work as well, in that emotional and energetic release and rebalancing are allowed and encouraged.

The emphasis is *intra*personal rather than *inter*personal. It is explicitly understood that participants are not patients but persons actively consenting to work (or play) in awareness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure or accomplishment. Through group exercises, meditations, and open seat work, this workshop will introduce participants to the gestalt practice approach.

Recommended reading: Perls, *Gestalt Therapy Verbatim*; Chodron, *The Wisdom of No Escape*. $380

Ecopsychology: Healing the Human/Earth Relationship

Allen Kanner & Mary Gomes

Ecopsychology is a new field concerned with the emotional bond between humans and the natural world. It recognizes that the most difficult psychological issues facing us today — depression, dysfunctional relationships, spiritual emptiness, consumerism, oppression — have roots in our culture's extreme alienation from the earth.

This workshop will include a blend of presentation, discussion, and experiential exercises aimed at deepening our understanding of the multitude of psychological issues underlying modern society's alienation from the earth. The workshop is designed to speak to environmental activists, ecologists, psychologists, and all others interested in healing the human/earth relationship. $380

Forgiveness

Julie Bowden & Maria Nemeth

Every culture has its healing rituals, ways of letting go of old attachments to make way for new possibilities. An essential component is the practice of forgiveness.

As the years go by, many of us develop a history of incomplete relationships and unfulfilled expectations. As these experiences accumulate, our trust in others and ourselves diminishes, and our commitments in life become conditional. To release these burdens is to forgive the past.

This workshop will guide participants through exercises focusing on our judgments and characterizations, with emphasis on how these distorted perceptions affect us and interfere with our relationships. This work is preparation for a powerful forgiveness exercise, designed to facilitate letting go, allowing more joy and light into our lives. $380

Yoga for the '90s

Deborah Anne Medow

Today, more than ever before, many people are overwhelmed by the stresses and tensions that they experience in their daily lives. Yoga, the oldest science of life, utilizes body, mind, and breath to bring stress under control by revitalizing energy on physical, mental, and spiritual levels.

On the physical level, asanas (yoga postures) tone the muscles, joints, and nerves, massage the internal organs, increase circulation, and improve digestion, making the body strong, flexible, and proportionate.

On the mental and spiritual level, the regular practices of asanas and breathing methods not only cleanse the system and energize the body; they also help to calm the mind and develop an awareness of self. Meditation can then become a vehicle for focusing this awareness, allowing the spirit to flourish.

During this weekend, asanas, breathing exercises, integral movement, and meditation will be taught and practiced, with particular emphasis on the yoga postures (stretches). Participants will be assisted in building a solid basis for the further development of the physical, mental, and spiritual aspects of yoga practices. Yoga philosophy and theory will be presented. A healthy diet will also be discussed and encouraged. $380

Keeping a Good Relationship Alive

Gerald Smith

How can we be close and vulnerable as partners, yet separate and free to grow as individuals? The dilemma of merging and yet still maintaining a strong sense of individuality is never completely resolved, because each partner is continually changing. But it can be dealt with in ways that add to the aliveness in the relationship. This workshop will focus on the necessity of dealing with this issue in order to keep a good relationship alive.

Much of the participants' time during this weekend will be spent with their partners, separate from other couples. The workshop will use verbal, nonverbal, and written exercises to enhance openness, support, and affection, as well as skills to resolve differences in ways that do not produce "scar tissue." Also, since play is an essential part of keeping a relationship alive, there will be experiences to spark the imagination and willingness to play together.

Enrollment is limited to 12 couples. $380
per participant

Self-Transformation: The Art of the Actor for Everyday Life

Jane Marla Robbins

Transforming feelings of anxiety and insecurity into feelings of self-confidence and joy is a miracle that can happen in all areas of one's life — physical, emotional, spiritual. This transformation can help us fulfill our potential for the roles we have chosen to play — child, parent, artist, public speaker, shaman, sensualist, or spouse.

The group will explore and discuss a wealth of acting techniques, including: physical, mental, emotional, vocal, and spiritual preparations, relaxation, sense memory, the magic "as if," animal exercises, overcoming self-consciousness, speaking the truth, perfect props, and psychophysical action.

Participants can learn how to replace old fears and paranoid projections with self-manufactured pleasures and positive projections. Many "real-life" situations ordinarily fraught with worry can easily be transformed using the Actor's Imagination. The power and pleasure of being able to create a sense of well-being can be experienced by everyone, and, once discovered, it cannot be easily shaken.

No previous acting experience is necessary.
$380

Week of August 7-12

Gestalt Practice

Christine Stewart Price & Guest Leaders

For workshop description see August 5-7.

In this weeklong workshop, each participant will have the opportunity to do open seat work with the leaders.

C.E. credit is available; see pages 60-61. $740

Zero Balancing: Basic I & II

Fritz Smith

Zero Balancing is a simple method for aligning body structure with body energy. Western science has shown that energy and matter are fundamentally coupled; advances in psychology have shown that the body and mind are interconnected. Zero Balancing is born out of these perceptions, with roots in both Eastern and Western concepts of body function and structure. It is based on the experience that the balance of energy and structure within the body has a direct effect on the physical, mental, emotional, and spiritual health of an individual.

The structural/energetic interface of the body is beneath conscious awareness. When imbalances occur at this level, the body tends to compensate for them rather than resolve them directly. These imbalances often lead to loss of vitality, chronic body pain, and decreased potential for vibrant health. Zero Balancing can assist in overcoming these imbalanced patterns through touch.

In this workshop, anatomy, physiology, and skills of touch will be reviewed. Eastern concepts of chi energy, its movement in the body, and the chakra system will be discussed. Zero Balancing methods will be presented, including those for evaluating and balancing the structural/energetic interface of the body.

The workshop will be both didactic and experiential, with emphasis on new bodywork skills, and is open to all people in the healing arts. It is approved for C.E. credit for acupuncturists and nurses, and as Z.B. I or II in the Zero Balancing certification program.

Recommended reading: Smith, *Inner Bridges: A Guide to Energy Movement and Body Structure*.

C.E. credit is available; see pages 60-61. $740

Australian Aboriginal Dreaming: The Eternal Life Cycle

Pat & Derek Fowell

The Aboriginal people of Australia are reputed to be the world's oldest continuous living culture. Archaeologists say they have occupied the continent for at least 100,000 years. Aborigines say they have been there forever. They arose from the land in the period of creation known as the Dreaming. It was during this period that the great Creation Beings formed the physical environment, created flora and fauna, and made men and women. They also taught humanity how to live in harmony with all of creation. They gave Aborigines a spiritual path which would ensure their survival until the end of time. This path is called the Dreaming or simply the Law.

This workshop will introduce participants to the Dreaming by simulating the life cycle of Australia's indigenous peoples. This cycle encompasses Death; the latent Dreaming state of the spirit; Birth into Innocence; Play; Initiation into the life of the Clan and bonding with Mother Earth; and the maturity of the Creative Beings.

The workshop combines Western scientific and rational methods with the wisdom and earth consciousness of the Aboriginal People, using group sharing, art, guided meditations, storytelling, slides, dance, exposition, and journalizing to recreate the life cycle.

The Dreaming cannot be understood as an intellectual concept. It must be experienced. This workshop has been designed for people who possess an adventurous spirit. It is recommended only for people who are willing to step outside the psychological safety of their cultural norms. $740

Spiritual Dimensions of Healing

Elizabeth Stratton

The desire to heal and be healed is a deep need within every human being. Seeing someone we love in pain brings out the instinct to touch that person in a compassionate way. Feeling or being ill ourselves can lead us to explore both spiritual and scientific dimensions of healing that we would otherwise not be open to.

Psychic healing, with its focus on the laying on of hands, understanding the meaning of the illness, and seeing into the heart of the person who is ill, brings a spiritual dimension to healing that can be a valuable adjunct to modern medicine and its high technology.

This workshop will provide both theoretical and practical tools to awaken the healer within. Self-healing methods such as opening the energy centers (chakras), communicating with the body, and guided healing imagery will be explored to assist participants in taking charge of their own health. In addition, participants will begin to learn to work with others in a healing capacity through laying on of hands and psychic healing.

C.E. credit is available; see pages 60-61. $740

Caring and Conflict

Joel Isaacs & Anne Clark Isaacs

The leaders write: "Our goal in this workshop is to help each person touch the deepest place of longing to be whole. Starting from this inner place, we will strive for group interactions of the same quality. Together, participants and leaders alike, the risks we take in knowing and revealing ourselves can create an intimate community.

"Feelings can provide self-knowledge, depth, and pleasure, especially when they flow freely. Relating to others is most gratifying when feelings are expressed openly and directly. We will work to realign the point of balance where the desire for contact and love is often countered by the fear of being engulfed or abandoned. We will explore ways to expand our options beyond isolation or losing oneself to be close."

The leaders have worked together for over a decade, sharing a commitment to relationship and community. Their training in numerous disciplines allows them to tailor each workshop to the needs and desires of the participants. Reichian emotional release, group process, play, nurturing, confrontation, and healing energy will all be used. When asked to characterize intimate relationship, one of them exclaimed, "It's heaven and hell!" This workshop aims toward easier access to heaven and shorter time in hell. $740

Weekend of August 12-14

The Healing Power of Humor, Compassion, and Gentle Touch

Ilana Rubenfeld

"Humor lightened the dark, painful places in my life and helped me onto a path of healing," writes Ilana Rubenfeld. This workshop is for people who want to include humor, movement, body language, and compassionate touch as a way of taking care of themselves personally, professionally, and spiritually. Using the Rubenfeld Synergy® Method, a healing system for the dynamic integration of body, mind, emotions, and spirit, participants will have the opportunity to listen, recognize, and work through feelings and memories locked in their bodies.

The workshop will use body/mind exercises, individual demonstrations, hands-on practice, dreamwork, gestalt practice, humor, and music, all designed to support contacting, releasing, transforming, and balancing the energy of inner body language.

The workshop atmosphere will be one of caring, healing, laughter, tears, and inspiration — encouraging participants to experience empowerment, integration, and new possibilities.

Recommended reading: Rubenfeld, *Twenty-Five Years of Simple* (copy available through The Rubenfeld Center, 115 Waverly Place, New York, NY 10011).

Participation in this workshop fulfills one of the requirements for acceptance into the Rubenfeld Synergy® Training Program. $380

Writing and the Act of Creation

George Leonard

Participants will be encouraged to break through ego-barriers and cultural conditioning that inhibit expression. In so doing, they will have a chance to experience the creativity that is inherent in all of life. There will be little in the way of theoretical discussion and no critiques of past works. Simple movement will serve to reduce stress, free the mind, and focus the will. Participants will have the opportunity to write furiously in the here and now and to get immediate feedback. Before the weekend has passed, they in all probability will have completed a short article or fictional work, and will have experienced some of the joys and heartaches that accompany publication. Bring pencils, pens, or portable typewriters — and plenty of paper.

Recommended reading: Strunk & White, *The Elements of Style*; Leonard, *The Silent Pulse* and *Walking on the Edge of the World*. $380

The Heart of the Matter

David Schiffman

This workshop is for people who value a heartfelt, original, resourceful approach to life. It is intended for the suitably seasoned who know and trust their own rhythms of change and learning, and appreciate the value of imaginative self-inquiry. It is designed to provide a safe yet evocative mood for deep, honest, heartfelt self-appraisal. The aim is to create a climate for examining what it takes to sustain and manage our own deeper concerns.

KAREN PREUSS

It will also be a time of sanctuary, an opportunity to pause and be met by kindred spirits, a chance to be acknowledged for what we really feel, and a look at how we can mark and celebrate those hopes and visions we cherish for the future.

The work will involve:

- Emotional clearing — cultivating a mood of self-acceptance, clarity, and effective risk taking in dealing with ourselves as well as others
- Physical attunement — using simple, innovative movement and massage to enliven and illuminate physical presence; cultivating buoyancy, flexibility, tenderness, and ease, as well as ferocity, potency, and assertiveness
- The mysteries of the spirit — using poetry, prayer, music, and ceremony to mark the passages we face as we grow older $380

Therapeutic Touch

Janet Quinn

Therapeutic Touch (TT) is an approach to healing that can be learned by anyone with the intent to help. It is a derivative of the laying on of hands, but need not be practiced within a religious framework. Beginning with the basic assumption that all human beings are energy fields, TT is a powerful tool for actualizing the innate healing capacities of both recipients and providers. Clinical research demonstrates that TT can decrease pain and anxiety, and increase human hemoglobin levels and the rate of human wound healing, among other beneficial effects.

The practitioner of TT embarks on a journey to empower the healer she/he already is, and in the process to be healed. The work of remembering how to care, how to connect in unconditional love and compassion, and how to heal is perhaps our only hope for personal, community, and planetary survival.

This workshop will explore the scientific, theoretical, and clinical foundations of TT. It will blend both didactic and experiential learning into a balanced, grounded approach to this new version of an ancient healing art.

Recommended reading: Macrae, *Therapeutic Touch: A Practical Guide*.

C.E. credit is available; see pages 60-61. $380

Psychic Self Defense

Elizabeth Stratton

As most of us know from experience, working with or around people who are depressed, hostile, or anxious can affect our own moods and feelings. We are constantly affected by the emotions and thoughts of those around us, as well as by the accumulated moods of the environment in which we live and work. We can also be affected by the illnesses of people we are close to, sometimes to the point of actually manifesting their symptoms ourselves.

During this weekend, participants will have the opportunity to explore their psychic boundaries and discover how and when they can be overwhelmed into areas that cause emotional confusion. Group members will begin to learn how to release negativity and strengthen boundaries that can help them to be less vulnerable in the future.

Recommended viewing: Stratton, *Psychic Self Defense* (Video: To order call 212-410-7340).

C.E. credit is available; see pages 60-61. $380

Week of August 14-19

Healing the Emotional/Spiritual Body

Ilana Rubenfeld

This workshop is for people who want to learn how to listen to the messages, memories, and feelings locked in their bodies. The leader will introduce and demonstrate the Rubenfeld Synergy® Method, a powerful holistic system developed over the past thirty years that integrates Alexander Technique, Feldenkrais Method®, Ericksonian hypnosis, and gestalt practice.

Each day will include: body/mind exercises to relax, to stretch, and to heighten awareness; hands-on teaching to develop intuitive, gentle, and listening touch; discussions and demonstrations; and music and humor. The workshop community will become an active culture for learning and growth that will focus on:

- Healing the inner child
- Changing habits to choices
- Experiencing the interdependence of emotions and posture
- Developing a sense of humor
- Healing the wounds of dysfunctional families
- Honoring the sacred within
- Moving beyond therapeutic techniques toward intuitive wisdom
- Exploring dreams and metaphors that reveal life patterns

"The body is the sacred sanctuary of the soul. Care for it like a flower garden," writes Ilana Rubenfeld. In this workshop she will demonstrate the possibility of achieving emotional, physical, and spiritual integration.

Recommended reading: Rubenfeld, *Twenty-Five Years of Simple* (copy available through The Rubenfeld Center, 115 Waverly Place, New York, NY 10011).

C.E. credit is available; see pages 60-61. $740

Rituals of Transformation

Paul Rebillot

People are continually approaching thresholds, transition points from one state to another. To live is to change. Unfortunately, we have a tendency to resist change, to cling to the familiar, to remain stuck at the threshold. This resistance eventually causes us much stress and pain.

Rituals can prepare people for change and help heal the passages that were not completed in the past. A ritual awakens within the psyche the archetypal patterns of change — it teaches the participant how to change. By acting out the ritual, people learn, not only in their minds but in their hearts and the movements of their bodies, the process of transformation.

Participants will look at what they want to transform in their lives, what they need to say good-bye to, and what new steps they need to take in order to cross their present threshold. Small groups will work together to design and enact individual rituals to support this healing process.

Just as the body can move from one position into another, so can the full being; hearts can move, minds can move. Joseph Campbell said that when someone discovers his or her authentic path, the way seems blessed with magic. To find this way is the work of "Rituals of Transformation." $740

Movement, Touch, and the Healing Process

Patrick Douce

This workshop will approach the concept of a free, effortless body through Moshe Feldenkrais's work in movement and touch. Balinese and other Indonesian systems of working with the human body's energy field will broaden the Feldenkrais work.

Participants will be introduced to the complexity and simplicity of the spinal column. They will use soft, conscious movement to increase their sensitivity for safe, hands-on explorations. Moving away from the notion of a straight, stiff, rod-like back, they will find that posture and overall flexibility of the spine improves.

This program is designed for both beginners and professionals interested in movement and touch. Individuals with chronic tension or stress, and those with lower back, neck, shoulder, or hip pain may find alternatives through learning more about the human body's possibilities.

C.E. credit is available; see pages 60-61. $740

Women's Wisdom

Lenore Lefer & Anne Yeomans

What is the nature of women's wisdom? What are the sources of our knowing? As women what does it mean to reclaim and trust again our wisdom and deep instinctive knowing in a culture which has neither sought our counsel nor valued our perceptions?

In this workshop we will explore:

- The wisdom of our bodies, including our relationship to sexuality
- Our relationship to cycles and seasons
- The knowing of our hands and hearts
- Our relationship to the unconscious as it comes to us through image and dream
- Our understanding of ritual and sacred places
- Our relationship to nature

We will look at the legacy handed down to us from our mothers and grandmothers, and how we carry their attitudes and beliefs, their wounds and their gifts, as well as our own. We will also spend time with images of ancient goddesses and see how they can help us in our efforts to recover and remember the depths of our knowing.

Our exploration will include words, silence, drawing, movement, yoga, and ritual. Bring something that expresses an aspect of women's wisdom, and also a fragment of a dream.

$740

Creating a Workable Stepfamily

Frances Verrinder & Michael Griffith

Parents in stepfamilies often feel torn between the needs of the new partner and the needs of the children. Stepparents can easily feel rejected by both their mate and the stepchildren, who withdraw or act out their divided loyalties. Resolving this "normal" stepfamily crisis and creating workable relationships are crucial to the success of the new couple and the stepfamily.

This workshop combines fun, relaxation, and learning for all stepfamily members. It offers practical tools for nurturing the couple's primary bond, deepening all stepfamily relationships, and dealing with ex-spouses. It is especially useful for stepchildren coping with living in two families. Most important, the workshop is designed to help create a loving and flexible family structure based on conversation, humor, and good will.

Using gestalt, group process, art, psychodrama, conflict resolution, and communication skills, morning and late afternoon sessions will be devoted both to family groups and to smaller subgroups for couples, parents, stepparents, children, and stepchildren. Some afternoons there will be organized activities for kids (art, swimming, hiking) so that couples can have time to themselves. The group will meet some evenings for singing, storytelling, games, ad hoc performances, and hot chocolate.

This workshop is for stepfamilies with children age 7 to 18. Child care for children 6 and under is available through the Gazebo School Park. Please call the school at 408-667-3026 for further information and fees. $740

(For family rates, see Reduced Rate Options, page 5.)

Weekend of August 19-21

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see July 29-31.

$380

Vision Painting

Helen Malcolm-Neeb

Trust your creative spirit. Vision Painting is a form that can enable you to move beyond the rational mind to deeper levels of motivation, intention, and desire. It is playful, creative, and expressive. It is also fun and profoundly educational.

Vision Painting is a form of active meditation. Through guided visioning the participant may witness a flow of images through which inner yearnings are prompted from the feeling centers, through the hand, and onto paper. The vision painting becomes a meditation and affirmation of areas in the participant's life that desire expression, change, or healing.

Vision Painting is a way to acknowledge your creative spirit and open a channel for the images to flow. Self-expression is evoked through feelings, color, music, movement, and dream images. The creative impulse is explored as an opportunity to play, take risks, face fears, and suspend judgment. Painting from creative spirit is a sacred journey into self. What we focus upon, conscious or unconscious, continually creates the life we experience. This is a transformative adventure recreating aspects of your life spiritually, professionally, and physically. Through the visioning process, a vision of the future you intend may be crafted from its highest potential. $380

Weekend Massage Intensive

Dean Marson & Laurie Schutz

Participants will be instructed in basic methods for giving a pleasurable and beneficial full-body massage. Fundamental elements of bodywork, such as breath awareness, grounding, movement, quality of touch, and stress reduction, will be introduced. This workshop is open to beginners as well as those who wish to brush up on their massage skills.

C.E. credit is available; see pages 60-61. $380

Intimate Relationships: Keeping the Spark Alive

Ayala Pines

When two people are in love, it seems like the magical spark between them is going to last forever. More often than not, however, with the effects of everyday pressures and stresses, the love is eroded and eventually burns out. Burnout is not caused by individual pathology or inadequacy, or by major dramatic events. It is caused by a buildup of petty annoyances, minor dissatisfactions, and a gradual increase in boredom. How can this insidious process of love's erosion be prevented? How can a couple in love keep the romantic spark alive?

Participants will be encouraged to find the romantic images they shared at the beginning of their own relationships. This workshop is recommended especially for couples committed to keeping the spark alive in their relationships, and for marriage and family counselors. It may also be helpful for individuals who are trying to figure out what went wrong in a relationship that burned out.

Recommended reading: Pines, *Keeping the Spark Alive*. $380

A Weekend with Ruth Zaporah and Action Theater

Physical theater improvisation mirrors life — both are like walking backwards, seeing where we've been, not knowing where we're going. Each step we take becomes a step into *now*. As awareness expands, experience becomes more *now*. The movement, vocal, and language exercises in this training are designed to expand awareness.

BEST COPY AVAILABLE

Participants will improvise upon an awakened memory and imagination. Integrated thought, emotion, fantasy, and spirit will inspire action and speech.

During this weekend, we'll play in the studio and out on the beach, all the while seriously enjoying ourselves. This workshop accommodates the novice, the explorer, and the practiced. $380

Week of August 21-26

Big Sur Wilderness Experience

Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. With this natural reserve as the primary teacher, the group will walk into the Los Padres National Forest. Drawing on various traditions, participants can develop the quality of their awareness and open to the natural world.

Weeklong workshops will venture out on five hikes (4-10 miles long). Weekend workshops will take two hikes (3-6 miles long). Using Esalen as a base camp, the group will explore the different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each hike will begin after breakfast and conclude in time to enjoy the hot springs and dinner each evening at Esalen. Basic outdoor skills such as map reading and minimum impact concepts will be practiced. Participants will be taught enough skills to begin exploring the wilderness on their own after these outings. More information will be sent upon registration. $740

The Application of Altered States

Ronald Wong Jue

This workshop is for psychologists and health professionals who are interested in integrating transpersonal dimensions and strategies into their clinical practice. Participants will explore the multidimensionality of consciousness. They will learn how to articulate the trance state in order to gain a deepened sense of the integrated self, to work with repressed memories, and to access internal spiritual resources.

Drawing from various cultural traditions which utilize trance for the purpose of healing and integration, participants will delve into their own mystery, myths, and dreams to understand their own internal ecology. The quantum mechanics and holographic models of reality will be explored with the phenomenology of trance in order to understand how various levels of consciousness are interrelated. Emphasis will be on clinical pragmatics and the integration of this material into ordinary consciousness. The final experiential portion of the workshop will focus on the healing of the inner child and the internalized patterns of the parents, which are important components of the psyche and in the clinical work arenas of codependency, sexual violation, and addiction. Resource materials will be provided.

C.E. credit is available; see pages 60-61. $740

Dancing on the Body

Deborah Harrell

Deborah Harrell learned massage from a West African tradition that practices healing touch as a "dance on the body." It is a tradition that teaches us how to surrender to the harmonizing force within ourselves, and this spirit can be awakened through dance. To dance, to loosen inhibitions, and to release repressed tensions and self-consciousness bring the mind and body into the present moment, allowing awareness to unfold and the practitioner to become a vehicle through which this harmonizing energy intuitively moves. This workshop examines how to surrender to this life force, and explores how to transpose that flow state from dance to massage.

The leader has developed a self-healing framework in which participants can discover how to dance from within, fluid and centered, through movement and awareness exercises and various massage approaches. Group members will explore exhilarating African dance with drumming accompaniment, Middle Eastern and Balinese dance, movements which invoke animal forms, breathwork, sound, and centering exercises which calm the mind and still the body.

The practices taught in this workshop are useful to couples and families, somatic practitioners, psychotherapists, and anyone working on self-healing and spiritual development.

Please note: Wear loose comfortable clothing and bring any percussion instruments you may have. $740

Romantic Choice: How We Choose Who to Fall in Love With

Ayala Pines

When we fall in love we are sure that our beloved is not only perfect, but perfect for us. In time we realize that neither is true. Disappointed and disillusioned, we wonder — how is it that we choose who to fall in love with? And why are we so often wrong?

Many theories have tried to answer this question. In this workshop, participants will explore the theories and research findings as they apply to their own romantic choices, right or wrong. More importantly, participants will examine what they can do about these choices, both to enhance current romantic relationships and to avoid making the same mistakes in the future.

Through group discussions and a variety of experiential exercises, participants will have the opportunity to explore their romantic choices and increase their understanding of the causes, both conscious and unconscious, of these choices. In addition, they will be presented with tools to use this understanding to improve the quality of current and future relationships.

The workshop is for anyone who seeks better understanding of his or her romantic choices, especially people who seem unable to make the "right choice," and counselors who work with couples or individuals with a problem in romantic choices.

Recommended reading: Pines, *Romantic Jealousy: Understanding and Conquering the Shadow of Love* and *Keeping the Spark Alive.*

$740

Turning on the Light: A Choice to Live Consciously

Laura DeNuccio & Guest Leaders

> *In the sunlight of awareness, each thought and action becomes sacred.*
>
> — THICH NHAT HANH

Laura DeNuccio writes, "To live fully is a choice only each individual can make moment-by-moment. This workshop is about honoring, empowering, and celebrating each person as we reclaim our wholeness/holiness as human beings making a conscious choice to live more fully."

In this workshop, participants will investigate the many aspects of the unfolding self —physical, energetic, mental, sexual, and spiritual. Each of these aspects will be addressed through breath, sound, movement, music, and visioning. Guided meditations will be used to increase body awareness and aliveness, to dissolve and balance energetic blockages, and to quiet, still, and expand the mind.

Participants will engage in an exploration of growth as it relates to daily living. This will be presented primarily as an awareness practice for increasing self-understanding and the ability to live in the here and now. There will be emphasis on cultivating compassion and patience, and on aligning personal truths in relationship to others and the planet. Applying the creative use of the power of the spoken word, participants will explore and expand a vision of possibilities for themselves and the world in which they live.

Suggested reading: Fields, et al., *Chop Wood, Carry Water*; Chopra, *Quantum Healing*; Hanh, *Miracle of Mindfulness*. $740

The Soul's Theater: Improvisation, Storytelling, and Play

Corey•Fischer

This workshop will address the soul's hunger for images that nourish. Individuals will explore their own experience as a vital source of creativity.

A major vehicle for this work will be improvisation — entering into the unknown with the innocence of "beginner's mind." The intention will be to create a community of trust that will enable participants to risk giving up their internal censors.

The work will include solo and ensemble experiences. There will be theater games, guided fantasy, free writing, storytelling, and vocal and physical exploration to locate the stories, dreams, memories, and voices that are inside us. In this way, the work will seek to restore value to that which has been ignored, suppressed, and neglected.

As the workshop unfolds, issues of form and structure will also be addressed in order to understand how personal material can be shared through performance.

No previous theatrical experience is necessary. The workshop is limited to twelve participants. $740

Weekend of August 26-28

Spiritual Experience and Scientific Discovery

Brother David Steindl-Rast & Rupert Sheldrake

Benedictine monk Brother David, Teacher-in-Residence at Esalen, and biologist Rupert Sheldrake, best known for his controversial theory of memory in nature through morphic resonance, have known each other for over ten years. Both have had much previous experience of dialogue between the realms of science and religion — Brother David with Fritjof Capra in *Belonging to the Universe*, and Rupert Sheldrake with J. Krishnamurti, Fr. Bede Griffiths, and Matthew Fox. For the first time they come together to lead an exploration of such topics as:

- Gratefulness and nature
- Creation myths and evolutionary creativity
- Rituals and morphic resonance
- Rite of passage and the process of discovery
- Pilgrimage and gaia

Join them for a weekend of discovery, bridge-building, and celebration. $380

Managing Your Stress, Your Heart, and Your Life

Mel Lefer

Dr. Dean Ornish produced the first major study showing conclusive evidence that reversal of heart disease and other disorders, such as high blood pressure, diabetes, obesity, and high cholesterol, was possible without the use of drugs or surgical intervention. This workshop will apply the tools developed by Dr. Ornish to provide the direct experience of how powerful, comprehensive lifestyle changes can affect one's heart and overall sense of well-being.

The workshop will utilize many approaches, including diet, exercise, stretching, progressive relaxation, breathing practices, meditation, visualization, and group discussion. The goal will be for participants to transfer these good habits into every aspect of daily life, and to pave the way to the peace of mind that physical well-being can provide.

Recommended reading: Ornish, *Eat More, Weigh Less — Stress, Diet, and Your Heart*; and *Dr. Dean Ornish's Program for Reversing Heart Disease*. $380

When Drummers Were Women

Layne Redmond

This century has seen a vast unearthing of the images of the Great Goddess and her priestesses. Throughout the ancient Mediterranean world, she is portrayed with her tambourine or frame drum. The frame drum is one of the oldest, most primal instruments and was predominantly played by women with their bare hands. A powerful trance-inducing instrument, it was used in the religious rites of many goddesses, including Inanna, Ishtar, Cybele, Hathor, Isis, Sekhmet, Aphrodite, Demeter, and Artemis.

This weekend will focus on hand drumming techniques and their relationship with the elements of earth, water, fire, and air. Working in a circle and using the force of gravity, participants will practice synchronizing with the energy of the earth and radiating a group pulse. These rhythmic rituals are an ancient technology for accessing higher levels of awareness and releasing a deeper feminine energy.

This workshop is for women only. No prior experience with frame drums is necessary. Drums will be provided. $380

KAREN PREUSS

The Myth of Male Power

Warren Farrell

Warren Farrell writes, "I've never had a couple come to me and say, 'Warren I want a divorce; my partner understands me.'"

This workshop can help both sexes to understand each other via role-playing in which men and women actually experience the pressures that mold the other sex's psyche. Men experience, for example, women's view of sexual harassment; women experience men's fears of sexual rejection and the powerlessness it engenders.

In a safe yet boundary-pushing environment, the leader introduces innovative ways of looking at the sexes — ways that are at first hard to hear because they are not only female-positive, but also more male-positive than is currently in vogue. The discussion is allowed to become emotional enough to simulate the way we communicate when we become defensive. The leader then facilitates experiential work on how both sexes can listen to criticism — even personal criticism — without becoming defensive, thus creating with our loved ones a safe environment to express those "tough to hear" feelings.

This workshop offers new data on everything from male power and powerlessness to date rape and sexual harassment; from why men are afraid of commitment to why men commit more suicide; from a new view of equality in the home to myths about equality in the workplace.

A common response to this workshop, from both sexes, is "I've never felt so much love for the other sex." $380

The Subtle Self

Judy Blackstone

All spiritual traditions refer to an essential dimension of existence, calling it unity consciousness, emptiness, universal consciousness, and many other names. This dimension is not an abstract concept. It is the core of our own true nature and can be experienced by anyone who is willing to approach it with patience and openness. Unity consciousness is experienced as clear, mirror-like space, pervading our body and our environment, transcending the duality of self and object. It is deeper than the physical and energetic levels of our being and beyond our psychological defenses, projections, images, and archetypes. Subtle Self Work is a precise method for attuning to the clear space of unity consciousness.

In this workshop participants will explore how to relate to others in this clear space, how to commune with nature, how to experience and live in the inner depths of the body. Group members will use daily sitting meditation, sounds to stimulate the subtle channels in the body, verbal and movement process work to stabilize and expand the sense of unity consciousness, and subtle movement exercises. In this essential dimension of ourselves, we can find the source of our love, clarity, vitality, and peace.

Recommended reading: Blackstone, *The Subtle Self.* $380

Week of August 28-September 2

Creating Exact Moments of Healing for Survivors of Abuse

Maria Fenton Gladis

There are moments in the lives of some people that never should have happened. Moments that should have happened and didn't. Moments from which we needed rescuing. All these moments have been and still are deeply embedded in our beings until they are selectively addressed and transformed. They must be relived, rectified, and new memories must be etched into our cells and souls.

This workshop will offer each person an opportunity to do individual work tailored to suit his or her unique history and present manifestations. Music, gestalt work, and spiritual development will be the method. The healing environment will be one of love, safety, and clarity. This workshop is appropriate for survivors of emotional, physical, and/or sexual abuse who are at an advanced level of their healing journey. Partners of survivors and professionals working with them are welcome.

C.E. credit is available; see pages 60-61. $740

Continuum

Emilie Conrad-Da'oud

This workshop explores the idea that movement is something we *are* rather than something we *do*, that what we call a "body" is actually life expressing itself.

Using deep rhythms and intrinsic motion, participants can discover a sensitivity to movement at all levels — not just familiar movements, but what the leader calls the "dance of intelligent life." Both individually and in rapport with a partner, participants will explore the subtleties of breath and tissue, the undulation of the spine, and the effect of being witnessed by others. The goal will be to experience a visceral, neuromuscular connection to all life, celebrating a richness and depth that go far beyond social or cultural connections. Emilie Conrad-Da'oud writes: "As we enliven ourselves from the inside, our dynamic expressions in the world increase. This remarkable oscillation from intrinsic to extrinsic, this elegant movement of creativity from cell to action, this flow of life urging itself into new creative channels — this is Continuum."

As a movement specialist at UCLA, the leader has contributed to a study demonstrating that primary movement is essential to mediating disease and aging. Her work is incorporated into the fields of physical therapy, massage, and psychoimmunology. This workshop can give participants a deeper awareness of the body as a system where change, growth, and innovation are possible.

No dance or movement experience is necessary. $740

Gender, Communication, and the Politics of Everyday Life

Paul Lounsbury & Nancy Winston

As fish live in water, we humans live in the ebb and flow of our conversations. We inhabit the relationships they bring forth. In dialogues both internal and with the outer world, we organize and are organized by the patterns of coordinations produced by these different networks of conversations.

How we learn to coordinate the flow of our emotions and behaviors in these conversations determines how we participate in the politics of everyday life, negotiating territory, defining relationships, creating shared space, and constructing consensual reality. In no area does the validation we receive have a greater impact than that in which we co-create and maintain our identities as "men'" and "women."

To bring about relevant transformation, we must ask: How can we engage in these conversations with greater vitality, courage, and spontaneity, relying not merely on habitual patterns of organizing our conversations, but trusting in the creative intelligence of the unconscious mind?

With hypnosis as a metaphor, viewing each conversation as "trance"-producing, this workshop will explore everyday conversations as hypnotic inductions and will use these dynamics to investigate ways of enhancing our competencies, particularly those related to gender. Drawing from Milton Erickson and Gregory Bateson, the work will use group interaction, hypnotic inductions, and playful experiments to promote authenticity, variety, and choice.

Accessible to anyone, this workshop is of special interest to couples, therapists, and business professionals. Prerequisites include a sense of humor, willingness to be a group member, and a desire for novel experience. $740

The Dream Master: Dreams and Fantasies

Pierre Grimes

This workshop teaches how to understand the structure and function of dreams, and how fantasies, or spontaneous dream projections, are the doorway into the power and nature of the creations of the Dream Master, the massive intelligibility that presents us with our dreams. It is by coming to recognize how dreams select and represent the dynamics of our issues that we are brought to appreciate the intrinsic intelligibility of the Dream Master's reality. For the dream draws from our past those unresolved conflicts and offers them for reflection within an art form of unmatched artistry.

The drama presented through both dreams and fantasy has a common dynamic and structure which can unlock those personal blocks to our achievement of excellence. These blocks are conclusions we have learned to draw from our youthful experiences, but which now we unknowingly misapply to the present; they are false beliefs about ourselves and our reality, and since they are, in principle, irreconcilable with our highest ideals, they can become the causes of our sense of dissatisfaction and failure in life.

Participants will be offered a new way of understanding themselves, their reality, and the profound nature and role of the Dream Master. This approach is *philosophical* rather than *psychological*, since it challenges the legitimacy of beliefs by exploring the conditions that first made them believable. $740

Organizations of the 1990s: Managing with Heart

Maggie Seeley & Thom Allena

Human needs, environmental values, and spiritual concerns are finally being acknowledged as integral parts of organizational life. "Corporate soul" is a new buzz term in management circles and signifies the need for organizational life to become more human and cooperative. People are motivated to make a difference, and in today's corporate world these differences now consist of psychological and spiritual considerations as well as economic concerns.

Organizational leaders now practice "power with" rather than "power over" employees, and use quality circles, teamwork, and a "win-win" ethic as conflict resolution techniques. Employee ownership incentives are helping employees find their work more satisfying, productive, and profitable. Now that organizational life has been given a "heart," new ideas are constantly evolving to change the way management operates.

This workshop will provide tools, methods, and experiential work for those who wish to:

- Improve their leadership effectiveness and organizational vision
- Find more intuitive ways to develop a "kinder, gentler" empowering management style
- Learn to balance profitability and productivity with human concerns
- Express their personal vision by working "spiritually smarter" rather than through workaholic or technoholic strategies
- Learn ways to integrate humor, creativity, and play as part of a more productive environment

C.E. credit is available; see pages 60-61. $740

The Practical Art of Creative Risk Taking

David Schiffman

To make effective, creative choices, you need courage, imagination, and the willingness to know your heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set — the choice to move against the powerful grain of old fears, habits, and the constant pressure of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of our natures, befriending rather than suppressing or denying the sexuality and power out of which initiative and enthusiasm spring.

During this week we will focus on how to develop a more adventurous, resourceful, and buoyant way of living. In an atmosphere based on warmth and humor, we will explore our capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as nontraditional innovative approaches in bodywork, kinesthetic retraining, music, and guided imagery. $740

August 29-September 2

Path of the River: A Salmon River Journey

Steven Harper & Nichols Expeditions

For workshop description see Wilderness Programs, page 58. $750

Weekend of September 2-4

Endarkenment

Will Schutz

Sometimes in our search for enlightenment we become humorless, and our search becomes tedious. Growth demands a respite from intensive struggle.

This workshop can provide a vehicle for the turn downward. The group will explore: how to establish and maintain meaningless relations; what to worry about while meditating; advanced covert blaming and inducing guilt in loved ones; how to become the most sympathetic victim/martyr in your social group; guilt without sex.

This approach, similar to Feldenkrais's "live the disasters" and the "homeopathic principle" (Will Schutz, *Body Fantasy*) can be as valuable for attaining enlightenment as the direct route — and more fun. In addition, participants will have an opportunity to explore, play with, and celebrate the shadow — that part of ourselves we usually hide. $380

Accepting Life's Transitions: Letting Go — Moving On

Mary Goldenson (Devarani)

The only certainty in life is change, yet we often resent our transitions because of patterns of fear and self-denial. Old beliefs keep us stuck in our resentments, unsuccessful marriages, friendships, and careers, and can cause illness, sorrow, and the inability to forgive. Transitions are crossroads in our lives that give us the opportunity to take time out and reconnect with our truth. It is never too late to change. Transitions are doors to the renewal of our passions, courage, and commitments.

This workshop will present you with ways to help complete the past, be open to the present, and create a future. Participants will experience a safe, supportive environment that includes taking risks, intense body work, gestalt imagery, dance, and meditation, in order to support the transitions that keep us committed to the process of discovering ourselves. $380

The Healing Voice

Jill Purce

This workshop will teach practical explorations with sound for healing and the transformation of consciousness. By liberating the voice, it is possible to make contact with deep levels of the self and release an untapped source of energy.

Participants will work with the psychophysical effects of breathing, chanting, mantric and sonic meditations, and learning to tune and listen together, moving from the intuitive level into meditative states. Breath and sound will be developed so that different parts of the body-mind come into resonance to give sonic massage, and to heal and tune the chakras and subtle body. Participants will be taught ways to find their own note and hear inner sound, entering directly into the subtle dimensions of sound by the magical voice practices of traditional cultures, including trance music, Mongolian and Tibetan overtone chanting, and other ancient group chants and vocal practices.

To *enchant* means to "make magical through chant." It is the aim of the workshop to inspire participants to *re-enchant* themselves and their world. This work is accessible to anyone, regardless of musical ability. $380

Creating from the Spirit

Dan Wakefield

> *Miracles…seem to me to rest not so much upon faces or voices or healing power coming to us from afar, but upon our perceptions being made finer, so that for a moment our eyes can see and our ears can hear what is there about us always.*
>
> — Willa Cather

Each of us has a rich source of creativity within us, a living well of ideas, stories, pictures, music, and dreams. This workshop, led by author Dan Wakefield, will guide participants through fascinating exercises in drawing, writing, music, and meditations on natural objects (trees, flowers, mountains), to appreciate and develop each individual's own creativity.

Breaking the myth of drugs and alcohol as stimulants to creative work, the workshop will show that the key to the natural process of creativity is getting in touch with our deepest sources, the "spirit" within us that comes from clarity. Together the leader and the group will share ideas in breaking the "creative slump," and participants will draw the continuing "road maps" of their own creative journeys. $380

Week of September 4-9

Self-Acceptance Training: Basic

Richard Olney & Heather Lynne Burch

Self-acceptance is defined as "the experiencing of whatever I am in a given moment, without the inhibitions of self-judgment, self-criticism, or self-evaluation." Self-acceptance training is a transpersonal practice that follows an educational model rather than a medical model. The goal of this work is to reach the inner self, the inner teacher, and to feel alive and real. Although its practice includes devices drawn from gestalt, bioenergetics, mythic fantasy, eidetic imagery, and hypnosis, it is also a philosophy, a value system, and a view of the individual's relationship with the universe.

Self-acceptance training is a holistic approach which emphasizes body awareness, emotional charge and discharge, and cognitive examination of the individual's "pretends" and illusions that obstruct self-acceptance.

This workshop is largely experiential; no time will be given to theoretical or didactic considerations. Limited to 25 people. $740

The Writer's Way: A Personal Adventure Through Writing

Nancy Bacal

The Jewish High Holidays offer people of all denominations an opportunity for community and reflection. This is an invitation for anyone with an open heart to turn this holy time into a satisfying ritual of creativity. Using the pen, we will explore together our individual stories. Beginning with a series of writing exercises designed to bypass judgment and self-criticism, we will tap our reservoir of experience. Daily excursions on the page will encourage each participant to transform the burdens of our lives into stories, the unwanted voices into characters, the failures and successes into material. Guidance will be specific enough to excite the imagination yet loose enough for each of us to experiment with form and image and remain open to surprise.

This workshop offers a supportive and stimulating environment for the non-writer, the would-be writer, and the professional. The schedule will include writing in and out of the group, walks, meditation, reading and discussion of pertinent material. The intention will be to coax the mind out of its cycle of expectation and disappointment into a positive, stimulating relationship with our work.

Recommended reading: Chodron, *The Wisdom of No Escape*; Kornfield, *A Path With Heart*; and Metzger, *Writing For Your Life*. $740

Life Energy Process

Stephano Sabetti

The Life Energy Process (LEP) is a spiritually-oriented approach to self-development and professional growth based on Eastern and Western energy dynamics. Specially designed subtle and intensive movements (micromovements) can increase energy flow and lead to the discharge of nonessential processes in the body (repressed emotions, chemical toxins, etc.). Each of us has an energy frequency that can be felt when attuned through LEP. This unique vibration helps to center and ground, as well as to find clearer direction and meaning in daily life. Each participant will have a chance to feel her/his unique energy process and explore it through process inquiry.

Life Energy Process includes: dance, theater, massage, pool work, and various other forms. The workshop is of particular interest to professionals and laypersons who are excited by the integration of theory, pleasure, and hands-on application of energy concepts. $740

Coming Out and Coming Into Relationships

David Hawkins

Our capacity to enter and sustain intimate relationships depends greatly on the role models and experiences we encountered in our families. For gay men in particular, adult loving relationships are shaped by the ways we "came out" and differentiated from our families, and by the ways we were able to remain involved with family and social values needed for our adult journey. They are also influenced by how successfully we found and joined a supportive community and exchanged inherited values for new values more appropriate to a changing lifestyle.

This workshop is for gay men who want to improve the quality of their relationships by:

- Reconstructing their journey to adult sexuality
- Reevaluating methods for seeking acceptance and avoiding rejection

- Reexamining the cost/benefits of strategies for managing stigma
- Rethinking limits on involvement and commitment $740

Facial Communication

Lillian Lesefko

Your face is your identity, the external manifestation of your inner personality. It contains the primary clues for visual communication through the expressions transmitted, and is a topographical map of life experiences. Learning to interpret these clues can give you insight into your own psychological process as well as the health and character of others.

Based on the ancient science of Chinese facial analysis, derived from Chinese medicine, this workshop will combine Chinese medical wisdom with modern research and methods. Participants will learn about the health indicators of the face, the personality traits shown in the markings, the emotional issues held, and the changing quality of ch'i in the eyes.

During this workshop, participants will learn to profile others, begin to understand the feelings others are expressing facially, and, ultimately, expand self-knowledge by attempting to unmask their real selves.

C.E. credit is available; see pages 60-61. $740

Weekend of September 9-11

The Subtle Art of Meditation

David Streeter

The experience of insight, tranquility, inner strength, and aliveness can be found within our everyday life through the ancient art of meditation.

This workshop will approach traditional meditation practice in an unusual way. In our retreat atmosphere participants will prepare the body/mind for silent listening with fluid movement from the martial arts and yoga. The workshop will incorporate breathing methods (Prana-Yama) and energy work with Zazen (sitting meditation). Other activities will include group meditation in a nearby contemplative monastery and Zazen at our new meditation center nestled close to a waterfall.

This approach to the subtle practice of meditation through the body can inspire the student to discover his or her rich interior life and that crystal clear still point described so well in every spiritual tradition.

C.E. credit is available; see pages 60-61. $380

When Success is Not Enough

Peller Marion

If I had known what it would be like to have it all, I would have settled for less.

—Lily Tomlin

Since 1950, materialism has skyrocketed in the United States. Indeed, many of us are wealthy beyond the wildest dreams of our ancestors, and yet we struggle more than ever for self-esteem and meaning in our lives.

When alternative measures of success are not available, the deep human need to be valued and respected by others is acted out through consumption. Buying things becomes a means to both self-esteem and social acceptance. "The avarice of mankind is insatiable," wrote Aristotle, who believed that as soon as one desire was satisfied, another would appear to take its place. If our wants are insatiable, there is simply no such thing as enough.

Peller Marion has designed a weekend that explores the questions: How much is enough? What is an achievement junkie? What is my definition of success at this time in my life? How do I create my own personal philosophy of life? How do I live by my own agenda?

Participants will explore the paradox of success in their own lives. A variety of experiential processes will be drawn from readings and discussion, games, dance, gestalt, imagery, and meditation.

Recommended reading: Marion, *Crisis Proof Your Career: How to Find Job Security In An Insecure Time* .

C.E. credit is available; see pages 60-61. $380

Intuition and the Dance of Attention

Anne Armstrong & Randy Cherner

At the still point of the turning world,
Neither flesh nor fleshless;
Neither from nor towards; at the still
point, there the dance is,
But neither arrest nor movement. And
do not call it fixity.
Where past and future are gathered.
Neither movement from nor towards,
Neither ascent nor decline. Except for
the point, the still point,
There would be no dance, and there is
only the dance.

— T.S. Eliot, *The Four Quartets*

Intuition is a gift that everyone possesses. It takes many forms. The foundation for intuitive practice is the process of shifting one's attention in very precise ways to lead to enhanced awareness. Anne Armstrong's intuitive opening came through the psychic intuitive process, Randy Cherner's through movement and touch.

The aim of this workshop is for participants to reclaim their intuitive powers in all areas of their lives — personal, professional, and spiritual. Group members will learn to develop their intuitive styles through meditations, sensing practices, refined touch, aikido, and Feldenkrais exercises. This workshop is unique in its attention to intuitive style in both its psychic and somatic dimensions. $380

Massage Intensive for Couples

Brita Ostrom & Attila Vaas

This workshop is for partners who want to learn to massage each other. Emphasis will be on "hearing" with the hands, de-stressing the home, asking for what we need, and giving to those we love. Sessions will include demonstrations and hands-on guidance. Individual concerns will be addressed so participants can continue their practice at home. $380
per participant

Singing Gestalt: Solo or Duet

Nancy Kaye Lunney

Singing gestalt is singing about yourself, who you are, what you feel, who you'd like to be. Singing gestalt is about being yourself in front of other people without judging how well you sing. Singing gestalt is not about performance. It is about making contact, feeling, expressing, and being there, with and for yourself and others.

Come alone or bring someone who is important to you, perhaps a lover, friend, a parent, someone with whom you'd like to communicate in a different way things you've expressed before and possibly things you've never said. If you wish, bring photographs of significant people in your life, past or present.

If the idea of getting up and singing in front of other people terrifies you more than anything you can think of, this workshop is for you. If you love to sing in front of other people and want to stretch yourself further, this workshop is for you. If you've been too shy to try, this is your chance.

Some guided imagery and gestalt may be used. Accompaniment and lots of music are provided. But the workshop is really about you — and about you singing. $380

Week of September 11-16

Creative Arts Center at Esalen

Arts Center Staff

For workshop description see July 24-29.

$740

Self-Acceptance Training: Advanced

Richard Olney & Heather Lynne Burch

This workshop is basically experiential, but time will also be given to theoretical and didactic material of interest to professional therapists. Please refer to September 4-9 for a complete workshop description.

Please note: Due to the time given to the didactic material in this advanced workshop, not everyone will have a chance to work personally with the leaders. $740

Relationships: Letting Go — Moving On

Mary Goldenson (Devarani) &
Gustavo Rabin

For one human being to love another: that is perhaps the most difficult of all our tasks, the ultimate test and proof, the work for which all the other work is but preparation. — Rilke

The fabric of our lives is made up of relationships. All of life's relationships will be the focus of this workshop: family, friends, lovers, co-workers, partners.

Often beliefs, defenses, fears, and emotions about past relationships continue into our present relationships and keep us from spontaneous feelings of love, trust, and joy. The goal of this workshop is to experience these patterns and create new ways to relate in the moment to ourselves, others, and our work. This workshop can help you:

- Find out how your relationships mirror you
- Get a clearer picture of what you want and how to get it
- Examine ways you sabotage yourself
- Learn more about how others see you
- Learn practical tools and knowledge that will help create empowered relationships

$740

Golf in the Kingdom: An Exploration of the Inner Game

Stephen Cohen, Fred Shoemaker &
Brian Bergstrom

Ye'll come away from the links with a new hold on life, that is certain if ye play the game with all your heart. — Michael Murphy, (Shivas Irons), *Golf in the Kingdom*

The game of golf provides many opportunities to enhance the journey of self-discovery. It can be experienced not only as an athletic endeavor, but also as a metaphor for the way one lives. Just as in life, issues of self-confidence, fear, trust, discipline, and awareness emerge in the conflict between the ego's desire for success and the inner self's ability to achieve.

During these five days, teaching methods gleaned from a study of the inner game will be utilized, as well as principles from psychosynthesis and gestalt, to explore the inner self and how one interferes with its emergence. Two days will be spent on field trips to the Monterey Peninsula where participants will practice and play in some of the most beautiful golf country in the world. On other days there will be time to relax and enjoy the natural pleasures of Esalen and Big Sur.

Recommended reading: Murphy, *Golf in the Kingdom*; Gallwey, *The Inner Game of Golf*.

$740

(plus greens fees paid directly to the leader)

Change and Self-Esteem

Phyllis Shankman

Change is an ever-present aspect of living which must be accepted and used creatively if one is to sustain a healthy, interesting, and exciting life. Many individuals talk about wanting change while actively or passively resisting it. Self-esteem, which includes self-acceptance, self-appreciation, and self-confidence, enables one to confront resistance and fear, and increases the willingness to change and take risks.

This workshop includes an in-depth process for finding and allowing self-acceptance and for creatively confronting opportunities for change and growth. Group activities include gestalt process work, discussion, massage, meditation, music, dance, art imagery exercises, and whatever else happens spontaneously.

C.E. credit is available; see pages 60-61. $740

The Jewish New Year: Ancient Traditions — Modern Responses

Rabbi William Cutter &
Cantor William Sharlin

This five-day workshop includes study, meditation, and prayer. It begins with three days of study in which the leaders will take the group through the major literature of Yom Kippur and Rosh HaShanah, poems and stories related to the High Holiday season, and music which has formed the Jewish people in its various habitations. Participants will also be encouraged to create their own responses to the traditional messages and practices of Rosh HaShanah and Yom Kippur.

Yom Kippur will be observed from Wednesday evening at sundown through Thursday evening's "ne'ilah ceremony." The five-day session will conclude Friday morning with a review and critique of the experience. Personal stories will be part of this conclusion.

The service on the holiday itself will include traditional liturgy treated in a nontraditional way, and innovative text combined with music of generations past and present. Discussion groups will occur throughout, and time to be alone will be provided.

Although the Yom Kippur experience itself will be "devotional," non-Jewish participants are welcomed. Fasting and personal restriction traditionally mark the specific observance of Yom Kippur, but participants are invited to experience the holiday in their own way with their own commitments.

The workshop and service will be limited to twenty-five registrants. $740

Weekend of September 16-18

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see July 29-31.

$380

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach

Patrick Douce

The work of Moshe Feldenkrais is based on the natural process by which we learned to move as children. During this workshop, soft, easy, gentle movements will be used to increase awareness of the body and to improve the ease and ability of movement. Special emphasis will be placed on the difficulties in movement that arise from chronic conditions such as lower back and neck pain, tension in the neck and shoulders, and knee injuries. Such conditions can be improved by approaching the difficulties as problems in learning rather than as therapeutic troubles. Situations which were "incurable" become "reeducable." Workshop participants will also be introduced to methods for improving their ability to sense each other's bodies through touch and massage.

Although this workshop is valuable for anyone interested in learning more about his/her body through direct experience, it may be of special interest and benefit to dancers, athletes, doctors, nurses, physical therapists, psychologists, health-care professionals, and elderly citizens who may discover new ways of moving with ease and increased flexibility — painlessly and immediately.

C.E. credit is available; see pages 60-61. $380

The Art of Ceremony

Cynthia Gale

Each of us may live more gently and harmoniously upon the planet by deepening our spiritual connections to the earth through ceremony. It is through ceremony that we connect our physical world to the spiritual realms. This workshop will offer experiential exercises in prayer, meditation, and ceremony, as well as practical approaches to living a life rich in the celebration of Mother Earth spirituality. The focus of the workshop will be:

- The intention and power of prayer and the prayer circle
- Creating sacred space in one's physical world
- The art of creating ceremony
- Working with the medicine wheel of life

Group members will explore the art and significance of ceremony as well as the art of designing rituals that are appropriate for their needs.

The workshop will conclude with a ceremony for Mother Earth in which participants will be taught to create medicine wheels as an art form. $380

Clinical Program for Professionals: Integrating Self Psychology, Gestalt, and Mind-Body Healing

Ron Alexander

This weekend training program will combine didactic discussions with experiential exercises, supervision of therapist-client dyads, and clinical demonstrations. A full-spectrum treatment cartography will be used to clarify how gestalt, self psychology, and mind-body healing can be effectively integrated to address early developmental trauma, narcissistic issues of the self, and contact boundary disturbances. Emphasis will be on:

- Improving skills of diagnosis
- Formulation of treatment plans that attend to the transition points of the healing process
- Improving intervention skills as they relate to handling resistance, the nurturing of the real self, and facilitation and activation of unconscious healing processes through the use of mirroring, pacing, and the language of mind-body healing

Particular attention will be paid to assisting therapists to become more aware and effective in dealing with countertransference and projective identification.

Recommended reading: Stolorow, *Psychoanalytic Treatment: An Intersubjective Approach;* Erickson and Rossi, *Hypnotherapy Casebook;* Polster and Polster, *Gestalt Therapy Integrated.*

C.E. credit is available; see pages 60-61. $380

The Art of Talking and Listening

Mudita Nisker & Dan Clurman

Every day we swim in an ocean of words, talking and listening. Yet many people can barely tread water with their communication skills. Making yourself understood and understanding others is a subtle and precise art, yet it is often a neglected part of our education. Fortunately, you don't have to be a born communicator; it's something you can learn.

This workshop will teach you new ways to deal with many situations, from negotiating with your partner, boss, or associates, to engaging your child's cooperation. Using discussion, demonstration, and role-playing, participants will explore ways to:

- Give and receive criticism skillfully
- Send clear, concise messages which invite cooperation
- Share difficult to express feelings and still maintain good will
- Improve listening skills even in tough situations
- Identify key assumptions and their effect on communication patterns
- Develop nonverbal skills to enhance spoken messages
- Experience more delight in being with others

This work draws from cognitive psychology, critical thinking, systems theory, and Eastern philosophy. The objective will be to help each individual cultivate the ability to identify communication hot spots and work them out constructively. In the process, you can discover your own truth and honor the truth of others.

C.E. credit is available; see pages 60-61. $380

Week of September 18-23

Living a Spiritual Life in a Practical World

Judyth Weaver

This workshop is based on the conviction that we are indeed whole right now. Our innate creativity is alive within us. The feeling and sensitivity that we were born with, and which society has taught us to suppress, can be reclaimed.

In this workshop, spirituality is not about adhering to any religion or ism. It is about bringing more awareness and sensitivity to our daily processes, restoring the natural balance of body, mind, and, spirit, and realizing the aliveness that is our birthright.

Using breath and the senses as guides, participants will practice being present, living one moment at a time, exploring and processing the experience of so doing, and will investigate creative applications for daily living. The group will focus on the activities and relationships of everyday life, practicing them in more integrated, conscious modes. The workshop will present traditional meditation practices such as Zazen and vipassana, and nontraditional forms such as sensory awareness and inner movement. Participants may spend time in "noble silence" and may also engage in the Chinese energetic practices of T'ai Chi Ch'uan and Qi Kung.

These explorations can help participants decide if and what to practice in their daily lives, and how to integrate these practices to enhance health, well-being, and wholeness. $740

Five-Day Massage Intensive

Vicki Topp & Oliver Bailey

The basic approach of Esalen massage consists of long, flowing strokes which contribute to deep relaxation and a feeling of wholeness. To achieve these goals, participants will be instructed in fundamental methods of Esalen massage which include quality of touch, breath awareness, stress reduction, and grounding techniques. The workshop will also address the concept of working with another individual's essential being.

Meditation will be used to promote focusing abilities. The workshop is open to beginners as well as those who wish to brush up on their massage skills.

C.E. credit is available; see pages 60-61. $740

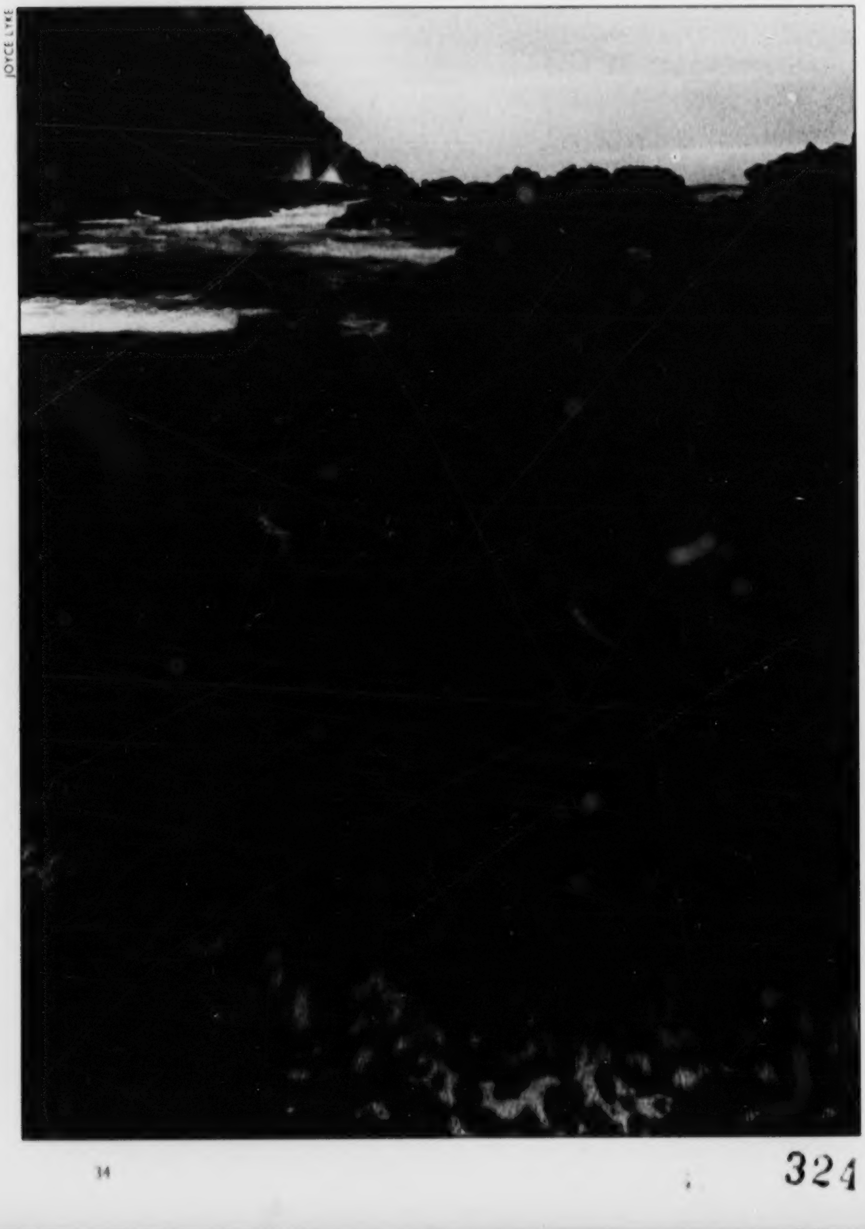
Playing the Edge

David Schiffman

In the early stages of growth, success seems to be its own reward. Excitement, vitality, and the willingness to face life boldly are often characteristics of those who are involved in new and successful ventures. To keep this spirit alive is not easy. The enormous pressure, the grinding routines, and demands of substantial involvement can dispirit even the healthiest people. To listen to one's heart and know what's real requires the courage to pause. In this willingness to stop and listen to the deeper self live the true resources that guide and protect us.

The purpose of this week is to create a mood of sanctuary for people who are in transition and facing major changes in career, relationship, or matters of the spirit; those in need of a break from demanding stressful responsibilities; individuals interested in breaking new ground in the areas of self-nurturance, intuitive functioning, and problem solving.

The process will be gently restorative, illuminating, and enlivening. The group intention will be to create a community based on trust and goodwill with emphasis on individual freedom. Traditional methods of self-inquiry (gestalt practice, bioenergetics, psychosynthesis) will be combined with innovative methods using music, meditation, poetry, and prayer to foster this spirit of living fully and comfortably. $740



JOYCE LYKE

Regenerative Architecture: Making Nature Visible through Design

Sim Van der Ryn

Is it possible to design environments — buildings, neighborhoods, cities — integrated into the beauty and function of living nature? How can nature and transformative processes — including human consciousness — serve as a model and analog for the design of human environments that, like nature, live off solar income, create no wastes, and provide biodiversity?

This workshop is for anyone interested in the principles of creating whole, healthy environments. The group will examine ways to weave basic natural processes and cycles — food and energy production, waste and water recycling— into the design of everyday life in homes, neighborhoods, and cities, thus reuniting production, consumption, and reuse in ways that inform and develop a new ecologically-based aesthetic. The instructor will illustrate with examples from his own architectural and sustainable design practice.

The Esalen environment will be used as a study site to examine design opportunities and our own awareness of environmental processes and the many possibilities for living in harmony with them. $740

Stepping into Your Body of Light

Julian Isaacs & Patricia Fields

"Lightbody activation" is a path that helps individuals work consciously with their own subtle energy systems, utilizing the healing and transformative powers of transpersonal energies to refine the energy centers of the body. Lightbody activation synthesizes many sources, including kundalini yoga, depth psychology, and the teachings of Aurobindo and Mother Mirra. These practices can catalyze the growth process, facilitating the release of old emotional and somatic patterns, thus extending the work of self-healing to all levels, from the physical body to the emotional, mental, and soul domains.

Participants will be shown how to differentiate among various energies and their applications, including the use of altered states of consciousness to unfold soul purpose, manifest reality, harmonize relationships, heal, and live in a more playful, joyful way, filled with grace. The workshop will include sound, music, movement, toning, meditation, imagery, dowsing, intuition training, group and individual process, psychokinesis training, energy exercises, discussion, and fun. It is particularly useful for mental health professionals and bodyworkers, as well as others seeking to utilize subtle energy practices for personal growth, as the skills presented can support both one's own as well as one's clients' process.

C.E. credit is available; see pages 60-61. $740

Weekend of September 23-25

Personality Balancing

Nathaniel & Devers Branden

In this workshop the leaders will conduct an experiential, participatory exploration of our basic subselves or subpersonalities, their role in our lives, and the means by which they can be integrated and brought into harmony. The focus will be on the child-self, the teenage-self, the opposite gender-self, and the mother- and father-self. This exploration is at the cutting edge of the Brandens' work in self-esteem.

Recommended reading: Branden, *The Six Pillars of Self-Esteem*. $380

Poetry Workshop: Writing New Poems

Sharon Olds

This is an intensive workshop for the writing of new poems in an atmosphere of encouragement and adventure. The focus will be on the new poems written during the weekend and where they can lead us. There will be individual conference times as well as group meetings. The goal will be to help each other bring forth something fresh and alive from deep inside. Beginners as well as experienced writers are encouraged to apply.

Sharon Olds teaches in the Graduate Creative Writing Program of New York University. She has been given a San Francisco Poetry Center Award, a National Book Critics' Circle Award, a Lamont Award from the Academy of American Poets, and grants from the NEA and the Guggenheim Foundation.

To apply, please send a letter with your name and address, and between three and five pages of your poems, typed (no dot-matrix, please). Do not include a SASE; applications will not be returned. Send them to Sharon Olds, c/o Esalen Institute, Big Sur CA, 93920. Your poems must be received no later than July 15, 1994. Participants will be notified of their acceptance into the workshop on August 1, 1994.

Recommended reading: Poetry by Sharon Olds: *Satan Says; The Dead and the Living; The Gold Cell;* and *The Father*. $380

Week of September 25-30

Gestalt Practice

Christine Stewart Price & Guest Leaders

For workshop description see August 5-7.

In this weeklong workshop, each participant will have the opportunity to do open seat work with the leaders.

C.E. credit is available; see pages 60-61. $740

The MAX: Stretching the Limits of Your Self-Expression

Paula Shaw

"The MAX" is an outrageous voyage through your own humanity — a journey to turn yourself inside out and explore the extent of your self-expressive power. It employs a variety of acting, observation, and communication methods designed to expand your limits "to the max" and move you into a new arena of personal creativity and self-expression.

Until recently offered only to Esalen's in-house community, "The MAX" is extremely challenging. Participants must commit to a rigorous exploration of the sources of their emotional limitations. Seminar hours will be longer than usual early in the week (and shorter later in the week). Participants will work individually in front of the room, playing to and with other members of the group. There will be exercises that use raw emotion, role-playing, and "dress-up" assignments.

This workshop is an opportunity to experience yourself in a way you may have dreamed about but never imagined possible. The game is risk, the premise: You're either daring or dead, and the most unsafe thing you can do in life is to play it safe. Clearly, this course is not for the faint of heart, but it is full of heart, humor, and irreverence, and is constructed with the understanding that this kind of risk-taking requires a very safe workspace.

"The MAX" is a thrilling celebration of who you are — light side, dark side, all of you. If your heart beats faster when you think of taking this workshop, then maybe it's just the thing to do. Come play!

Please note: Due to the intense and sequential nature of this workshop, attendance at all sessions is necessary.

Required: A 1-2 minute memorized piece — monologue, poem, passage, song, etc. $740

A Course in Miracles

Julian Silverman

A Course in Miracles is a curriculum for changing your mind so that you can enjoy life. Its basic premise is that the mind can learn to empower itself by learning to *extend* itself. According to the *Course*, "All confusion comes from not extending life."

In this workshop the vision of *A Course in Miracles* is set within a framework of three of its critical ideas. Each one is introduced with a quote which spotlights a basic human learning need:

1. "Instruction in perception is your greatest need."
2. "You do not know the meaning of love and that is your handicap."
3. "Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it."

Julian Silverman elaborates, "The first dovetails with my years of scientific research in the area of perception, in both the normal state and in altered states of consciousness. The second fits with my lifelong search for a conception of love which integrates the spiritual and the physical. The third enables me to draw on my more than twenty years of experience as a psychotherapist and supervisor of psychotherapists, and my abiding interest in spiritually-based self-examination."

The workshop uses a combination of conceptual and experiential learning methods.

Prerequisites: Own a copy of *A Course in Miracles*. Be interested in learning what's in it. $740

Five-Day Lomi Intensive

Kathryn Lydecker, Johanna Putnoi & Robert Sanoff

In the formative years of life, human beings learn to embody the beliefs and posture of their individual family system and the culture into which they are born. Many individuals unconsciously continue to shape their lives in reaction to these influences, often at the expense of their own creativity and vitality.

The aim of this workshop will be for participants to observe how they feel, think, and move themselves through life. By attending to bodily-felt experience, moment to moment, and by distinguishing between sensation and thinking, the path to reclaiming one's authentic self opens. Through this process of developing awareness, it is possible to make responsible choices in daily life and to live with integrity and gentleness.

This workshop provides an arena for developing mindful awareness and for unmasking habits that keep us from ourselves and hinder relationships. Lomi work includes meditation, movement, gestalt, aikido, and Reichian work. $740

Drawing the Mystic Light of Nature

Judith Cornell

Experience an initiation into the consciousness of Nature through meditative drawing and gentle nature walks. This workshop combines knowledge of integral yoga and shamanic art with esoteric skills of working with the subtle energies of plants. In the beautiful natural setting of Esalen Institute, participants will explore the gardens in a new way by working collaboratively with the flower and vegetable kingdoms to see and draw the inner light.

The workshop offers instruction in making a sacred connection to Nature by learning how to see and draw from an integral perspective. One's inner vision will be integrated with the outer physical perception of the colored lights reflecting from the surface of flowers and vegetables; this integration is then captured on paper as enchanted, luminous images. Innovative color theory will be given for blending rainbow-colored pencils tocreate radiant, vibrant works. There will be emphasis on understanding Nature as a living being.

The foundation of this workshop is a convergence of art, science, ecology, and spirituality, drawing from the Eastern yoga traditions rooted in the mystery of light, sound, and consciousness as the matrix of all existence. This workshop is a practicum in applied ecopsychology to reconcile the experience of Nature's consciousness with the scientific worldview.

This workshop is designed to accommodate those with or without previous art backgrounds or drawing skills. Participants should bring a notebook, a drawing board or smooth masonite board (approximately 18" x 18") with a large clip and rubber band to hold drawing paper, and a quality hand-held pencil sharpener. They may also bring any Berol PrismaColor drawing pencils they have.

Recommended reading: Cornell, *Drawing the Light from Within*. $740

(plus $30 materials fee paid directly to instructor)

Weekend of September 30-October 2

Big Sur Wilderness Experience

Steven Harper

For workshop description see August 21-26 $380

Self-Empowerment and Purification: The Farther Reaches of Gestalt

Julian Silverman

"We badly need a new orientation, a new perspective," wrote Fritz Perls. "We have graduated from the infants', 'I can't help myself,' to the adults', 'I can't help myself because. . . ' But psychology and psychiatry were never meant to be after-the-fact justifications for continuing neurotic behavior, behavior which does not permit the individual to live up to the maximum of his capacities."

In his autobiography, Perls speculated that a new form of psychotherapy would emerge and that it would entail some kind of cleansing or purification process. He was not clear, however, how it would work. In actuality, he had prepared the way quite well for the next form.

In this workshop the boundaries of the "next form" are defined and examined using both didactic and experiential sessions. Two interrelated processes are emphasized: the first, a purification process, has the purpose of "wiping the slate clean" of mental debris; the second has the purpose of identifying a personal center from which to act with power.

Introductory Workshop Principle #1: Take responsibility for every emotion, every movement you make, every thought you have.

Recommended reading: *A Course in Miracles*.

C.E. credit is available; see pages 60-61. $380

The Ten Great Questions of Life

Jacob Needleman

Philosophy is the art of pondering the great questions of life, questions which the mind alone cannot answer nor the heart cease asking: Why do we suffer? How should we live? What can we hope for?

This workshop will identify and develop the ten basic questions of life which, taken together, define the whole search for life's meaning. Participants will discover why it is essential to go on pondering these "questions of the heart" and will learn how great philosophers throughout the ages have responded to these questions.

An important aspect of the workshop will be to demonstrate that deeply felt philosophical inquiry can form the basis of a whole new dimension of friendship, mutual caring, and virtue. $380

Ethics in the Workplace: Living Your Values Without Losing Your Job

Sue McKibbin

Every day in the workplace, situations arise that intermingle the competing pressures of individual integrity, organizational interest, and the greater good. The modern workplace has become an ethical minefield — full of demands and questions for which there are few clear, black-and-white answers. Workers are continually expected to act in ways that put some people at a great advantage over others.

Finding one's way through these shades of gray is a formidable personal and professional challenge. This workshop will offer participants the insights and strategies they need to thrive in organizational settings without compromising their principles or sacrificing their careers.

Using guided imagery, group discussion, individual analysis, and teamwork, participants will reaffirm their deepest personal values, identify the ethical dilemmas they face at work, and discover ways to bridge the two. This exploration will help each individual connect with his or her own base of integrity and power to act from that place — both on and off the job.

C.E. credit is available; see pages 60-61. $380

The Nine Ways of Zhikr Ritual:℠ Ecstatic Movement

Michael Kramer & Martha Crawford

In both Sufism and Hasidic Judaism, repeating the name of God and the declaration of the Unity of God is a direct method for attaining liberated consciousness. *Zhikr* comes from the Sufi tradition and means "to repeat the name of God."

The Nine Ways of Zhikr Ritual is a powerful ceremony utilizing movement, breath, and voice in a ritualized manner in order to produce a state of ecstasy. Ecstasy in this context is that moment when consciousness becomes a single point without movement, while the Zhikr itself continues with the full force of its movement.

The Arica Zhikr is a one-hour ceremony comprised of nine distinct movements and mantras in which one repeats the name of God. Primarily the chant is "Toham Kum Rah," which is a name for the Divine Sparkle inside every human being. The ceremony is an exercise in deep and repetitive breathing that enables those who perform it to absorb with maximum effect the vital energy surrounding us. This exercise then allows an experience of a state of awakened consciousness.

Participants will learn the techniques and movements of the Zhikr on Friday night and Saturday. Sunday morning the group will perform the full ceremony and Zhikr ritual itself as the conclusion of this weekend together.

The Nine Ways of Zhikr Ritual℠ is a service mark of Arica Institute, Inc. $380

Week of October 2-7

The Art of Leadership: Excellence in Business, Management, and Communication

Bruce Gregory

For workshop description see July 1-5.

C.E. credit is available; see pages 60-61. $740

Meditation: An Alchemical Process of Integration

Robert Nadeau

Many people use meditation as a means of escape. Others have difficulty even getting started. For meditation to be truly effective, it must be integrated into every aspect of our lives — personal, professional, social, and athletic, as well as spiritual.

In today's high-tech, multifaceted world, we're faced with a myriad of daily challenges and opportunities, each calling forth different energies in our system. Often we resist these energies and find ourselves leading lives of angst and incompletion. Through meditation, we can directly experience and blend these various energies in an alchemical process of transforming common everyday material into gold, expanding our definition of ourselves and our experience of the world.

In this workshop, Robert Nadeau will combine meditation with functional centering, grounding, movement, and energy awareness in an alchemical process of integration. $740

Awakening Vision through Conscious Photography

Jeff Berner

Here was room enough for the imagination to work.
— Mark Twain

Whether you are starting out in photography or are an advanced beginner, explore nature, people, and wildlife through the "mirror with a memory." This workshop will show how to follow the path of photography as a meditation, a hobby, and an art. Without technical jargon, learn how to make your camera serve your personal vision.

Author of five books in the field, the leader will help discover each individual's talent and provide a continuous flow of "Aha!" experiences with an informal, spontaneous teaching style. Turn looking into really seeing — and snapshooting into fine photography.

Easy-going projects include: The Psychology of Lenses, The Selective Eye (Composition), Looking at Seeing, A Still Life is Still Life, Depth of Field, The Click that "Kills," Creative Accidents, Visual Meditation, and Uses of Color. There will be creative critiques of each participant's work. The group will shoot and talk by day, and show and tell by night. There will be nonstrenuous photo safaris, including a morning at Pfeiffer Beach. The final evening will feature a group celebration of the projected results in a multimedia show.

The workshop will emphasize the use of color slide film, so that participants can see their day's work projected on an eight-foot-wide screen each evening. What is taught can be fully applied to all future photography, both print and slide. Bring at least 5 rolls of 36-exposure Fujichrome and/or Ektachrome slide film, rated ISO 100 or 200, plus $8 per roll for overnight processing. Any working 35MM SLR camera will be adequate; recent Pentax, Minolta, Canon, and Nikon models are recommended.

You can call Jeff Berner to discuss the workshop at 707-878-2000, weekdays, 9AM to 3PM Pacific Time. $740

Trigger Point and Esalen Massage

Arthur Munyer & C.J. Bradbury

Trigger point, the movement of myofascial tissue through soft, deep contact with pressure points, and Esalen massage are methods of working with the body that can help the practitioner contact areas of tension, chronically troubled areas, toxins, and trauma from connective tissue. This workshop will combine these techniques, along with joint release, movement, and studies in anatomy.

This workshop is designed for bodyworkers, physicians, physical therapists, chiropractors, health care practitioners, and individuals with some massage experience who want to expand their hands-on skills and awareness. As such it will also address concerns of burnout, nurturing, creativity, and peer support for those who have chosen a demanding profession.

Arthur Munyer adds, " The human body is a rich source of information and intelligence. I've experienced, after 20 years of doing bodywork and trigger point, that being present and sensitive to the deep feelings of sadness and the unheard feelings of the inner child are the most important areas of my work."

C.E. credit is available; see pages 60-61. $740

Melting the Frozen Heart

Rachel Harris

The leader writes, "In order to survive and make our way in the world, we develop defense mechanisms, rigid patterns of thinking, feeling, and behaving. We deaden, dissociate, or sacrifice parts of ourselves during early childhood experiences, chronically stressful situations, or traumatic events. We then mistakenly assume we need to continue these limiting ways of being to maintain who we think we are.

"This workshop is about softening, melting, opening. We will create a safe opportunity to take a break from our self-creations and explore who we are underneath the personality structures we have worked to construct and maintain.

"An integrated approach using body awareness, breathing, creative expression, and dyadic exercises will be used with the intent of gently lifting off the layers covering our hearts and eyes. The opportunity is to stop being who we think we have to be and develop the process of who we might become. This workshop is for those who seek to become more objective about themselves and to increase their psychological freedom." $740

Weekend of October 7-9

Healing From Our Spiritual Roots On Up: A Christian-Jewish Dialogue

Rabbi Leah Novick &
Brother David Steindl-Rast

"If not now, when?"

Almost 50 percent of American Jews marrying in the 1980s wedded partners from Christian backgrounds. There is growing contact between churches and synagogues. In important areas of public life, Christians and Jews closely interact. It is increasingly important today to be open-minded toward the religious convictions of others. Has this situation led to a deeper understanding of the two spiritual traditions? Has it led to a progressive dilution of both?

Where does this Jewish-Christian encounter leave those who love one tradition and who try to understand the other? What about those who love both and yet search for something that goes beyond either?

With the thrill of discovering and sharing our spiritual inheritance, Rabbi Leah and Brother David will unpack rich treasures of tradition for participants in this workshop. They will honor questions from the group and offer opportunities for healing in a setting that nourishes trust and forgiveness. Through study, story, music, and ritual, the group will go down to the roots that unite Jews and Christians more deeply than history can divide them. The sap rising from these roots has the power to heal hearts. $380

Transpersonal Medicine

Jeanne Achterberg & Frank Lawlis

The concept of transpersonal medicine has been coined from two fields of study, transpersonal psychology and medicine. Transpersonal medicine is healing from beyond the self, and recognizes that there are many resources beyond what we consider our consensual reality. This definition honors the integration of many eras of health care, expanding to include the ancient practices of shamanic work as well as the contemporary frontiers of psychoneuroimmunology and imagery.

This workshop will present many of the doors to alternate realities and specific avenues for accessing the wisdoms that lie just beyond the boundaries of the limits of self. Altered states of consciousness, ritual, advanced imagery techniques, the experience of community through joy, and transcendence are the basic topics for presentation. The workshop is designed to be primarily experiential with clinical applications for dealing with physical and mental problems from a professional perspective.

C.E. credit is available; see pages 60-61. $380

Reinhabiting Your Body: An Experience in Authentic Movement

Tina Stromsted

"Authentic Movement" is a meditative form of dance influenced by the psychology of C.G. Jung. This workshop offers a structure within which natural movement can bloom and be nurtured, allowing individuals to discover ways to engage their creativity and make soulful self-contact.

The body is the mediator for all of life's experiences. Our bodies form our closest link to the unconscious, providing avenues for deep and lasting change. If we are locked into a muscular pattern held around a specific image, this can determine not only how we move but how we live. Uncovering images of the self that may have locked us into painful or dissatisfying ways of living can help us to heal wounds and find freedom of expression.

Through moving and witnessing in a safe space, participants in this workshop may explore their own inner dance as it unfolds. Body-related issues, unresolved developmental material, preverbal memories, and transpersonal experiences may emerge, leading toward integration and wholeness.

Designed for mental health professionals, educators, artists, and those interested in personal growth, this experiential process aids participants in bridging body and psyche through expressive movement.

C.E. credit is available; see pages 60-61. $380

The Future of the Self

Bruce Gregory

"In the future," writes Bruce Gregory, "the self will represent those resources aligned with the rhythms of nature, resources which reflect the natural cycles of the unconscious and the natural rhythms of learning. These rhythms will respect, appreciate, and honor the integration of the curiosity and joy of the child, the archetype of the hero, and the forces of nature — sun, wind, and water — which reflect the role of time."

This workshop will assist participants in recognizing and exploring the skills to address and disengage from the self-defeating patterns of the false self and the traumas of the past. Following this, participants will explore aligning with the principles of time, their own natural circadian rhythms, by contacting and developing a trusting relationship with the unconscious in order to access the resources of the core self. Adds the leader, "This alignment to the natural rhythm of time, without which we fight our own being, is the essence of healing."

The tools utilized to support the process include metaphor, gestalt, role-playing, and music; curiosity to engage the unconscious and the resources of the core self; and challenges to the patterns of the false self which facilitate a realignment with the natural rhythms of time. $380

Quantum Reality

Nick Herbert

More than fifty years ago Werner Heisenberg and his colleagues discovered a way of thinking about the physical world that has been immensely successful at dealing with natural phenomena at all scales from quark to big bang. Quantum theory, in the words of physicist Heinz Pagels, seems to be the universe's "cosmic code," the correct language, or a dialect of that language, in which nature can be fruitfully addressed by humans.

Participants will examine aspects of the physical world that have been rendered transparent by this new language as well as mysteries left unsolved, and explore possible applications of quantum thinking to other areas such as psychology and human relationships. Of particular interest is what quantum thinking might add to the issues of spontaneity, our perception of other people, and new models for human connectedness.

Recommended reading: Herbert, *Quantum Reality*; Pagels, *Cosmic Code*. $380

October 8-15

Heart of Big Sur: Wilderness Journey into the Santa Lucia Mountains

Little Bear Nason & Steven Harper

For workshop description see Wilderness Programs, page 58. $790

Week of October 9-14

Golf in the Kingdom: An Exploration of the Inner Game

Stephen Cohen, Fred Shoemaker & Brian Bergstrom

For workshop description see September 11-16 $740

(plus greens fees paid directly to the leader)

Focusing to Release Blocks to Action

Ann Weiser Cornell

Writer's block, procrastination, being a pack rat, the inability to get organized — all these are *action blocks*. Most people experience the pain of an action block at times; for some, the struggle dominates their lives.

This workshop teaches how to use Focusing, a gentle, powerful process of bodily attention, to release the dynamic that holds the action block in place. It presents a three-step process for communicating with your stuck places and allowing them to let go. This includes releasing the inner critic and learning how to listen nonjudgmentally to the action block. The goal is an action plan that you know you can carry forward because it feels right in your body, enabling you to move toward your goals more easily and confidently.

Based on research into successful psychotherapy, Focusing is a body-oriented technique shown to correlate with positive life change, enhanced self-esteem, and the experience of integration and wholeness. Those who aren't familiar with the Focusing process can begin to learn it and use it immediately. Those who are familiar with it can go even deeper. Helping professionals can learn powerful tools for working with clients. $740

Handwriting Patterns: Possibilities for Healing and Change

Vimala Rodgers

From birth we listen to teachers, parents, friends, and relatives, and we interpret what they say about us. We begin to believe that this is who we really are, and shape our personality accordingly. As a result, we create a belief system that often prevents us from utilizing our natural resources. All of this is clearly reflected in our handwriting, which child psychologist William Preyer calls "brain-writing." When we write, each stroke of the pen not only reveals our personality, it reinforces it. A resentful person cannot write like a compassionate person, and vice versa. The brain won't allow it.

Conventional handwriting analysis is the study and interpretation of writing patterns. This workshop in applied graphotherapy goes a step further and focuses on altering specific writing patterns as a means of restructuring and unlearning old beliefs and imprinting new ones that can expand our potential beyond what we imagine. Graphotherapy provides a powerful model of the mind and a set of behavioral tools that allow us to unlock some of the hidden mechanisms of our belief systems.

Participants will learn how to identify both limiting and expansive belief patterns in their writing, and will be given personalized stroke or letter changes that reinforce self-esteem and create the possibility of uncovering long-hidden talents and abilities.

Recommended reading: Rodgers, *Change Your Handwriting, Change Your Life*; Chopra, *Quantum Healing*.

C.E. credit is available; see pages 60-61. $740

Leela: No-Mind Teaching for Helping Professionals

Eli Jaxon-Bear

> *The personal entity which identifies its existence with life in the physical body and calls itself "I" is the ego. The physical body, which is inherently inert, has no ego sense. The Self, which is pure consciousness, has no ego sense. Between these two there mysteriously arises the ego sense, which is the "I" thought. This ego, or separate personal identity, is at the root of all suffering in life. Therefore it is to be destroyed by any means possible…This is Liberation or Enlightenment, or Self-Realization.*
>
> — Ramana Maharshi

Eli Jaxon-Bear writes, "*Leela* is a Sanskrit word meaning 'the divine play of Self.' The tools of hypnosis, the Enneagram of Character Fixation, and Neurolinguistic Programming (NLP) will be used in the context of awakening from the trance of personal suffering. While anyone can attend and benefit from this workshop, the format is set in a client-therapist relationship. The depth of the therapist's awakening will be the ground for the possibility of the client. The techniques of therapy will be presented in such a way that the therapist is led to direct realization of Truth — that the ego doesn't exist. In this way the structure of the trance of 'me' and 'mine' becomes obvious. Once the structure of egoic mind is known and experienced, the trance can be successfully modified, as in ego-strengthening, or finally ended.

"Almost all therapy aims at a healthy functioning ego. Yet it is this ego that is the root of suffering. If you have had enough ego-strengthening and are hungry for what is beyond ego, then you are ready for the possibility of living in what the Zen and Taoist traditions call 'no-mind' — the possibility of Leela is the end of suffering."

Recommended reading: Jaxon-Bear, *Wake Up and Roar*, and *Healing the Heart of Suffering*.

C.E. credit is available; see pages 60-61. $740

The Power of Voice

Arthur Samuel Joseph

This workshop introduces a method called Vocal Awareness, which includes vocalizing, sound meditation, movement, song study, and development of the speaking voice as a means for deepening contact with the self. Participants will work individually and in groups exploring breathing, toning, and a cappella and accompanied vocalizing with poetry, sonnets, and songs.

Vocal Awareness is an art form that addresses in precise ways how language affects the brain. It is now well-known in the field of psychoneuroimmunology that endorphins are released by the brain in response to verbal cues and visual imagery. Research also points to a strong correlation between language, breath, and psychophysical response. Knowing this, developing one's own language becomes a means for self-integration.

The aim of the workshop is to explore the voice as metaphor, to tap into issues of self-expression and self-esteem, and to have fun while developing vocal abilities. It is valuable for lay people and professionals alike, and is open to beginners through advanced.

Please note: Tape recorders are required.

C.E. credit is available; see pages 60-61. $740

Living with Intuitive Wisdom

Nancy Rosanoff & Judith Alexander

Intuition is a valuable resource that remains inaccessible to many people. This workshop will help participants to discover, develop, and trust their intuition, and to understand how emotional wounds have affected their capacity to access inner wisdom. Understanding the impact of difficult life experiences can assist in clarifying the specific and personal ways each individual connects to and disconnects from her/his intuition.

Intuitive knowing happens when physical and emotional feelings are trusted and validated. Distorted perceptions can cloud both what we feel and our ability to trust our intuitive experience. The workshop will provide opportunities for participants to connect with their intuition and discover what memories, experiences, and beliefs are preventing their inner knowing from translating into action. With the emotional support and safety provided in this workshop, intuitive wisdom will become more available to respond to a variety of life situations, such as decision-making, intimate relationships, and career and lifestyle choices.

Through guided imagery, writing, drawing, interactive exercises, group process, and personal sharing, participants can find their intuitive "muscle," build strong and healthy emotional connections, and integrate both to strengthen their intuitive wisdom. The workshop will provide ample opportunity for participants to practice using their intuition, thereby increasing confidence in their own particular intuitive style. $740

Weekend of October 14-16

Psychosynthesis: Personal and Transpersonal Growth

John Firman & Ann Russell

Psychosynthesis was born in 1910 when the Italian psychiatrist Roberto Assagioli became dissatisfied with psychoanalysis. Although Assagioli was a colleague of Freud and Jung and an early pioneer of psychoanalysis in Italy, he saw that psychoanalysis neglected the healthier and "higher" aspects of human nature.

A student of philosophical and spiritual traditions of both East and West, Assagioli sought instead an approach which would address not only psychological wounding and personal development, but, in addition, the "transpersonal" dimension — the dimension of inspired creativity, altruistic ideals, and peak experiences. Since that time, psychosynthesis has grown to become a compassionate and comprehensive psychology of the whole person, providing the practical means for examining one's life and for discovering how to grow more fully into one's true self.

This workshop will be an experiential overview of the theory and practice of psychosynthesis. It is an invitation to explore the heights and depths of human being, including subpersonality or "ego-state" work; object relations and family-of-origin issues; the superconscious and transpersonal self; and the experience of "vocation" or "call" in life. The intention is to gain a deeper feel for our unique psychological and spiritual journey, to get a sense for what our next steps on this journey might be, and, most essentially, to find a greater compassion for ourselves and others.

C.E. credit is available; see pages 60-61. $380

Rekindling the Spirit in Work

Howard Schecter & Barbara Lee

"Rekindling the Spirit in Work" is about reconnecting with yourself and the work you do. Through creative exercises and sharing with the group, you can gain clarity about your goals in work, the skills required to reach those goals, and a deeper awareness of your strengths. The process can help you to confront and dissolve major blocks to rewarding work and to integrate who you are with what you do. This process is far more effective than narrowly focused vocational perspectives. The emphasis is on the question "Who is working?" From an identification with our highest self, what we do can flow more easily and be a direct expression in the world of who we are inside.

This workshop is for people who are beginning new careers, in transition, dissatisfied, or simply bored with their work. Participants often come away with a sense of clarity and purpose, and seldom feel the need to make radical shifts in their job or profession. Rather, the subtle inner adjustments of identity, attitude, and perspective create greater job satisfaction and offer direction for taking the next steps in work.

C.E. credit is available; see pages 60-61. $380

The Clean Cut: The Art of Bokken

Erik Van Riswold

For the striking sword, there is no mind.
— Anonymous

For the true warrior, the sword is not intended to cut another but rather to cut away one's own demons: fear, anger, hesitation, doubt. The sword is a powerful tool for bringing together mind, body, and spirit through concentrated practice and clear intention.

Participants will use the Japanese wooden sword or bokken (bo'ken). They will practice balancing and centering through movement, and then learn to deliver clean, decisive, and loving strikes. Solo movements as well as partner practice will show how formal technique can lead to increased spontaneity and inspiration. Through noncompetitive and noncombative sword work/play, the participant can experience building, focusing, and extending energy. Sword "play" brings one into the present moment, leading to experiences which are enlivening, empowering, and fun. The sword "serves to sever the edge between before and after" (Takuan Soho, 17th century Zen monk).

This workshop is designed for people with little or no martial arts experience as well as those who would like to broaden their practice. The workshop will be active but not overly strenuous, with periods of gentle stretching and meditation throughout. Although this is a martial arts weapons class, it is based on the principles of aikido: peace, harmony, and concern for the welfare of others. All practice is done in the spirit of love, cooperation, and enjoyment.

Bokkens will be provided on loan, or for sale at $20. $380

The Awakened Mind: Brainwave Training

Anna Wise

Inside each person there lives a wealth of knowledge, capacities, and power rarely transmitted to the conscious mind. Brainwave training combined with meditation and biofeedback monitoring helps develop these deeper resources, allowing access to greater creativity, reduced stress, and a deeper awareness and understanding of the inner self.

By assessing the brainwave patterns of hundreds of people who function unusually well, C. Maxwell Cade of the Institute for Psychobiological Research in London began to see similarities in the patterns of optimal states of mind. Drawing upon Cade's work, Anna Wise has developed a training program to help access these optimum states.

Different methods of meditation, visualization, and psychophysiological relaxation affect our brainwaves in particular ways, as do specific acts such as tongue, eye, and body positions. In this workshop you will learn techniques for brainwave development and management, and begin to determine which methods of practice are best for your particular brainwave pattern. You will also address how you can use these optimum states once they are achieved for your own creativity, mental flexibility, self-healing, problem solving, and spiritual development. The Mind Mirror EEG will be used to demonstrate brainwave patterns, and each participant will be able to use an Electrical Skin Resistance Meter to measure the depth of arousal or relaxation of the nervous system.

C.E. credit is available; see pages 60-61. $380

The Dark Cabinet of the Heart

Kathleen Riordan Speeth

The weekend will be a contemplation of personal history. In rummaging through the crucial moments in one's emotional life, it is possible to discern and cherish genuine feelings. For whom and what have I honestly cared? Where have I invested my deep self? Every torso, whether it holds a man's or a woman's heart, contains a dark cabinet full of mysteries. Treasures from childhood, shards of lovesickness, cameos of joy, fading photographs, and melting grudges are tossed together in this cabinet with other bittersweet reminiscences too private to reveal — perhaps even to oneself — and, regrettably, with much that is counterfeit.

Using gestalt, structured interaction, journalizing, poetry, and music, the group will explore what life has been and what we hope it could be. No one will be pressured to disclose anything unless it is freely wished. The aim is self-understanding. The hope is skillful relating that reflects one's innermost truth. Stendahl, Rilke, Orage, and Schumann will guide and comfort us.

At the end of this time together, group members will have cleaned, polished, and ordered some of the contents of the heart's dark cabinet and will conceivably be a little abler to love with authenticity and good humor — and pleasure. $380

Week of October 16-21

Big Sur Wilderness Experience

Steven Harper

For workshop description see August 21-26. $740

Self-Hypnosis: Methods, Practice, and New Learning with Brainwave Feedback

Marc Lehrer & Guest Leaders

Participants in this workshop will learn a wide variety of approaches to self-hypnosis, which they can perfect and modify to suit their particular needs. The sessions will include the teaching and practice of methods, group trance experiences, demonstrations, and discussions about applying the learning to everyday situations and problem areas. Special emphasis will be given to issues of stress management applications for executives, habit control (such as smoking and weight control), perfecting performance skills, improving self-image, dream programming, and pain reduction and pleasure enhancement.

Participants will have an opportunity to use the most recent computerized biofeedback brainwave monitoring equipment, which can objectively measure depth of trance and style of hypnotic experiencing. The leaders will also share information on ways to teach self-hypnosis classes and create self-hypnosis tapes.

Meetings will be in the mornings and evenings with afternoons free. Marc Lehrer will teach some of the sessions and will select experienced hypnosis teachers to teach their favorite methods in other sessions.

C.E. credit is available; see pages 60-61. $740

Intuition, Perception, and Altered States of Consciousness: Extending the Boundaries of Human Experience

Keith Harary & Darlene Moore

Most of us have had experiences in which we appeared to be aware of information that was not immediately available to our five familiar senses. Such experiences usually emerge spontaneously and can range from simple hunches, to feeling in touch with a loved one at a distance, to premonitions in which we seem to be inexplicably aware of impending events. Labeling such experiences "psychic" does not explain them, but makes this fundamentally normal aspect of human awareness appear to be some sort of occult or supernatural process. Yet such experiences most likely emerge out of a deep interconnectedness between consciousness and the physical world that is entirely natural. They are part of a broad continuum of altered states, transpersonal and other experiences that allow us to transcend the boundary between conscious, waking reality and the innermost self.

Specific techniques of extended perception will be taught in order to allow this capacity to become a consciously available resource in your everyday life, rather than a strictly spontaneous phenomenon. Starting with the basics of learning how to manage mental impressions, participants will practice separating their most relevant feelings and images from various forms of "mental noise" in a variety of extended perception scenarios. A more advanced technique that involves using your own "mental noise" to help guide your intuition will also be taught so you can develop your own inner language for processing intuitive information. Additional exercises will focus on exploring specific techniques for inducing lucid dreams and out-of-body experiences, and for consciously connect-ing with the broader transpersonal continuum that lies just beyond the threshold of ordinary awareness.

C.E. credit is available; see pages 60-61. $740

Pilobolus Technique: Choreographic Creation

Jonathan Wolken

Since its first appearance, Pilobolus Dance Theatre has been a pioneer in American contemporary dance, creating its own unique method of choreography. This workshop is based on Pilobolus's evolving understanding of technique as a creative collaborative process. Dance is approached not as an inflexible physical regime but as an expressive medium for people of all ages, backgrounds, and levels of experience.

Taught by Pilobolus founder Jonathan Wolken, this workshop will focus on the choreographic process that makes movement the powerful means of expression it truly is. The group will investigate the lively mixture of form and flow, abstraction and theatricality, strength, force, and balance that define the realm of dance.

Participants will explore a wide variety of movement through improvisation and will choreograph a number of short dances. It will be an opportunity to indulge in the incredible panorama of human motion.

Extensive dance training is not necessary, although a reasonable degree of fitness is advised. Participants should be willing to be physically energetic and enthusiastic. $740

October 21-28

Cortical Reeducation® and the Feldenkrais Method®

Harriet Goslins & Patti (Lawrence) White

The habitual way a person sits, stands, or moves reflects patterns that are "wired in" to the nervous system. This information can be erased or changed. By reeducating the brain-muscle connection, restrictions in movement are freed, freeing also the lifetime habits that have organized around that movement.

This work is a relearning of the ease and fluidity that was taken for granted as a child and lost somewhere along the way. Physical injury, emotional trauma, or ongoing stress all evoke a protective response from the body. These patterns, necessary at the time, remain when no longer needed, outside of awareness, and continue to cause discomfort and unnecessary limitations. Freeing them results in relief of chronic pain or tightness, a more restful sleep, and a higher energy level. By changing muscular holding patterns, the entire protective posture is altered, deeply affecting the body's habitual defense system. Thus, new movement possibilities mean new self-image possibilities.

Fears and anxieties have corresponding muscular habits. Verbal information, no matter how brilliant, or spiritual practice that fails to extinguish these muscular habits may fail to totally eliminate the toxic behavior.

This workshop is for those who are physically active and fit and want to increase their skills while learning to reduce risk or injury; for the sedentary or those dealing with after-effects of injuries; for the athlete, the dancer, and those who "live in their heads;" for individuals who feel chronically tired and stressed and want to learn how to take better care of their neck, shoulders, and back; and for those who want to improve their posture and breathing and live with more flexibility and comfort.

C.E. credit is available; see pages 60-61. $1110

Weekend of October 21-23

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see July 29-31. $380

Ritual: Finding Our Way Home

Malidoma Patrice Somé &
Brother David Steindl-Rast

Everyone longs to belong. Yet in the cold society we have created we live as aliens. Vital relationships freeze into alienation. We have somehow lost our way home, and in our exile we have even forgotten what we mean by home. Alienation debilitates our relationships, our self-understanding, and our orientation with an ultimate horizon.

Ritual provides the resourceful means by which earlier and healthier cultures found their way home to community, wholeness, empowerment, and ultimate belonging. Even here and now in our disenchanted world it is still possible to revive our instinct for ritual. It is this innate power of the soul which Malidoma Patrice Somé and Brother David Steindl-Rast will explore with participants in this workshop.

Malidoma is at home in the ritual world of his Dagara ancestors of Burkina Faso, West Africa; Bother David, a Benedictine, is at home in the ritual world of his ancient monastic tradition. They will bring these two worlds face-to-face with each other and with our world of disenchantment. Presentations, interactions, and group activities will have one goal: to awaken that dormant sense for ritual which is the healing instinct of the soul, the homing instinct of the human heart.

Recommended reading: Somé, *Ritual: Power, Healing, and Community* and *Of Water and the Spirit*; Steindl-Rast and Aitken, *The Ground We Share*. $380

Psychoneuroimmunology and Its Implications

George Solomon & Margaret Kemeny

The rapidly developing field of psychoneuroimmunology (PNI) is concerned with the nature of complex interactions between the central nervous system and the immune system. The central nervous system mediates stress effects, coping, emotions, and other psychological processes that, by way of the immune system, affect the onset and course of many diseases.

The leaders will present a didactic and interactive workshop which will describe the immune system, how it works, and how it is regulated. They will discuss human and animal research on the effects of stress and other experiential factors on immunity and on immunologically-resisted and -mediated disease, including bacterial and viral infections, cancer, autoimmune disease, allergies, and AIDS. The as yet poorly researched area of interventions, including psychotherapy, on immunity and disease will be discussed. Some of the possible mechanisms underlying traditional and alternative healing systems and placebo effects will be explored.

Whether health or mental health practitioners concerned with the clinical relevance of PNI, or individuals who are concerned with maintaining or improving their own health, participants will be encouraged to set goals for their particular health needs.

C.E. credit is available; see pages 60-61. $380

A Weekend with David Schiffman

To make effective, creative choices, you need courage, imagination, and the willingness to know your heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set — the choice to move against the powerful grain of old fears, habits, and constant pressure of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of our natures, befriending rather than suppressing or denying the sexuality and power out of which initiative and enthusiasm spring.

During this week we will focus on how to develop a more adventurous, resourceful, and buoyant way of living. In an atmosphere based on warmth and humor, we will explore our capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as nontraditional innovative approaches in bodywork, kinesthetic retraining, music, and guided imagery. $380

Week of October 23-28

Healing the Heart

Julie Bowden & Richard Balaban

This five-day workshop will be a journey into the vulnerable, tender part of the self that carries childhood traumas. Experiencing and integrating the pain from our past allows us to live more fully in relationship to ourselves and others, and helps us to acknowledge and nurture our inner voice. Enhancing intimacy and relationship skills is an important part of this work. Issues specific to both men and women will be explored.

We welcome adult children of alcoholic and dysfunctional families, people with a history of unfulfilling relationships, recovering alcoholics and addicts, codependents, and treatment providers. Participants are asked to forego alcohol and other mood-altering, nonprescription drugs for these five days. This will help create an atmosphere of safety, care, and respect for core issues to emerge, an environment to facilitate transformation.

If there is unresolved pain from your past or relationship issues in your present, this workshop is designed for you. $740

The Way of The Orisa

Philip John Neimark & Vassa Neimark

For 8,000 years the magical energy of the Orisa (Nature) has provided followers with practical instructions for improving both their spiritual and temporal lives. Recently this ancient African philosophy has made its way to the Western world with its universal message of the inherent partnership between the spiritual and practical aspects of our lives.

While monotheistic, Orisa worship is based upon our intimate relationship with nature and the energies therein. Although chiefly human, we embody small quantities of the same energies that exist in our larger body, the universe. Within each of us live the tree, the lion, the bird, the rock, and so on, and through the rituals of Orisa we can learn to connect our tiny amount of energy with the overwhelming energy offered by its counterpart in nature. In so doing we can make dra-

JOYCE LYKE

matic changes in our everyday lives. By focusing the energy of the Orisa we can address such issues as finding the right companion, improving health, and opening to opportunities we were unaware of. Indeed, Orisa teaches that, except for the day we are born and the day we are supposed to die, there is no event which cannot be forecast and, when necessary, changed.

Participants will learn about the different Orisa and their characteristics, including: Osun — Orisa of love, money, conception, and sweet waters; Obatala — Orisa of the head, skeleton, justice, and clarity; Yemonja-Olukun, Orisa of motherhood, nurturing, wealth and contentment; plus many others from the ancient Yoruba pantheon of energy. Group members will discover which Orisa "crowns their heads" and what that means in their lives. The workshop will teach the history, rituals, and ways of using the energy of the Orisa in daily life. $740

Self-Esteem through Endarkenment: Gain with No Pain

Will Schutz

The technology developed by Will Schutz in his "Endarkenment" workshops will be used for the first time in a specific area — self-esteem. One of the goals of the workshop will be to challenge the philosophy, "No pain — no gain."

By expressing the parts of yourself that you like least — those that reduce your self-esteem — it is possible to grow a great deal watching yourself playing your games. By exaggerating these parts, analyzing them, even teaching the other workshop members how to do them really well, new and more effective patterns can emerge. And this can happen without pain. It can be done with joy and excitement. From this viewpoint, participants will work in-depth on self-esteem.

Pre-homework: Practice your defenses — denier, critic, victim, helper, demander, intellectualizer, etc. Come prepared to demonstrate how a real pro performs them! $740

Proprioceptive Writing: Demystifying the Creative Process

Linda Trichter-Metcalf & Tobin Simon

"Proprioception" is a physiological term for kinesthetic sensation — feelings that originate in the body's interior. Proprioceptive Writing is a method through which inner intelligence is stimulated: meaning is approached through feeling. The originators of this method will lead participants in an experiential exploration of a simple yet richly subtle method of writing that demystifies the initial stages of the creative process.

Proprioceptive Writing is practiced to music in 25-minute sessions under stress-free conditions, either in groups or alone. This method takes the emphasis off writing and focuses on the experience of inner hearing, activating the auditory imagination — the key to emotion and the path toward feeling. Once participants relax into a listening stance, their psychological space expands and they can begin to speak through their writing with simplicity and strength. Writing becomes textured as well as cathartic. Because this process releases the writer from the painful pressure to produce form, it feels fluent, like meaning in motion. It lets you enter your own mind and forget the world.

This workshop is valuable for people who are seeking a form of written expression, a creative ritual, or a meditative discipline, and also for those who desire increased focus and personal meaning in their lives. $740

Weekend of October 28-30

Weekend Massage Intensive

Vicki Topp & Roger Grandy

For workshop description see August 19-21.

C.E. credit is available; see pages 60-61. $380

The Eastern Path to Long-Term Fulfillment

George Leonard

We've tried them all — the fast weight-loss diets, the shortcuts to enlightenment, the "ten easy steps" to wealth, wisdom, and a perfect sex life. One by one, we've seen the shortcuts fail, leaving us empty and disillusioned. At the same time, we've witnessed our entire nation brought close to bankruptcy by this same short-term thinking.

Now, at last, the news is in: The quick fix doesn't work. Long-term fulfillment takes long-term dedication. Success eventually comes not from obsessively pursuing short-term goals, but from living fully in the present and dedicating yourself to a never ending path of mastery. At best, you follow this path not so much for hope of achievement as *for its own sake*, because it represents the best of who you are. And that, paradoxically, is what often produces the highest achievement.

This workshop combines ancient Eastern wisdom with recent Western research to map a journey of self-development that is revolutionary for these times. Through lecture, discussion, and simple movement exercises inspired by the Japanese art of aikido, participants will be introduced to the basic mastery principles that apply to all non-trivial skills, whether one seeks to play tennis or play the

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piano, to become a physician or a salesman, to improve a career or a relationship. Here is a journey that offers the delicious feeling of moment-by-moment satisfaction transcending material gain, along with the possibility of achieving great things without diminishing others, creating harmony where once there was discord.

Recommended reading: Leonard, *Mastery* and *The Silent Pulse*. $380

Dream Teachings

Joyce Frazee

Everyone dreams. If you've ever wondered about your dreams, or forgotten your dreams because they seem so real you're sure you'll remember, or only remembered your nightmares, this workshop is for you.

Dreams are candid. They are like a wonderful friend whose love allows you to look in places you fear. This friend will never desert you, will show you strengths you don't know you already have, and will teach you how to return to the freedom of your true self.

In this workshop, group members will tell their dreams and draw dream mandalas. No drawing skill is necessary, as participants will be drawing like children and dreamers with the hand not used for writing.

There will also be meditation periods, gestalt, dance, and Senoi dream work, as well as exercises in dream recall and dream body awareness. $380

The Art and Craft of Screenplay

Lewis John Carlino

This work will be an exploration into the form of the screenplay. It will examine questions of story, plot, character, theme, and images, with particular emphasis on what constitutes a *dramatic action* and the pitfalls encountered in building sound film structure.

The group will investigate the seeds of creativity, its blocks, and what can and cannot be taught about screenwriting. Participants will write their own short motion picture scenarios which will then be analyzed by the group.

Lewis John Carlino is a screenwriter, playwright, and director. Among his films are *The Great Santini*, *Resurrection*, *I Never Promised You a Rose Garden*, and *The Sailor Who Fell from Grace with the Sea*.

Recommended reading: Aristotle, *Poetics*; Froug, *The Screenwriter Looks at the Screenwriter*; and Goldman, *Adventures in the Screen Trade*. $380

Somewhere Between Freedom, Security, and Social Responsibility

Phyllis Shankman

Life in the '90s is turning out be a challenging and complicated experience for many of us. Our ongoing desire for the freedom to be the best that we can be is at times in conflict both with our need for security and stability and with our social consciousness. In striving for personal fulfillment and material well-being as well as community and planetary betterment, we continue to be challenged to examine our most basic beliefs, values, and commitments — to ourselves, to our families and friends, to our local and world community.

In this weekend workshop participants will explore as a group what their personal commitments and struggles are as far as developing as healthy, free, vital individuals who desire to meet the challenges of the times. Group activities will include discussion, gestalt awareness exercises, and creative activities which will enhance the ability to share our deepest longings and concerns. $380

Week of October 30-November 4

Couples Workshop

Jack Rosenberg & Beverly Kitaen Morse

Most couples are reluctant to seek help in their relationships. Instead they wait, hoping that the relationship will improve. If couples approached medical help the same way they approach marriage counseling, many of them would visit the doctor when they ought to be lining up at the mortician.

Designed on a preventive model, this workshop will deal with the underlying structures and defenses in relationships before they surface as terminal problems. It will also examine attitudes and beliefs about sexuality and how to make sex better.

Recommended reading: Rosenberg, *Total Orgasm* and *Body, Self, and Soul: Sustaining Integration*. $740

Movement and Touch

Randy Cherner

Out beyond ideas of wrongdoing and rightdoing, there is a field. I'll meet you there. — Rumi

"Life is movement," writes Randy Cherner, "and movement is the essence of what it means to be alive. The more we are able to refine our sensitivity to movement and attend to how we move, the more we experience the deeper dimensions of both our physical and spiritual life. This is true whether attending to very subtle and refined movements or everyday movements like getting in and out of a car. The development of one's palpation and movement skills are interwoven with the development of one's awareness, perception, and intuition.

"Life is ever changing; impermanence underlies our very existence. Aikido, Feldenkrais, and cranial work will guide our explorations into the domain of ever-changing life." $740

Stone Age Solutions: Healing Practices of our Ancient Ancestors

Jed Diamond

Our human ancestors have been on earth for some two million years. For over 99 percent of this period, they have lived as gatherer-hunters. Only in the last 10,000 years have humans begun to domesticate plants and animals, accumulate possessions, live in cities, and regard nature as their own private larder.

Although it has long been fashionable to describe it so, the Stone Age world of hunter-gatherers was not a vale of constant demonic threat and untold fears. In fact our ancestors developed a successful and healthy adaptation to the earth in which they perceived themselves an equal part of nature. At a time when so many people are unhappy and unhealthy and our planetary home is in danger of destruction, the call to reconnect with ancient healing ways is strong.

In this workshop participants will use the four healing salves of storytelling, singing, dancing, and silence. The workshop teaches why gatherer-hunters were called the "original affluent society" and how we can use this knowledge to work less and enjoy life more fully. Participants will explore ancient knowledge that taught the essence of what it meant to be a man or a woman. The workshop will unearth the traditions that united humans with the world of plants and animals and teach participants the ancient art of animal tracking.

Some say that we can't go home again. This workshop is based on the premise that we cannot go back to what we have never left.

C.E. credit is available; see pages 60-61. $740

Courage

Joyce Frazee

In the mouth of the dragon there are many jewels. — Buddhist proverb

For some of us it takes courage just to live our daily lives. Every day we awaken to face the demons in our lives — demons that come in many forms: perfectionism, guilt, avoidance, shame, despair, failure. Time passes and we become skillful at living despite the constant awareness that these demons are preventing us from experiencing the fullness of life. Their existence drains our energy and limits our joy and freedom. But getting close to them, allowing ourselves to confront them, is very difficult to do.

This week will give us an opportunity to find the courage to face our demons. Participants will be encouraged to look at the things in their lives that are difficult to face and will be given support to help recognize and confront them. This will be done through gestalt practice, dream work, and bioenergetics. Drawing, dance, and meditation may also be used to recover the jewels from the dragon. $740

Finding Your Way with Expressive Play: Awakening the Creative Spirit

Richard Balaban & Joseph Zinker

Open your senses and heart to what touches your joy, sadness, and humor. Spin the tale of your life, trusting it to be compelling. Write what jumps into your pen as it slides across the page. Draw yourself as you are and as you dream. Choreograph your feelings and experiences in the vibrant present. Discover what moves your spirit and nurtures your development.

In a safe and supportive setting, participants will have an opportunity to learn about themselves through structured exercises, as well as individual and group process. With an emphasis on sharing humanness, the group will tell stories, write, play, draw, and move in ways uniquely evocative of who we are and who we yearn to become.

Bring yourself as creator of your life and as your primary work of art. Bring your hopes, fantasies, and your creations, complete or in progress. Bring your imagination, writing, musical instruments, artwork, and materials.

Please note: Artistic ability is totally irrelevant: no experience is necessary.

Recommended reading: Zinker, *Creative Process in Gestalt Therapy* and Hutt, *Psychosynthesis: Vital Therapy.* $740

Weekend of November 4-6

Introduction to Gestalt Practice

Christine Stewart Price

For workshop description see August 5-7. $380

Surviving Success — Achieving Fulfillment

Joseph Chilton Pearce & George Jaidar

For some people, success in a chosen field, be it business, arts, science, crafts, or homemaking, reveals personal strengths as well as the limits of that success. Such individuals may long for a more fulfilling challenge but continue the same dull round by default. Others fall for that midlife deception, a "change of profession, mate, or habitat," which only cloaks the old in new dress.

Participants in this workshop will focus on a unique alternative: a potential second phase of maturation, innate but long misunderstood and neglected. "This lifelong adventure," write the leaders, "leads to a quiet power and dominion beyond all enculturated and biological constraints." The physical, psychological, and spiritual aspects of this will be discussed, as well as a simple approach to its unfolding.

In this workshop, Joseph Chilton Pearce, author of six books centered on higher stages of development, joins George Jaidar, whose recent book explores emergent human nature and consciousness in the post-religious era.

Recommended reading: Pearce, *Evolution's End,* and Jaidar, *The Soul: An Owner's Manual.* $380

Ryukido: Movement from the Martial Arts

Yoshi Sakuyama

Ki, the vital energy that flows through the body, has been cherished by martial artists because it gives them the courage to conquer fear. They have devised special breathing practices and physical movements to enhance their ki energy. Yoshi Sakuyama, a sixth degree black belt and movement artist from Japan, will introduce Ryukido, which is a total movement training system extracted from the foundations of martial arts. These powerful yet simple movements amplify ki flow and refine one's actions.

Participants will be guided into awareness of bodily sensations through various practices such as basic movements (to feel and move from the body's center), pair work, breath, and Kiatsu massage. The fluid, dancelike movements are fun to practice, and the teaching can be applied to everyday life. $380

Art and Physics: Parallel Visions in Space, Time, and Light

Leonard Shlain

The root of the word "physics" means nature. Both artists and physicists are engaged in an ongoing attempt to describe nature's reality. The artist uses chiefly image and metaphor; the physicist, number and equation. This seminar will explore the connections between the conceptual ideas inherent in revolutionary art movements and the visionary breakthroughs that have occurred in physics.

Throughout history, but particularly in the modern era, the artist *sees* the world in a new way. Later, the physicist discovers a new way to *think* about the world. When these two viewpoints are superimposed on each other, their images and insights are seen to have an uncanny similarity. In this seminar, Leonard Shlain will propose that they are but two different aspects of the same reality.

Through slide show and discussion, the workshop will explore the changing view of three basic concepts — space, time, and light — in various periods of art, science, and culture. From there, attention will turn to a theory of consciousness which posits the split-brain model in the individual as the source of the art/science division in the general culture. Emphasis will be on the need to combine the two hemispheric viewpoints.

There will be no equations and one need not have a background in either art or physics to enjoy this workshop. The only prerequisites are a sense of wonder, an open mind, and an innate curiosity. $380

Conscious Health: A Model for Ultimate Aliveness

Richard Helfant & Robert Corff

Thoughts in your mind have made you what you are and thoughts in your mind will make you what you become. — Ponder

Here is a new approach that makes the possibility of a healthier, more empowering life available to everyone. The Conscious Health Communication (CHC) model provides the tools to reenergize your sense of self, your body, your stress coping skills, and your preparation for a healthier future.

Health can be defined as the full, free flow of vital life energy throughout the mind and body. This energy is affected by one's internal and external communication. An unacknowledged inner voice can exist which controls the forces for health and vitality, or sickness and fatigue. This inner voice often contains strong beliefs and attitudes about your body's well-being. The body may respond to these messages with either enhanced energy and vigor or by constricting, shutting down, and blocking off.

This workshop will provide an exploration of your own CHC. Through simple exercises, participants can reawaken a healthy flow of energy throughout their internal and external worlds. Experiential practices will be used to help restore a sense of power, vigor, and control over the body/mind, and unlock the ability to achieve a higher level of ultimate aliveness.

C.E. credit is available; see pages 60-61. $380

Week of November 6-11

Gestalt Practice

Christine Stewart Price & Guest Leaders

For workshop description see August 5-7.

In this weeklong workshop, each participant will have the opportunity to do open seat work with the leaders.

C.E. credit is available; see pages 60-61. $740

ISHTA: The Yoga of Empowerment

Rod Stryker

Each of us is like a star in the universe — filled with potential and reaching for fulfillment. To realize our ultimate destiny we must develop an understanding of who we are and what our hearts truly desire. The practice of ISHTA (Integrated Science of Hatha and Tantric Arts) yoga sensitizes us to our natural physical, intellectual, energetic, and spiritual gifts and empowers us to utilize these gifts in our daily life.

This workshop will include daily yoga routines to strengthen and purify the body, breathing practices for rejuvenation and healing, and meditation (including yogic visualization practices) to still the mind and deepen the experience of the self. The course will also include open discussion and some theory to personalize the practices, and will employ the power and majesty of the Esalen surroundings to feed the journey toward wholeness and integration.

Previous yoga experience is recommended, but not necessary. For further information please contact: Yoga Works, 1426 Montana Ave., Santa Monica, CA 90230; 310-393-5150. $740

Dancing with the Shadow

Jeremiah Abrams & Linda Piscitelli

One does not become enlightened by imagining figures of light, but by making the darkness conscious. — C.G. Jung

The shadow is the thing a person has no wish to be. Shadow-work leads us back to our buried potential, to the treasure house wherein lies what we have rejected out of shame, out of fear, out of ignorance, or for lack of love. Realizing the shadow can heal the split between our conscious self-concept and all else we are or might be, enabling us to live more and more in the present and to embody an expanded, compassionate awareness. Whatever we can make conscious, we have power over; but what remains unconscious has the power to do us in.

This five-day workshop, primarily experiential, unites two complementary approaches to the shadow: the soul-centered view of Jungian archetypal psychology, concerned with the unique transformative path that each soul must follow, and the expressive work known as Integrative Breathwork.

At the core of the workshop is the activating process of Integrative Breathwork. In a setting of safety and compassion, participants will journey inward, allowing images to emerge and then process and integrate the experience through the evolving group dialogue, dreamwork, and bioenergetics.

There will be a ritual celebration at midpoint in the week — a Shadow Dance — so come prepared with costume and full shadow regalia. If you are feeling stuck or just feel like it's time to take the next step in your spiritual journey, this may be what you are seeking.

Please note: All participants attending this workshop must first make application to the Mt. Vision Institute to enroll. Please call 415-332-8411. This workshop is not appropriate for people with chronic physical or mental conditions.

Recommended reading: Abrams, *The Shadow in America*, and Abrams & Zweig, *Meeting the Shadow*. $740

Natural Genius: An Authenticity of Being

Elisa Lodge

Natural genius is a powerful creative force that arises when a deep sense of self-worth and trust is felt, and reflects a wholehearted acceptance of the many facets of our being. We are all geniuses in wonderful and mysterious ways that lie undiscovered within us.

Participants will have an opportunity to explore self-defeating patterns and beliefs that inhibit natural genius and learn practical tools to unleash untapped energy, passion, and creativity.

Individual and group exercises will be used, including a whole-body thinking process to balance right and left brain, stimulate intuition, and support more spontaneous "feeling" aspects of our thinking. By freeing and integrating breath, sound, feelings, energy, and movement as the nonverbal expression of our aliveness, participants can contrast the difference between self-imprisonment and inner freedom, pretense and presence, acting and being.

As we regain the power to dance our unique dance, as we voice the wisdom buried in our bones, we open to the heart of our personal power. $740

Weekend of November 11-13

Introduction to Vipassana Meditation

James Baraz

Vipassana (Insight) meditation is the practice described by the Buddha for developing wisdom, compassion, and peace. Vipassana, "to see things clearly," means being mindful of what is actually happening in the present moment. Using the breath, body sensations, thought, and emotions as objects of attention, we can learn to be fully awake and bring a balanced awareness to all aspects of our lives.

Through vipassana meditation we experience the nature of reality as continuous change. When we see that all phenomena are impermanent, we can begin to let go of clinging to the pleasant or avoiding the unpleasant. We are then more capable of meeting each situation with spontaneity, fearlessness, and love. Meditation also teaches us to see in each moment the interconnectedness of all things. Our hearts open to a natural expression of compassion and kindness.

Participants will be introduced to this method of meditation practice and the principles on which it is based. There will be periods of

silent sitting and walking meditation, as well as discussion. As attention is brought to all activities at Esalen, individuals will continue to develop mindfulness through the weekend. This will provide a foundation for applying vipassana practice to everyday life.

C.E. credit is available; see pages 60-61. $380

Soul: From Socrates to Ray Charles

Phil Cousineau & David Darling

It is eternity in a person that turns the crank handle. — Franz Kafka

From Australian aborigines to Parisian bohemian artists, Borneo headhunters to Manhattan psychologists, people everywhere have been fascinated with the uncanny life force, the soul. This workshop will explore the mysteries of *soul* as the *depth* dimension, taking themes from Phil Cousineau's new book *Soul: Readings from Socrates to Ray Charles*. They include a cross-cultural look at Soul Origin stories, Eros and Psyche, Soul Crisis, Soul Work, World Soul, and Soul and Destiny. The discussions will range from ancient world myths to poetry, literature, and philosophy, accompanied by David Darling's soulful cello and improvisational music exercises. The workshop will also use film clips from *The Man Who Fell to Earth* and *The Unbearable Lightness of Being*, and documentary films on ecological design, sacred sites, the psychology of Carl Jung, and the lives of Ray Charles and Georgia O'Keefe. The focus will be on how to ensoul everyday life in our troubled times and places. $380

Sensory Awareness

Charlotte Selver

Some seventy years ago Charlotte Selver's teacher, Elsa Gindler, began exploring the natural potential of the human being. The work that evolved was an approach through a disciplined practice, involving the person as total organism. Gindler's innovative methods very often unearthed, liberated, and cultivated abilities and sensitivities which her students had never been conscious of possessing.

To "awaken" means that one's energies — neuromuscular and perceptive — become altered, leading to greater movability, both psychologically and physically, and to a fuller use of the senses and intuitive powers. In order for this to occur, a deeper peace is needed so that sensations become clearer, and rigidities, pressures, and preconceptions can gradually dissolve. In becoming "tuned in" by another person, or by a task or given situation, powers arise and come into play which correspond exactly to the demands of the occasion. This calls for permissiveness, subtle reactiveness, and openness to the moment.

With the cultivation of these functions, our lives can unfold in a far richer and more responsive way than what we are used to. We can restore the delight of ever-new experiencing which was our birthright in childhood, but lost in the course of our education into adulthood.

Recommended reading: Brooks, *Sensory Awareness*. $380

Focusing: When Your Clients Feel Too Much or Too Little

A workshop for professional development

Ann Weiser Cornell

When working with clients doesn't seem to be getting anywhere, it could be that the client is feeling too much — or too little. Positive change requires a right relationship with emotional experience, not too close ("I feel overwhelmed") or too distant ("I feel nothing").

Using Focusing, a gentle, powerful process of bodily attention, this workshop for professionals presents simple, practical skills (combinable with other methods) for helping clients find the right relationship with inner experience. It teaches how to help clients easily overwhelmed by or scared of their own emotionality to feel safe and comfortable being with feelings. The workshop teaches how to help clients out of touch with their bodies or who report "no feelings" to feel *something* — and how to help those feelings lead to insight and change.

This workshop can also help to enhance your own ability to access your body's knowing. No prerequisites, but those who have learned Focusing before can go even deeper. This training can be used toward certification as a Focusing Trainer.

C.E. credit is available; see pages 60-61. $380

Heart to Heart: Seeking the Sacred, Transforming the Mundane

Madeline Nold

Most of us desire to find true love and live "happily ever after." We want to share our love and to receive the assurance of being loved "forever." We seek to unite with a partner as if it will heal our own heart, expecting that this union will be the source of all happiness. Even if we find a mate, how can we find success in the practical workings of living day-to-day in relationship?

"Heart to Heart" will address both the sacred and mundane aspects of relationship. It will center on our inner connections to the elusive, indefinable experience we term "love." It will also explore the ongoing process of healing past heartaches, reevaluating present and future expectations, and transforming unwanted relationship patterns into more satisfying and successful approaches to intimacy.

This workshop will not only offer an opportunity to journey inward, but it will also examine what it means to share reciprocally with another in a healthy manner. Using individual and group exercises, this workshop experience is designed to access and deepen the awareness of what propels us to seek a partner with whom we can share feelings of loving and being loved, heart to heart. $380

November 13-December 11

28-Day Massage Practitioner Certification Program

Deborah Anne Medow & Esalen Massage Staff

For workshop description see Special Programs, page 57.

C.E. credit is available; see pages 60-61. $3325

Week of November 13-18

Learning to See: Freeing the Artistic Spirit

Leigh Hyams

For workshop description see July 5-8. $740

Loving Presence: Psychotherapy as Spiritual Practice

Ron Kurtz

True love is no game of the faint-hearted and the weak. It is born of strength and understanding. — Meher Baba

How do we become full human beings? Where do we find the strength for "true love," and how do we develop "true love," the kind of presence that tells clients, "nevertheless there is meaning"? How do we express all this first as qualities we bring to relationship and finally as method and technique? In what ways is psychotherapy basically a spiritual discipline?

This workshop will approach these questions using the wisdom of Buddhism and Taoism and the teaching methods of Hakomi Body-Centered Psychotherapy. The emphasis will be on discovery, particularly the discovery of *how we do what we do by being who we are*. The group will also study how the images and energies which give rise to this way of being are evoked, nourished, and sustained.

The work will be experiential, with short talks, exercises, and demonstrations. And of course there will be laughing, singing, dancing, and otherwise behaving with love and joy. $740

The Subtle Art of Meditation

David Streeter

The experience of insight, tranquility, inner strength, and aliveness can be found within our everyday life through the ancient art of meditation.

This workshop will approach traditional meditation practice in an unusual way. In our retreat atmosphere participants will prepare the body/mind for silent listening with fluid movement from the martial arts and yoga. The workshop will incorporate breathing methods (Prana-Yama) and energy work with Zazen (sitting meditation). Other activities will include a silent listening hike in the wilderness, group meditation in a nearby contemplative monastery, and Zazen at our new meditation center nestled close to a waterfall.

This approach to the subtle practice of meditation through the body can inspire the student to discover his or her rich interior life and that crystal clear still point described so well in every spiritual tradition.

C.E. credit is available; see pages 60-61. $740

Awakened Mind: Five-Day Brainwave Training Intensive

Anna Wise

The Awakened Mind is a state of consciousness that releases deep inner resources, capacities, and powers that often lie dormant and inaccessible. This workshop will help you develop the intricate combinations of brainwave frequencies that underlie optimum mental states. Biofeedback monitoring combined with different methods of meditation, visualization, "sensualization," and deep psychophysiological relaxation will help you learn how to master your own brainwaves.

Methods for accessing repressed memories and creating a bridge between your conscious and your unconscious mind will be taught. Bridging this gap and making this connection with your innermost self allows you to begin a process that encourages healing and integration. The leader will also focus on the importance of the interrelationship between brainwaves and the human energy system, specifically the kundalini process.

Throughout the workshop, the Mind Mirror EEG will be used to demonstrate brainwave patterns, and Electrical Skin Resistance Meters will be used to measure the depth of arousal and relaxation of your autonomic nervous system, illuminating the interrelationship between your body and your mind.

C.E. credit is available; see pages 60-61. $740

Weekend of November 18-20

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see July 29-31. $380

The Further Evolution of Human Nature

Michael Murphy & George Leonard

This weekend seminar will be a wide-ranging discussion of universal and human evolution, based upon Michael Murphy's *The Future of the Body* and George Leonard's *The Transformation*. Among the topics to be explored:

- The relations between this evolving universe and world-transcendent realities
- Human capacities for extraordinary life
- The elements of transformative practice

The leaders will explore their latest ideas about our possibilities for growth and radical transformation. Suggestions for practice, as well as theoretical material, will be presented. $380

A Retreat for Women of Experience: Midlife and Beyond

Lenore Lefer & Anne Yeomans

The gifts of woman are many. They have too often been undervalued and made invisible until we cannot see them ourselves. Today, more than ever, the earth needs these gifts.

This is an opportunity for women in midlife and beyond to come together to explore the issues that are on our minds and in our hearts. What are the challenges we each face? How can we support each other in reclaiming and honoring our passion, our tears, our outrage, our laughter, and our beauty? How can we express our deepest values at this time in our lives?

The retreat will include time to speak and tell our stories, time for silence, hatha yoga, walking meditation, and group process.

Themes to be explored include:

- Cycles and phases of women's lives
- Changing needs in relationship
- The wisdom of the body
- Sexuality and intimacy
- Menopause
- Power and self-expression
- Self-care in the midst of responsibilities
- Spiritual questions of midlife

It is our hope that these days together will strengthen our trust and renew our spirit, so that we can return to our lives with more joy, more tenderness toward ourselves and others, and more boldness in living all that is important to us. $380

Relationship Intensive for Sexual Abuse Survivors and/or Partners

Carolyn Braddock & Guest Staff

The objective of this workshop is to help release participants from the "victim" position in relationships, both verbally (spoken aloud) and nonverbally (spoken by the body). Focus will be on the areas and dynamics in relationships which are most commonly affected by sexual abuse and how they can become barriers to intimacy. These include body image, sexuality, trust, establishing clear boundaries, and taking responsibility for the kind of relationships one wants to create. Survivors often have great difficulty sharing what they think and feel because old patterns have prohibited them from "telling secrets" and expressing themselves emotionally.

Participants will explore new ways of being emotionally honest and "feeling" their experiences, and will work on developing new patterns that empower relationships. Using breath, sound, and movement, the group will role-play and take part in experiential exercises to demonstrate new patterns of reacting and relating. The goal will be to develop healthy ways of creating safety, trust, and aliveness in close relationships. Gestalt, bodywork, creative cognitive work, humor, and play will also be used.

Please note: This workshop is for couples *and* singles, as well as professionals who counsel.

Recommended reading: Braddock, *Bodyvoices: Using the Power of Breath, Sound, and Movement to Heal and Create New Boundaries*; Hendricks, G. & K., *Conscious Loving* and *Radiance*; and Covington, *Awakening Your Sexuality*. $380

November 20-27

Healing from Sexual Trauma: A Seven-Day Intensive for Survivors

Carolyn Braddock & Guest Staff

Healing does not have to be a struggle – healing can be gentle, sensitive, and friendly. This intensive will explore the belief systems of the survivor's body, mind, and spirit. Since the body was where the trauma occurred, the focus will be on *body-oriented* healing. Attention will be paid to ways in which the body, mind, and spirit carry sexual trauma, and how trauma affects flashbacks and dissociation, old patterns, addictions, and the ability to let go. Using a gentle approach, the group will learn and practice innovative, creative, and proven possibilities for healing.

The workshop will utilize specific tools for wholeness. Humor, energy awareness, gestalt, role-playing, breath, sound, movement, meditation, Tai Ji, and play will be used. Sessions will also focus on sexuality, relationships, touch and intimacy, and creating new patterns. New ways of establishing support, phasing back gently, and nurturing will be discussed. There will be video demonstrations and a Braddock Body Process™ Manual will be used. Individual work within the group will be possible. This will be a week of safety, exploration, and integration.

To register for this seminar, completion of an application questionnaire is necessary. This is to provide some history, and to help determine what issues are prevalent, what support could be available during the week, and what forms of bodywork and/or transformational work have been experienced. For an application, please contact the leader at: 333 S. Allison Parkway, #304, Lakewood, Colorado 80226-3115, or 303-985-7310.

Recommended reading: Braddock, *Bodyvoices: Using the Power of Breath, Sound, and Movement to Heal and Create New Boundaries*; Hendricks, G. & K., *Conscious Loving* and *Radiance*; and Covington, *Awakening Your Sexuality*.

C.E. credit is available; see pages 60-61. $1110

Week of November 20-25

A Week with Seymour Carter

For workshop description see July 29-31. $740

Five-Day Massage Intensive

Carl Chase (C.C.) & Laurie Lioness Parizek

Esalen massage consists of more than the long, flowing strokes for which it is well known. In this workshop, Esalen bodywork in many of its forms will be demonstrated, practiced, and discussed. It will be a week of learning and relaxation.

The workshop is primarily experiential, and will introduce grounding techniques, pressure point work, meridian massage, and stretches and manipulations. The instructors will present a bodywork style that both addresses individual needs and integrates the whole person, focusing on the concept of working with and from our essential being. Special attention will be given to self-care, quality of contact, breath awareness, and stress reduction.

The workshop will also incorporate movement, dance, and rhythm to integrate the bodywork. Yoga and meditation will be taught to encourage focus and serenity.

Participants will make full use of Esalen's beautiful grounds and facilities. Please bring warm, comfortable clothing and your favorite music or instrument.

C.E. credit is available; see pages 60-61. $740

Spirit in Nature: Intercultural and Interspecies Learning

Jo Imlay & John Broomfield

For most of our ancestors, the world was a unified, spirit-filled cosmos in which humans were bound in kinship with animals, trees, rivers, rocks, and sky. Our contemporary culture is attempting to rekindle the belief that, by acknowledging the living consciousness of the earth, we have much to learn from our companions in nature.

This workshop will help participants to reconnect with the earth and hear nature's voices once again. To open all the senses, time will be divided between talk and meditative silence, group activities and solo explorations, drumming, and shamanic ritual.

Through discussion and videos, participants will be introduced to the spiritual bond with nature embedded in native cultures: Celtic, Himalayan, Arctic, Native American, Polynesian, Australian. These beautiful traditions teach us that everything given by the earth must be held sacred. Against this background, participants will explore their own spiritual experiences in nature and pool ideas on ways to live more lightly on the earth.

Much of the week will be spent outdoors in the quiet beauty of Esalen's gardens, grounds, and seashore, practicing how to truly see and hear — learning to walk with reverence and joy among our brother and sister creatures.

$740

Weekend of November 25-27

The Tao of Community

Fritjof Capra & Chungliang Al Huang

As the century draws to a close, environmental concerns have become of paramount importance. The challenge of our time is to create sustainable communities where we can satisfy our needs and aspirations without diminishing the chances of future generations.

In our attempts to build and nurture sustainable communities, we can learn valuable lessons from ecosystems, which *are* sustainable communities of plants, animals, and microorganisms. Another approach would be to learn from indigenous cultures who, in turn, learned their wisdom from nature.

This workshop will pursue both of these approaches. Fritjof Capra will show that the basic principles of ecology — interdependence, partnership, diversity — are also basic principles of community. Chungliang Al Huang will demonstrate through Tai Ji meditation and through Chinese philosophy and calligraphy that the same principles are the basis of ancient Taoist wisdom. $380

Healing Consciousness, Healing the Planet

Andrew Harvey

This moment is unique in history, critical to the future of life on this planet. We still have the choice between collective transcendence or global disaster, and thus each individual's beliefs, decisions, and actions have a disproportionately large potential for impact.

For this reason, according to Andrew Harvey, personal transformation is critical to planetary survival. He believes it is our divisive, patriarchal philosophies and institutions that have driven us to the edge of extinction. Harvey dedicates himself to "doing the work of the Mother in the world." Having steeped himself in the theory and practice of many spiritual traditions, he endeavors to help heal the split in global consciousness by revealing the universal essence within disparate religions and spiritual philosophies.

The focus of the workshop will be the importance of restoring the sacred heart of the

Divine Mother to the center of personal and planetary consciousness. Harvey will draw on his own inner journey, and on mystical literature from the greatest spiritual traditions, including the Upanishads, Rumi, the Christian mystics, and Tibetan and other Buddhist sources.

The workshop will include meditation, opportunities to write about inner experiences, and an exploration of the difficulties that arise on any spiritual path. Sacred music from many traditions will also be used.

Harvey hopes to assist participants to build "a radical and fearless confidence in their own power to take the inner journey — with awareness of the ordeals and splendors to be encountered along the path." $380

Week of November 27-December 2

Accepting Life's Transitions: Letting Go — Moving On

Mary Goldenson (Devarani) & Gustavo Rabin

For workshop description see September 2-4. $740

Creative Arts Center at Esalen

Arts Center Staff

For workshop description see July 24-29. $740

Feldenkrais®: Life, Learning, and Movement

Mark Reese & Donna Ray-Reese

The Feldenkrais Method® was originally developed by Israeli physicist, judo teacher, and rehabilitation innovator Moshe Feldenkrais. Feldenkrais based his discoveries on a synthesis of physical, biological, and human science, and a self-guided movement reeducation prompted by crippling knee injuries. The Feldenkrais Method is a learning-based approach to change with profound implications for many professions — rehabilitation, psychology, education, performing arts, athletics, and gerontology. It is also an easy-to-use self-help method and a path for personal growth.

In this workshop the leaders will guide participants through an in-depth exploration of The Feldenkrais Method using subtle and effortless body/mind movement exercises, discussions, and demonstrations. The workshop will include specific exercises for care of the back, neck, shoulders, breathing, and posture, and introduce basic principles of the Feldenkrais hands-on work, Functional Integration®. Physical awareness will be used to train coordination, flexibility, efficiency, sports performance, and grace of motion throughout the body. The movements of infants will be used to gain insight into adult movement patterns. The group will explore the relationship between motion and emotion. The workshop will also study movement-based approaches to psychological learning that parallel Milton Erickson's hypnotic techniques.

C.E. credit is available; see pages 60-61. $740

The Medicine Wheel Way

Carol Proudfoot-Edgar & Bob Edgar

This workshop draws on the Native American Medicine Wheel ceremonies and teachings as resources for personal growth and renewed experiencing of ourselves within the larger web of the natural world. Just as Western psychological theory provides a framework for describing human stages of development, the Medicine Wheel offers a map for self-individuation. Both systems embody steps for healing. A primary difference, however, is that the Medicine Wheel way of living views humans as sacred beings and maintains that each individual must find his or her own path for "walking with beauty in the world."

The Medicine Wheel Way illuminates the relationship of all things. Each direction on the wheel has its particular meaning and points to aspects needed for fuller integration and individuation. Ceremonies and rituals mark the passage of seasons and significant events of individual and group life, and connect the individual to the great mystery of life.

This experiential workshop will use these ancient teachings while providing a supportive means for participants to continue their process of self-development and to deepen their relationship with the natural world. Activities will include: learning the Medicine Wheel and making medicine pouches, learning about shamanism and using the shamanic journey method for finding power animals and spiritual teachers, and drawing upon ancient, ancestral knowledge available to all of us. The group will be drumming, rattling, and chanting throughout this time together. Participants are encouraged to bring a journal, a bandanna (to cover your eyes), and rattles (if you have them).

Please note: This workshop has a sequential structure in which each session builds on activities from the previous one. Participants are requested to be present for all sessions and to arrange for massages or other non-workshop activities between session breaks.

C.E. credit is available; see pages 60-61. $740

Weekend of December 2-4

The False Memory Debate: Current Controversies in Psychology and Recovery

Charles Whitfield

Remembering and naming what happened is a crucial part of the healing process, but there may be obstacles along the way. As child abuse treatment progresses, whether for children or adult survivors, there are doubters. Culminating from a backlash that arises from the most unbelieving among us, a group of accused parents, their lawyers, and some academics have formed the False Memory Syndrome Foundation. One of their anti-recovery claims is that delayed memories of abuse are false. The media have spread this view, fueling the denial of both survivors and abusers.

The objective of this weekend workshop is to increase participants' understanding of the vicissitudes of memory in working with traumatized individuals. Charles Whitfield will present the associated arguments and debate. Sorting out this phenomenon is of crucial concern for people who work in the fields of recovery, psychology, social work, child abuse, law, and related helping professions, as well as for the survivors of abuse.

In this workshop, Dr. Whitfield will:

- Outline the clinical aspects of the psychology of memory, as well as the false memory defense and related boundary issues
- Differentiate ordinary memory from traumatic memory
- Describe guidelines for assisting in the process of healing of traumatic memories
- Differentiate true memory from untrue memory
- Describe how the opposing phenomena of denial and validation affect the healing process of the survivor of trauma

There will be lecture, discussion, videotapes, slides, handout material, and ample time for questions and answers.

C.E. credit is available; see pages 60-61. $380

Advanced Zero Balancing: The Alchemy of Touch

Fritz Smith

In this advanced Zero Balancing weekend, participants will refine and expand their Zero Balancing skills, examine emotional and psychological content held in different tissues and energy fields of the body, and apply this knowledge to Zero Balancing sessions with each other. There will also be time for discussion and problem solving. This workshop will strive to present a broader understanding of the healing process as participants deepen their relationships with their work and each other, and explore new ways of interacting with the body/mind through touch.

Prerequisites for this program are the five-day Basic Zero Balancing program or its equivalent, a working knowledge of Zero Balancing, and the readiness to further develop one's effective use of touch.

C.E. credit is available; see pages 60-61. $380

Essential Peacemaking: Women and Men

Danaan Parry & Jerilyn Brusseau

Throughout history the powerful forces of male and female energies have been aimed at each other in conflict and mistrust. "This conflict and mistrust," write Danaan Parry and Jerilyn Brusseau, "are as deep as between any warring factions we have ever worked with. As conflict negotiators, we have been on the streets of Belfast and Jerusalem, yet never have we seen conflict more intense than between women and men in every nation of the world."

The news is not all bad, however, since gender conflicts contain the potential for the deepest and most honest peacemaking. Men and women fight about conflicts that can usually be resolved.

Open to all women and men, as couples or individuals, this workshop will help participants find a common language between the sexes. The group will work to heal past and present hurts and miscommunications, and learn how to really listen to each other. This work is meant to focus "man-power" and "woman-power" on opening the gates to a world where we are partners in planetary healing in business, in relationships, and even in politics.

This gathering will not focus on individual relationships, although the peacemaking done in the workshop is the very work we all must do to bring health and joy to our intimate lives. $380

Spiritual Survival in the American Workplace: Reclaiming Aliveness in Work

Jerry Johnson

Bill Moyers recently said that he is devoting his time and broadcast coverage of the '90s to the spiritual pursuits of increasing numbers of Americans. His statement comes at a time when, for many of us who value a spiritual life, work has become "spirit-less." We question whether it is possible to continue working within a context of traditional corporate values.

This workshop will carefully and playfully examine the choices open to those whose working life lacks spirit, a sense of aliveness, and connection to basic inner values. The workshop will examine the following:

- Is my work contributing to my sense of being alive?
- What is my own spiritual practice and can work be a part of it?
- Is conflict between my job and spiritual life inevitable?
- How can I create a better work environment without compromising who I am?
- How can my spiritual values survive, even thrive, inside a company?

This workshop is designed for those who want to unite more fulfilling work with their spiritual life, who desire not merely "a living," but "aliveness." $380

Week of December 4-9

True Stories: Autobiographic Storytelling

Spalding Gray

All human beings have at least one good story in them. The aim of this workshop is to create a safe, supportive space to give birth to that story. Each member of the workshop will be asked to function as storyteller, audience, and critic. When not telling, members will be asked to listen and respond.

Participants should bring a tape recorder to record their own work.

This workshop is limited to 13 people who will be chosen on the basis of personal letters sent to Spalding Gray, c/o Esalen (please include your phone number). The letters should explain why you feel it is important for you to take this workshop. Please send no fees until you have been notified by mail of your acceptance. All letters should be sent to Spalding Gray, c/o Esalen, Big Sur, CA 93920, and must be received by October 1, 1994. Participants will be notified of their acceptance by November 1, 1994. $740

Coyote Dance

Alberto Villoldo

Every night when the moon is full, Spider Woman sifts through the sands searching for coyote bones, and when she has assembled a full white skeleton and spun her silver threads through it, she blows her breath softly over each rib, each thigh and leg bone, until the flesh grows crimson and then furred, like the desert sand. She then sings the song of life until its tail twitches and the coyote leaps into the air and bounds off into the dunes laughing like the morning wind.

This workshop will gather people together to collect those parts of themselves that are enduring, the whitened bones that Spider Woman gathers, and to spin the web of life around everyone's true life-force. The Soul-Mending Way will be explored through storytelling, magic theater, and ritual movement.

The Soul-Mending Way has been used for millennia by medicine peoples of the high Andes to heal ancient soul wounds and to quantum leap into their destiny, into whom they are becoming. The group will be immersed in the five rites of passage of the Soul-Mending Way:

- Emergence — renewal and regeneration
- Passage by Fire — purification and transformation through humanity's most ancient rite of passage

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- Provenance — return to the Mother-Goddess and claiming the Earth as mother and Sun as father
- The Luminous Warrior — Life/Death/Life — achieving the impeccability of the warrior who has conquered death
- Deliverance — return to the Father — surrendering the self, letting go, returning home

These mythic passages will be translated into contemporary journeys of transformation. In selective trance states unique to shamanism, participants can discover realms not bound by ordinary time, domains where there are no causes, only effects, and where one can hear the voices of the ancient ones in the wind, heal one's past, and summon one's destiny. $740

Friends of Esalen Week

David Schiffman & Friends' Staff

The Friends of Esalen support the Esalen scholarship fund, which provides financial aid to those who cannot otherwise afford full workshop fees. In appreciation, Esalen is offering this five-day program especially for Friends at a reduced fee.

David Schiffman will lead several sessions during the week. Other sessions, from which participants may select, will be offered from the broad array of Esalen practices — massage, movement, meditation, and gestalt — and will be led by various residential teachers.

For additional information, please call Friends of Esalen at 408-667-3007, or sign up through the standard reservation process with the Esalen office. $690

Weekend of December 9-11

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see July 29-31. $380

A Weekend with Terence McKenna

Are we merely empathogenic creatures clinging futilely to a technotropic culture nourishing us with the same warm loving-kindness with which a dog hosts fleas? Is our voracious mad dash to gorge ourselves on a new millennium nothing but a crude approximation of the old snake-swallows-tail trick writ large on the scale of our post-historical ant-farm civilizations? Are our secret trysts with the Transcendent Other doomed to be scratched by fingernail upon the cold stone walls of our cybercultural prisons, or are they recorded upon the transpataphysical consciousness of Mama Gaia and the Seven Dwarfs?

Writer, explorer, shamanologist, neologist, and rave philosopher Terence McKenna may or may not acknowledge the authorship and relevance of these and other "great questions" in this weekend Baedeker's Tour of the universe and its suburbs. $380

The Joy of Longing

Elliot Aronson & Vera Aronson

"Longing" involves the quest for something important in our lives that we either once had and lost, or that we always yearned for but have not yet been able to capture. Many of us long for a warm, communicative relationship with a parent, child, or sibling, the attainment of inner satisfaction from professional accomplishments, a greater spirit of adventure in our day-to-day lives, or a fulfilling love relationship. Although longing is usually associated with sadness and even with grieving, there can also be a special joy and lightheartedness that comes with the exploration of the longing process. The purpose of this workshop is to identify and learn to explore our deepest longings.

Some of our longings are within the realm of the attainable while others are fated to remain elusive. In either case, it is of great importance to uncover and explore these longings, for if they are denied and remain buried, the vacuum is usually filled with fear and resentment. Acquiring the ability to experience and express our longings is no less than a path toward knowing and loving ourselves. This opens the door to living a more joyous and fulfilling life.

A safe and supportive environment will be provided in which participants will be invited to make use of a variety of verbal and nonverbal approaches, including art, fantasy, and movement. $380

The Group 2000

Michael Murphy & Esalen Staff

The Group 2000 is comprised of people who have contributed $2000 or more in one year to Esalen, and who wish to help Esalen fulfill its mission. This weekend the Group 2000 will be able to participate in Terence McKenna's workshop (see above), as well as other special group sessions.

For more information contact Friends of Esalen at 408-667-3007. $380

Week of December 11-16

Esalen will be closed to the public during these five days.

Weekend of December 16-18

Body Rejuvenation

Dub Leigh & Audrey Nakamura

For workshop description see July 15-17.

C.E. credit is available; see pages 60-61. $380

The Healing Power of Humor, Compassion, and Gentle Touch

Ilana Rubenfeld

For workshop description see August 12-14. $380

Energy, Resources, Environment, Development, and Security

Amory Lovins

Energy policy is well along in a revolution which Amory Lovins's 1976 *Foreign Affairs* article helped to launch. That paper redefined the problem as not simply where to get more energy — of any kind, from any source, at any price — but rather how to find just the amount, type, scale, and source that would do each desired task at the least cost. This end-use/least-cost approach has proven fruitful in examining a wide range of other issues as well, from the efficient use of water and minerals to the interlinked problems of sustainable economic development (local to global), redefining security, rethinking agriculture, and protecting the earth.

Understanding the links between these subjects often makes it possible to solve many problems at once. Efficient energy use, for example, can simultaneously help the poor, displace insecure (or all) resources of oil, abate global warming and acid rain, stem nuclear proliferation, save wildlands, cleanse air and water, create wealth, and preserve the interests of our descendants.

This seminar will begin with energy — chiefly its efficient use and renewable supply — both as factual background and conceptual launching pad for related issues. It will then branch out in the directions of most interest to participants, emphasizing interconnections and vision across boundaries between various disciplines. Modest acquaintance with numbers and technical economic fundamentals will be helpful, though not essential, as the seminar is equally concerned with social, political, and ethical issues and with practical methods of implementation, drawing on participants' diverse perspectives and experience. $380

The Core Self

Ron Alexander

Resources for healing, such as spontaneity, curiosity, trust, creativity, and joy, are found in the core self. Time also heals and helps activate these resources. This workshop will assist participants, especially health professionals, in the process of healing and in acquiring new experiences and skills in the microdynamics of mind/body process. Participants will also work on cultivating a friendly relationship with the unconscious in order to heal old patterns; learning how to let go and move forward by releasing pain, fear, grief, and loss; and creating healthier pathways for new learnings connected to living, loving, working, and relating.

The goals of this work are to enhance self-esteem, to become free of trauma and self-images of the past, to become conscious in the present moment, to communicate well, to become empowered as a leader, and to develop a cohesive personal vision. The tools that will be used include gestalt practice, self psychology, insight meditation, breathing skills, hypnosis and mind/body healing, dream work, deep music, group process, and immersion into nature.

Recommended reading: Heider, *The Tao of Leadership*; Polster, *Every Person's Life is Worth a Novel*; and Simkin, *Gestalt Therapy Mini-Lectures*.

C.E. credit is available; see pages 60-61. $380

BILL HOYER

Exploring the World of Lucid Dreaming

Stephen LaBerge

Dreams are worlds of wonder — anything imaginable can happen. However, most of the time we sleep through our nightly journeys, unaware of the opportunities available. Only upon awakening do we realize that we have been dreaming.

We are not bound, however, to forever sleepwalk through our dreams. *Lucid dreams* are dreams in which we know we are dreaming while we're dreaming. Lucid dreamers are fully conscious that the world they are experiencing in the dream is a mental creation, and are completely free to act in the dream without constraint by laws of physics or society.

Research has shown that people can develop the skill of lucid dreaming, and that it can profoundly affect our brains and bodies. Participants will learn methods for inducing lucid dreams and explore its uses: self-exploration, creative problem solving, enhancing self-confidence, healing, adventure, and self-integration leading to transcendence.

The scope of the seminar will extend beyond dreams and dream lucidity to investigate the nature of our experience of the world and our perceptions of "reality." Discussions will explore the concept that all perceptions are illusory and that waking reality is, like dreaming, a mental construction.

The seminar will combine lecture and experiential exercises. It is intended for avid dreamers and people seriously interested in self-exploration and the enhancement of consciousness.

Recommended reading: LaBerge, *Lucid Dreaming*, and LaBerge & Rheingold, *Exploring the World of Lucid Dreaming*. $380

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Week of December 18-23

The Body and Zen

Dub Leigh & Audrey Nakamura

For workshop description see July 17-22.

C.E. credit is available; see pages 60-61. $740

Healing the Emotional/Spiritual Body

Ilana Rubenfeld

For workshop description see August 14-19.

C.E. credit is available; see pages 60-61. $740

Big Sur Ceramic Alchemy

Noel Mapstead & Keiko Suga

Almost all elements on earth melt at a given temperature. In this workshop participants will experiment with and discover the alchemical changes caused by the forces of heat.

The Big Sur Coast is endowed with many natural clay deposits and other raw materials. Conducting field trips along the Big Sur Coast, the workshop will provide the opportunity to explore the alchemy of clay and rock, seashells and tree ash, as well as other natural materials. Participants will learn to identify and work with natural clays. Using only nature's materials, group members will create glazes for handmade clay pottery, beads, and other objects. These works will be fired in electric kilns and open-pit bonfires. An added feature will be clay baths at Esalen's hot springs.

This workshop intends to challenge the senses by demonstrating that all matter is variable and subject to change. Plus, it offers a chance to create objects as holiday presents for those we love.

No prior ceramics experience is necessary. $740

Holiday Humbug

Paul Rebillot

For many people, the winter holidays are the time of maximum stress and deepest depression. Hospitals and mental health clinics fill with people seeking relief from the pressures of outer darkness and frantic social "cheerfulness." In the northern hemisphere, darkness seems to have overwhelmed the light, inducing sadness within, while holiday festivities stir past disappointments and present loneliness. It is the time when we feel the loss of loved ones most sorely.

In traditional cultures, the time before the winter solstice is a time of turning inward in quiet introspection in preparation for the festival of the light's return.

Paul Rebillot writes, "This workshop offers a chance to deal with the humbug by looking at our disillusioned dreams, our unfulfilled ideals, our past regrets and present sorrows. Through ritual and gestalt open seat, guided fantasy, music and play, we will each seek an inner solstice, our own turning from the darkness of past regret and future fantasy to the light-filled divine simplicity of our present being. Together we will create a celebration of our own that brings us into the light with our own joy and tunes us into the joy of the light's rebirth that takes place each year at solstice time." $740

Pre-Holiday Rest and Relaxation

Because there have been so many requests from people who want to book room and board in advance without participating in a workshop, Esalen is offering during this pre-holiday week a limited number of rooms for those who simply wish to enjoy Esalen's grounds, baths, and facilities.

A minimum stay of two days is required. For room and board rates, please see Reservation Information on page 4.

December 23-30

The Painting Experience

Michell Cassou & Stewart Cubley

It is rare for most people to use painting for its qualities of inner adventure and self-discovery, to paint purely for the process of exploration, not for the result.

The purpose of this workshop is to provide a setting to explore the self through painting — to discover in form and color a powerful tool for uncovering and dissolving blocks to emotional and spiritual expression. Participants will be given the support and stimulation to develop a natural way of painting based directly upon feeling. The work takes place in an authentic studio setting with large white surfaces to confront the creative void, along with a rich spectrum of colors and brushes. The workshop may be of interest to persons involved in a wide variety of disciplines, including art, education, counseling, and meditative practices. No prior experience in painting is necessary. Please bring a smock.

For further information about this workshop, contact: The Painting Experience Studio, 2101 20th Avenue, San Francisco, CA 94116, 415-564-8515. $1110

(plus $30 materials fee paid directly to the leaders)

Weekend of December 23-25

Play, Spontaneity, and Performance Art

Nina Wise

The leader writes: "I read once that rats were put in a maze with one path leading to a small room with food, another leading to a room charged with an electrical current, and a third path leading to a room with playthings. The rats learned to avoid the electric shock, but the food room and the play room were equally popular. Play, it seems, is as essential to rats as nutrition.

"Play is also an integral part of human culture. In tribal societies, people sing, make music, drum, dance, and tell stories as part of their daily lives. With the advent of technology and specialization, we modernized folk have forgotten how to play together. Singers sing, dancers dance, actors act, while the rest of us sit and watch.

"This workshop is about remembering how to dance, how to sing, how to tell stories about our lives, how to make it up as we go along, how to be together in a way that is lively, spontaneous, and creative. The workshop will include meditation, chanting, relaxation, movement, singing, writing, drawing, and theater games. We will also do spontaneous performance with and for each other in a safe and supportive environment.

"Everyone is afraid of performing, even professionals. Don't let your fear stop you. It's fun, challenging, and rewarding." $380

Zen Practice

Kathleen O'Shaughnessy

We can use the mind to penetrate thought to the place behind thought, where all thought begins.

— Modern Zen saying

Kathleen O'Shaughnessy writes, "Zazen is the sitting form which constitutes the heart, soul, blood, and backbone of Buddhist perspective. It is austere and direct. We strip awareness to the finite weavings of mind and breath — the two elements most basic to existence. From this place, the Large Mind can be examined."

In this workshop, sitting practice will be enhanced with Hatha Yoga sessions as physiological meditation. Verbal exchanges, teaching stories, as well as some historical perspective will be utilized; however, the major portion of time will be directed toward establishing an equilibrium in the core practice.

Participants are asked to wear loose, layered clothing. $380

A New Beginning: Forgiveness and Freedom

Edith Eva Eger

Dr. Edith Eger is a survivor of Auschwitz. She took her brutal experiences and transformed them into an affirmation of life. She now guides people along the path from victimization to empowerment, from weakness to strength, from being stuck to seeking the highest levels of human potential.

This workshop asks the questions, "How have we imprisoned ourselves? Whom have we made the warden of our thoughts? How have we fled from freedom and self-responsibility?"

Using discourse, self-dialogue, visualization exercises, experiential work, and group discussion, the workshop will address the following themes:

- What are the inner resources available to us in order to become our own counselors?
- How can we move from resentment to forgiveness, from hate to love?
- How can we shed the comfortable and familiar cloak of victimization to give birth to our true selves?
- How can we let go of fears, prejudices, shame, and other ways of looking at the world that don't get us what we want?

The workshop is about discovering the willingness to accept self-responsibility and find the starting point to make a new beginning. $380

Christmas Present

David Schiffman

'Tis a gift to be simple. — FROM A SHAKER SONG

This weekend is intended as a gift for people who would like to give themselves a change from the usual clamor and commercialism of the holiday season. Its aim is to create a climate of mutual support and encouragement for exploring how we can best cultivate the spirit of real generosity and faith in dealing with ourselves and others.

This timely gift will embrace the following elements:

- Sanctuary — the opportunity to step away and pause, to create a mood of peace and personal clearing without haste or interruption
- The company of kindred spirits — a chance to be met with honesty, empathy, and wisdom in an atmosphere of soulful, clear-eyed support
- The emotional freedom to be — the right to let down and be sad or mad in order to clear the air and move on, making room in our hearts for new possibilities
- The right to feel free and alive in our bodies — the use of innovative ways of moving and touching in order to restore the vitality of feeling truly alive and physically at ease

The approaches utilized will be drawn from a wide variety of practices, both traditional and nontraditional, all aimed at restoring our gratitude and appreciation for being alive. $380

December 25-January 1

Enhancing Communication Hypnotically

Paul Lounsbury & Nancy Winston

We are often unaware of how deeply identified we are with the patterns that recursively tune our perceptions, color our emotions, shape our ideas, and inform our actions. If we act with courage to break out of these patterns, a new world can appear, bringing with it a fresh and inviting quality of relatedness. This workshop is for people who would like to go beyond their current thresholds of awareness to develop more original, vital, and effective communication.

Methods developed from the leaders' training in hypnosis and psychotherapy with Milton Erickson, conceptual tools crafted from Gregory Bateson's communication research, and advances in cognitive neuroscience and the "New Cybernetics" will all be used to help participants increase the flexibility and control they have in their interpersonal communication.

Through group interaction, playful experiments, and hypnotic inductions, the leaders will guide participants through various dimensions of the communication process. There will be special attention given to the hypnotic relationship, recognizing individual uniqueness, utilizing conscious and unconscious awareness, and examining the dynamics of induction, influence, and suggestion.

Participants will explore ways to be more responsive, more willing to enter unknown territory, and more capable of extending the range and flexibility of sensory motor, emotional, and mental controls in their communication behavior.

Group process and hypnotic experiments will focus on expanding awareness and increasing appreciation of interpersonal differences. Prerequisites include tolerance for a modicum of confusion, willingness to be a group member, a sense of humor, and a desire for novel experience. $1110

Week of December 25-30

Improvisational Wisdom: Finding the Robin Williams Within

Paula Shaw

The nature of creativity is elusive and inexplicable. Our most creative moments often seem to come from nowhere and happen when we least expect them. Einstein's theory of relativity came to him suddenly and unscientifically, and Mozart saw many of his greatest compositions complete in a single vision. At the other end of the creative spectrum, we marvel at the lightning-quick humor of Robin Williams, a brilliance that seems boundless. What are the conditions that put us in touch with our own creativity and brilliance, and how do we access them?

This weekend is a playful introduction to letting go of your programmed patterns and discovering the joy of spontaneous creation. The first premise of improvisational theater games (which Robin Williams claims unleashed him) is to "go in blank." Within the game structures, participants are coached to be receptive — stop, look, and listen; deny nothing; release control; let go of planning ahead. This process can help you learn to trust your own intuition, sense of humor, eloquence, and physical grace, and lets you get out of your own way to make room for exhilarating flashes of creative brilliance. The workshop is also just a lot of fun. $740

You Can't Get Enough of What You Don't Really Want

David Hawkins

We become who we are in an interpersonal world. Our lifestyles, our personalities, and our bodies are shaped by the relational strategies we develop in response to our needs and the demands/possibilities of our early environment. As adults, we often find that these strategies contain patterns that are repetitive, uncomfortable, and self-defeating. Nevertheless, they are temporarily rewarding enough for us to pursue them in an addictive fashion. Unfortunately, these addictive patterns are substitutes for ways of being that could bring us closer to what we truly want.

We often avoid these ways of being because they can evoke our vulnerability and put us in touch with our most private shame.

A self-examining group can become a social microcosm in which we play out and observe our addictive patterns. More importantly, it can become the source of support for us to risk being more fully ourselves, to overcome shame, and to get what we truly desire.

The objectives of this workshop are to:

- Work together to create a climate for exploration
- Experience how the group can become a corrective lens through which to see ourselves and others more clearly
- Identify addictive interpersonal behavior patterns
- Come to appreciate the group's extraordinary capacity to metabolize shame
- Learn to access the support needed for change $740

Weekend of December 30-January 1

Music for Everyone: Finding Your Long-Lost Musician

David Darling

For 21 years the leader's music improvisation workshops have touched many groups of people, including corporate executives, school children, teachers, professional musicians, prisoners, and therapists, and opened their hearts to the mystery of sound. A former member of the Paul Winter Consort, Darling has performed with such diverse artists as Bobby McFerrin, Jan Garbarek, Peter, Paul & Mary, The Western Wind, and Spyro Gyra. His most recent activity includes collaboration as solo cellist on Wim Wenders's movie soundtrack, *Until the End of the World*.

"Music for Everyone" is an adventure into music making, rhythmic grooving, songwriting, laughing, and listening. Regardless of prior experience, this workshop will take you to a deeper, more powerful music level. Bring an instrument or play on David's collection of world instruments. $380

Renewal: New Beginnings in Midlife

Mark Gerzon & Shelley Kessler

The tradition of making resolutions at the beginning of a new year reflects a deep yearning for growth throughout life. From work based on Mark's book about midlife titled *Coming Into Our Own*, as well as on the workshops they co-lead, the leaders invite participants to dig more deeply into the spiritual ground in which our New Year's resolutions may be rooted. This workshop will provide a safe, healing space in which men and women can listen to their own and each other's stories of midlife transformation regarding work, love, health, and spiritual growth.

The purpose of the workshop, however, is to see beyond our own biographies. As in the lives of Jesus, Moses, Buddha, Mohammed, and other spiritual pathfinders, the middle years of adulthood are a time when many of us are deepening our spiritual quest. This is more than an individual quest to come to terms with growing older. It is a transpersonal rite of initiation into another stage of the human journey, into what C. G. Jung called the "second half" of life — a time marked not by a particular number of candles on one's cake, but by asking difficult, soul-searching questions about the direction of one's life.

This workshop is about turning a time of confusion into a quest. The leaders will share the wisdom that can be gleaned from both the joys and sorrows of the journey through adulthood, and show that the so-called "midlife crisis" can be the beginning of a search for deeper love and meaning that becomes possible in life's second half. $380

Couples Massage Weekend

Ellen Watson & David Streeter

This weekend couples workshop is designed for those who would like to bring the benefits of massage into their everyday lives. The workshop will teach simple massage techniques, developed by Esalen massage practitioners, which have proven valuable to anyone who wants to help a partner, friend, or family member feel better. Techniques that help relieve pain, increase vitality, or simply soothe the nerves will be demonstrated briefly and practiced with lots of hands-on instruction by the leaders.

This workshop is especially helpful for loving couples, as Esalen massage is greatly beneficial in its contactful and healing qualities. $380
per participant

JOYCE LYKE

✦ SPECIAL PROGRAMS

The price quoted below for this longer program is for standard accommodations as described in "Reservation Information," page 4. Sometimes bunk bed space is available at a reduced rate. Scholarships are also available; please see "Scholarship Information" on page 5.

JOYCE LYKE

November 13-December 11

28-Day Massage Practitioner Certification Program

Deborah Anne Medow &
Esalen Massage Staff

This month-long program offers professional level instruction in massage practice, movement, and self-care. The emphasis will be on developing basic massage skills through daily lecture, demonstrations, and hands-on anatomy classes. Individually tailored supervised practice sessions, with participants using each other as models, will be scheduled throughout the program. In addition, meditation, yoga, and gestalt awareness will be included for deeper, more integrative learning. Bodywork will be studied as a tool for optimal well-being and as a valued aid to transpersonal growth.

Students wishing to fulfill certification requirements will have six months, following successful completion of this program, in which to give and record 30 massage sessions. Upon payment of a $50 processing fee, payable to the Esalen Massage School, a California state-approved Certificate of Completion will be issued. This is a professional training group with limited admission. Please request an application form when making your reservation.

C.E. credit is available; see pages 60-61. $3325

Healthspring Outreach and Education

The Healthspring Project offers education and information that extends Esalen's work in the healing arts and sciences to the outside world. It is an independent service-oriented program of Esalen teachers and their associates. Healthspring offers a global information network linking visitors to Esalen with centers, teachers, and health professionals focused in the fields of somatics and psychology that are located in their home area. Our listings are public information and are not meant to be an endorsement of any individual or institution.

The Healthspring library offers books on health and healing, bodywork, somatic studies, psychology, nutrition, and related studies, which may be borrowed by students for a given period while at Esalen. Donations of appropriate books are greatly appreciated.

For access to this program, write to Laurie Lioness Parizek at Esalen, c/o Healthspring.

◆ WILDERNESS PROGRAMS

August 29-September 2

Path of the River: A Salmon River Journey

Steven Harper & Nichols Expeditions

Idaho's lower gorge of the Salmon River provides a unique environment of dramatic variety, intimate and awesome, soft and demanding, and always rewarding for those who are open to all it presents. The Salmon offers clear water, tall green forests, white sand beaches, and challenging rapids. The river can be both teacher and primary metaphor.

Travel will be in inflatable rafts powered by 6-8 people with paddles. There will be instruction in basic aspects of river life such as paddling and minimum-impact river camping. There will be time to discuss the area's natural and cultural history, to hike, to sit quietly and reflect. The group will draw from aikido, dance, energy awareness, and meditation to enhance the experience of this majestic wilderness area. River experience is not necessary, although participants should be prepared for the challenge of vigorous physical activity and full participation.

The workshop officially begins the morning of August 29 in Whitebird, Idaho. There *will* be a pre-trip meeting the evening of August 28. Nichols Expeditions will supply all the necessary river-rafting gear, guides, and meals. Details and a personal equipment list will be sent upon registration. This is a unique opportunity, and space is limited.

Please Note: Due to Esalen's special arrangement with Nichols Expeditions, the following cancellation policy is in effect: A $200 per person nonrefundable deposit will confirm your reservation. The balance of $550 is due by July 29, 1994. If you cancel prior to July 29, your nonrefundable deposit, minus a $50 registration fee, may be applied to other Esalen programs, to be used within one year. *No refunds* are available after July 29. $750

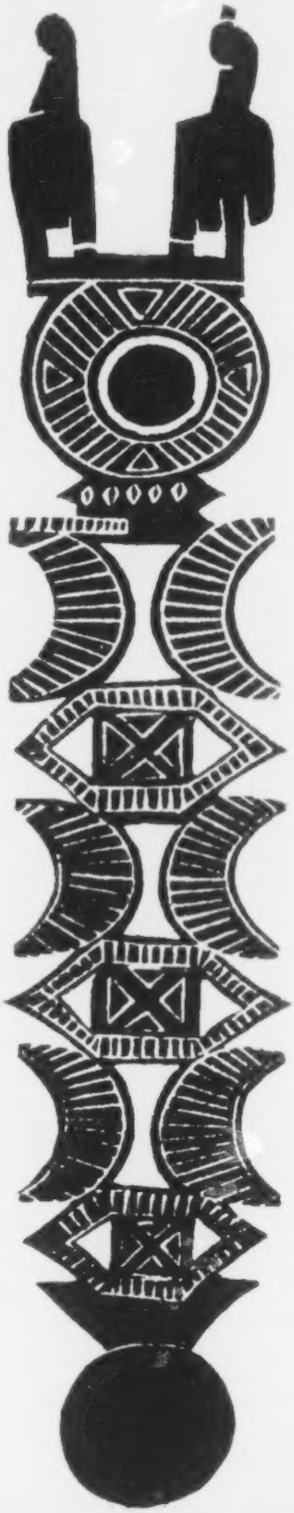
October 8-15

Heart of Big Sur: Wilderness Journey into the Santa Lucia Mountains

Little Bear Nason & Steven Harper

Immersed in the wilderness environment, this journey will seek to reawaken the spirit of the wild, expanding and deepening the connection to self, the earth, and nature.

With wilderness as the primary teacher, participants will work with local Native California Indian traditions and contemporary awareness practices to enhance contact with nature.



The group will journey directly into the heart of Big Sur's Santa Lucia Mountains to Pine Valley, the ancestral summer home of the Esselen Indians, whose village sites, stone tools, and sacred rock paintings are still found among the sandstone caves and boulders.

Mules will carry in food and equipment, giving participants the freedom to hike the six miles from the trailhead base camp in Pine Valley with only a light day pack. From base camp, there will be optional day hikes (averaging 6-10 miles) that lead to caves with Indian petroglyphs, along mountain streams to inspiring waterfalls, through valleys of oaks and pines, and to sacred mountain tops with expansive views.

There will be instruction and practice in local Native American traditions and culture, and an opportunity to participate in ceremonies, drumming, and chanting. There will be a time of cleansing (a sweat lodge) and contemplation, culminating in a 24-hour vision quest. In addition there will be an introduction to the area's natural history, including the geology, plants, and animals of the Ventana Wilderness.

All meals are provided and are of exceptional quality. Previous wilderness experience is not necessary, although participants should be prepared for some vigorous physical activity. The group will convene in Monterey on Saturday, October 8 at 7 p.m. A complete information packet will be sent upon registration. $790

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The standard refund policy reflects the fact that few of these expenses can be recovered.

To reserve a space in a wilderness workshop, a deposit of $200 is required. The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your nonrefundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your deposit is forfeited.

◆ INVITATIONAL CONFERENCES

In its continuing commitment to the fields of education, religion, philosophy, and the physical and behavioral sciences, Esalen regularly sponsors invitational conferences that bring together experts who share their research and points of inquiry. As host, Esalen covers room and board expenses for participants as a way of advancing these particular studies. These are invitational conferences only and are not open to the public. Recently held programs and their conveners are listed here.

Ecopsychology: Theory and Practice
June 13–18, 1993

This conference assembled twenty-two participants, mainly psychologists and environmentalists, to initiate an ongoing dialogue whose purpose is to reconcile two separate fields of thought and activity that have been working at two inseparable aspects of the same global project: defending the health of the planet, restoring the sanity of the person. The outcome of this conference included an Ecopsychology Newsletter, which recently received a grant from the Goldman Fund, and an anthology of articles on ecopyschology commissioned by Sierra Books.

Invited Conference on Creativity
November 28–December 1, 1993

A small, focused group of writers, psychologists, artists, and scholars came together for three days to discuss various aspects of the creative process, including the roles of accident, chance, and fortune; killers of creativity; and paranormal examples of creativity. Holding in mind Rilke's notion that "my devils are my angels," participants discussed the forces which drive the creative process, and examined the often complicated connection between the creative urge and success.

Direct Mental and Healing Interactions
December 5–10, 1993

The Direct Mental and Healing Interactions Working Group, founded by the Esalen Institute Center for Theory and Research, is a coalition of scientists from twelve areas of inquiry, including psychology, parapsychology, nursing, anthropology, physics, medicine, and computer science. The group studies direct interactions of consciousness with the physical world by exploring the nature, range, possible limits, and practical significance of physiological and other measurable effects that can be produced mentally from a distance. During this Working Group meeting, participants discussed new theories, recent research, and future joint ventures, including experiments, publications, and workshops offered through Esalen.

Pacific Symposium on Psychedelic Drugs
January 9–14, 1994

This conference assembled an eclectic group of leaders in the fields of psychology, pharmaceutical chemistry, medicine, neuroscience, ethnobotany, public policy, and business for the purpose of generating discussion on research with psychedelic drugs. The symposium centered around short presentations from the thirty invitees, followed by general discussion. The format was designed to promote further public and private discussion. It was developed in conjunction with Mark Kleiman, Associate Professor of Public Policy at Harvard's JFK School of Government and federal government advisor on drug enforcement issues. The symposium included researchers from all three universities that have been approved by federal regulatory bodies to carry out preliminary research on the effects of psychedelic drugs on human beings.

JOYCE LYKE

◆ FUTURE PROGRAMS

Listed here are a few of the programs scheduled for the months ahead. This is not an invitation to register, but information to assist you in your long-range plans to participate in an Esalen workshop. Dates are subject to change; please call the Esalen Office or see the next catalog for more specific information.

Spring 1995

26-Day Clinical Hypnosis Certification Program

28-Day Massage Practitioner Certification Program

✦ CONTINUING EDUCATION PROGRAMS FOR NURSES

The Board of Registered Nursing has approved Esalen as a provider of Continuing Education for registered nurses, provider number 01152. Only those programs listed below offer Continuing Education credit. Workshop leaders have the final decision in applying for C.E.U. eligibility. There is a $10 processing fee for C.E.U. certificates. If you wish to receive a certificate, please notify the office at the time of registration.

Please note: *Two-day workshops offer 10 hours of C.E. credit, four-day workshops offer 20 hours, and all five-day or longer workshops offer 30 hours.*

If you need additional information on our C.E. courses or future C.E. outreach programs, please contact Sherry Sanders Galloway, R.N., Continuing Education Coordinator, 408-667-3000.

July 1-5
- The Art of Leadership: Excellence in Business, Management, and Communication
- Embodied Gestalt Practice: Body and Soul

July 8-10
- The Personal Growth and Development of the Clinician

July 10-15
- Taoist Chi Kung: Enhancing Vitality

July 15-17
- Body Rejuvenation
- Healing the Healer: Self Care for Health Care Professionals

July 17-22
- The Body and Zen
- Sexual Trauma Survivors: Specific Strategies for Body, Mind, and Spiritual Healing

July 22-24
- Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach

July 24-29
- Creating Exact Moments of Healing
- Spiritual Healing: Laying On of Hands

July 31-August 5
- Making It Float

August 7-12
- Gestalt Practice
- Zero Balancing: Basic I and II
- Spiritual Dimensions of Healing

August 12-14
- Therapeutic Touch
- Psychic Self Defense

August 14-19
- Healing the Emotional/Spiritual Body®
- Movement, Touch, and the Healing Process

August 19-21
- Weekend Massage Intensive

August 21-26
- The Application of Altered States

August 28-September 2
- Creating Exact Moments of Healing for Survivors of Abuse
- Organizations of the 1990s: Managing with Heart

September 4-9
- Facial Communication

September 9-11
- The Subtle Art of Meditation
- When Success is Not Enough

September 11-16
- Change and Self-Esteem

September 16-18
- Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach

September 16-18
- Clinical Program for Professionals: Integrating Self Psychology, Gestalt, and Mind-Body Healing
- The Art of Talking and Listening

September 18-23
- Stepping into Your Body of Light
- Five-Day Massage Intensive

September 25-30
- Gestalt Practice

September 30-October 2
- Self-Empowerment and Purification: The Farther Reaches of Gestalt
- Ethics in the Workplace: Living Your Values Without Losing Your Job

October 2-7
- The Art of Leadership: Excellence in Business, Management, and Communication
- Trigger Point and Esalen Massage

October 7-9
- Transpersonal Medicine
- Reinhabiting Your Body: An Experience in Authentic Movement

October 9-14
- Leela: No-Mind Teaching for Helping Professionals
- Handwriting Patterns: Possibilities for Healing and Change
- The Power of Voice

October 14-16
- Psychosynthesis: Personal and Transpersonal Growth
- Rekindling the Spirit in Work
- The Awakened Mind: Brainwave Training

October 16-21
- Intuition, Perception, and Altered States of Consciousness

October 16-23
- Self-Hypnosis: Methods, Practice, and New Learning with Brainwave Feedback

October 21-28
- Cortical Reeducation® and the Feldenkrais® Method

October 21-23
- Psychoneuroimmunology and its Implications

October 28-30
- Weekend Massage Intensive

October 30-November 4
- Stone Age Solutions: Healing Practices of Our Ancient Ancestors

November 4-6
- Conscious Health: A Model for Ultimate Aliveness

November 6-11
- Gestalt Practice

November 11-13
- Introduction to Vipassana Meditation
- Focusing: When Your Clients Feel Too Much or Too Little

November 13-December 11
- 28-Day Massage Practitioner Certification Program

November 13-18
- The Subtle Art of Meditation
- Awakened Mind: Five-Day Brainwave Training Intensive

November 20-27
- Healing from Sexual Trauma: A Seven-Day Intensive for Survivors

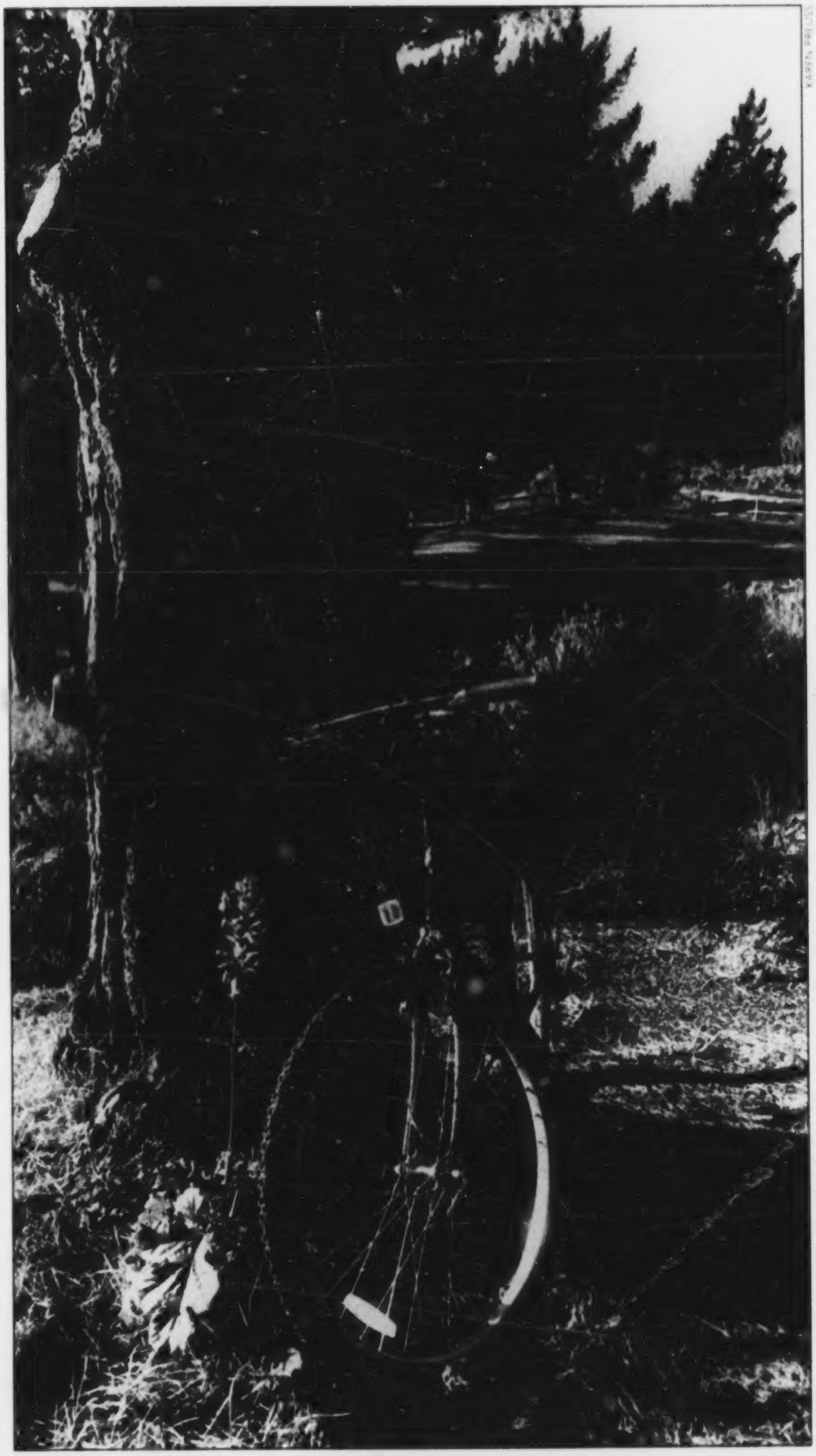
November 20-25
- Five-Day Massage Intensive

November 27-December 2
- Feldenkrais®: Life, Learning, Movement
- The Medicine Wheel Way

December 2-4
- Advance Zero Balancing: The Alchemy of Touch
- The False Memory Debate: Current Controversies in Psychology and Recovery

December 16-18
- Body Rejuvenation
- The Core Self

December 18-23
- The Body and Zen
- Healing the Emotional/Spiritual Body



KAREN PREUSS

✦ WORK STUDY PROGRAM

The Work Study Program is for those who are interested in an intense and complete involvement with the Esalen environment. It is a work-oriented program, emotionally and physically, and only rarely is it restful. It is not for those who wish to take catalog workshops or for those who are unwilling to be fully engaged in the work life of the community. Participants will work 32 hours per week in one of Esalen's departments (kitchen, garden, farm, housekeeping, maintenance, or grounds) and will participate, along with staff and long-term students, in that department's program. It is necessary for applicants to be able to speak and understand English.

During most evenings and one weekend intensive, work students are together as a group exploring different practices and approaches available at Esalen, with specifically assigned leaders who will be with the group throughout the month coordinating the study schedule and facilitating many of the evening sessions.

Please note: This program is designed to explore and apply human values and potentials in both the evening groups and the workplace. It is not intended as a substitute for therapy or as a "cure."

The selection of work students is done by Bette Dingman, the Work Study coordinator, in consultation with department supervisors. Since this is a work program, preference is given to applicants who are open and willing to learn about themselves within the work context as well as within the evening and weekend study/process groups. Applicants with particular skills or physically limiting conditions are urged to mention them on the application.

First-month work students, in particular, are assigned to departments largely on the basis of community need. No work students will be assigned to the office or Gazebo School Park until they have fulfilled a minimum of one month in one of the aforementioned departments.

The study portion of the program is usually divided into two sections each month: each emphasizes one type of growth practice, such as gestalt, meditation, Reichian work, massage or somatics work, and so forth. Participants must be prepared to stay at Esalen for the full duration designated for that particular program, assuming that they meet the standards of the Work Study Program. Two programs are planned for each month.

It is sometimes possible to receive college unit credit for participating in the work study program. Please check with your college or university for eligibility requirements.

Work study programs currently scheduled for 1994 include:

June 26-July 24

Anna Wise will present a program of Awakened Mind Brainwave Training. Different methods of meditation, visualization or "sensualization," and deep psycho-physiological relaxation will help you learn to develop the intricate combinations of brainwave frequencies that underlie optimum mental states. Mind Mirror EEGs and Electrical Skin Resistance Meters will be available for biomonitoring and biofeedback.

Patrick Douce will share the essence of his work with Moshe Feldenkrais, Balinese healers, and Indonesian Silat Martial-Art-for-Health systems. This monthlong program will focus on movement and touch techniques to increase the sensitivity, flexibility, coordination, relaxation, and freedom of the body. Individual chronic problem areas will be approached in order to improve chronic stiffness and pain. Group experience and interaction will help facilitate balance in the overall growth of each participant.

July 24-August 21

Mary Goldenson's (Devarani) program of letting go and moving on employs Reichian methods, dance, imagery, gestalt, and meditation.

Eric Van Riswold will lead a mind-body-spirit study devoted to the development of integral transformative practice. Through Leonard Energy Training (LET) and aikido, participants will explore personal development in the twelve aspects of human functioning as outlined in Michael Murphy's book *The Future of the Body* , as well as the nature and value of practice as discussed in George Leonard's book *Mastery*. Participants will also have an opportunity to create their own bodily transformation program and experience the role that vision and intentionality play in transformation.

August 21-September 18

Wendy Palmer will focus on intuition, boundaries, and relationships. Using the body as a reference point, we can experience boundaries energetically rather than emotionally. Principles from aikido, meditation, and attentional states are used to examine personal issues such as abuse, codependency, and the tendency to merge too much or engage too little.

Eric Erickson will lead a group devoted to the development of integral practices. Gestalt practice, meditation, movement exercises, and the experience of nature will be explored as complementary awareness practices which, when combined, integrate mind-body-spirit into a greater whole and enhance personal development and transformation.

September 18-October 16

Eduardo Eizner & Guests will lead a month concentrating on emotional release work and self-awareness, incorporating gestalt practice, group and individual process, rituals, movement, and bodywork.

September 18-November 13

Two-Month California State Massage Certification Program

Led by ***Kathleen O'Shaughnessy & Dean Marson***, this two-month California State Massage Certification Program offers intensive professional instruction in massage practice, various approaches to movement and meditation, as well as self-care. Massage skills will be developed through lecture, demonstrations, hands-on practice between participants, and instruction in basic anatomy. Bodywork will be taught as a tool for optimal well-being, stress reduction, and as a valuable aid to personal and transpersonal growth. Gestalt awareness sessions will be offered regularly during the program as a means for self-understanding, although this is not the focus of the program.

Sessions, scheduled primarily during afternoons and evenings, are *in addition* to the 32-hour work week commitment. *120 hours of class attendance is mandatory to fulfill state certification requirements.*

Upon satisfactory completion of this program and after giving and recording thirty massage practice sessions within six months of the final day of the program, a California state-approved certification will be issued. This is a professional program with limited admission. Preference will be given to those applicants who have had a minimum of one month previous Work Study experience; however, this is not an absolute.

Along with your Work Study Program Application, please submit a handwritten letter stating why you want to learn massage and how you plan to use it in your life. Send both to Kathleen O'Shaughnessy, Massage Certification Program, Esalen Institute, Big Sur, CA 93920.

$1,940 (two-month fee)

October 16-November 13

A month with ***John Soper & Friends*** will focus on ways to improve the quality of life for participants. The group may practice gestalt, group process, meditation, sensory awareness, guided fantasy, movement, and stillness to bring into focus those areas of our lives that are ripe for change.

Kathleen O'Shaughnessy & Dean Marson. See September 18-November 13.

November 13-December 11

Steven Harper & Friends will lead an introductory month of "oldies *and* goodies." Exploring group process, gestalt practice, dance, movement work, bodywork, energy awareness, and meditation, the group will pay special attention to how these transformative practices may be integrated into the work aspect of the program and our lives outside of Esalen.

David Schiffman will focus on the theme of transition. It is geared for people who are contemplating changes in career, relationship, geographical location, or spiritual orientation.

December 11-January 8

Eric Erickson will lead a group devoted to the development of integral practices. Gestalt practice, meditation, movement exercises, and the experience of nature will be explored as complementary awareness practices which, when combined, integrate mind-body-spirit into a greater whole and enhance personal development and transformation.

December 11-February 5

Nina Wise will present a *two-month* program of "Motion Training," a technique that utilizes sound, movement, language, and visual elements in the creation of spontaneous performances that arise from the inner life of the actor. The work enhances the ability to integrate language and movement, respond physically to emotional impulses, and give voice in sound and language to personal truths. In addition to performance work, the leader will also use meditation practice, writing practice, and experiments with integrating spontaneity and play into daily life.

Please note: This special two-month program is limited to 16 people, and requires a commitment to both work scholar months.

January 8-February 5

Elaine Hughes will offer a month of intensive writing facilitated by gestalt practice, meditation, visualization, body awareness, sense perception, and evocative writing exercises. Participants will explore other possibilities for self-expression — such as art, music, dance, and theater — and discover how these experiences can become integrated into their writing.

Nina Wise. See December 11-February 5.

Inasmuch as the Work Study Program is a complete program in itself, please do not plan to take regularly scheduled catalog workshops during your stay. Professional services, such as massage, are available at staff rates.

Accommodations are shared, with up to four people to a room, usually at South Coast Center, a staff complex located 1½ miles north of Esalen.

A deposit of $400 in U.S. currency is required with your application. The work scholar fee is $750 for the first month, $700 for the second month, and $650 for the third month. Work students may be invited to remain for a second or third month depending on space available and community needs. There are no scholarships available for the Work Study Program.

For more information contact Bette Dingman: 408-667-3010.

Note: Application is not registration in the program. Registration is made only after approval of application and upon receipt of deposit. The balance of the fee is due on arrival. Of the original deposit, $100 is nonrefundable and may be transferred to other programs within one year of receipt. Please return the application form (see next page) with your deposit to:

Work Study Program,
Esalen Institute
Big Sur, CA 93920.

Institute of Transpersonal Psychology Offers External Master's Degrees

Work students now have the opportunity to integrate their work study experience at Esalen with the external degree program of the Institute of Transpersonal Psychology. The external degree format enables students to study at any location. Work students will be able to continue the dynamics of personal growth fostered at Esalen while earning master's degrees in transpersonal studies or in transpersonal psychology.

Inquiries and applications should be made directly to ITP. Contact:

Nancy Fagen
External Program
Institute of Transpersonal Psychology
744 San Antonio Road
Palo Alto, CA 94303
415-493-4430

✦ WORK STUDY PROGRAM APPLICATION

Name ____________________ ☐ Male ☐ Female

Date of Birth ____________________ Occupation ____________________

Place of Employment ____________________

Daytime Phone (_____) ____________________ Home Address ____________________

Evening Phone (_____) ____________________ City/State/Zip code ____________________

Date of Application ____________________ Country ____________________

Do you have any physically limiting conditions which might affect your full participation in this program? ☐ Yes ☐ No

If yes, please be specific. ____________________

____

Are you currently taking any medications? ☐ Yes ☐ No If yes, please specify: ____________________

Which program(s) are you interested in? Please list the leader's name. ____________________

____

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Please note: When focused programs continue with the same leader for more than one month, participants must be prepared to stay at Esalen for the full duration of that particular program.

The Work Study Program is for 28 days, beginning and ending on Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: __________ to __________ 2nd: __________ to __________ 3rd: __________ to __________

Work students may be invited to remain for a second or third month, depending on space available and the needs of the Esalen community. Please indicate your availability for such an invitation.

☐ No extension ☐ One-month extension ☐ Two-month extension

Assignments to departments are made according to community labor needs. However, if you have particular skills that you're willing to use, especially in food preparation, gardening, maintenance, mechanics, construction, or housecare, please mention them here.

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☐ Please check here if you have emergency medical skills (M.D., R.N., or E.M.T.) and are willing to use them during your stay.

Attach a personal statement about your interest in the Work Study Program and why you'd like to participate.

All applicants are required to sign a standard release from liability and assumption of risk form as a condition of participation in the Work Study Program.
Please Note: No pets allowed.

◆ AUDIO RECORDINGS

The Dolphin Tape Series

This tape list honors the 1994 centennial of the birth of Aldous Huxley, the first and perhaps most eloquent spokesman for the human potential movement. There are a number of titles by Huxley, as well as one by his own mentor Gerald Heard. Further selections reflect the work of other intellectuals through the past decades who were seekers and explorers of realms of consciousness, feeling, and thought.

In addition to the familiar titles of old favorites for the special attention of new customers, look for some recent additions from your favorite speakers, and be prepared for a few discoveries from the archives. Please note a minor shift in pricing of all multi-tape titles (they have been reduced). All previous tape lists are still valid, and you may apply the new prices to them as well.

Dolphin Tapes has no complete catalog, just overlapping tape lists. When you place an order, let us know your field of interest or your favorite speakers. We may have more information on some of them. Most tapes are in stereo. Tape length is normally 1 to 1 1/2 hours.

Single-tape titles are $10:

Abraham/McKenna/Sheldrake: *TRIALOGUES: Preview and Sampler*, 1989-90
Abraham/McKenna/Sheldrake: *TRIALOGUES: Cast of Characters*, 1989-90
Angeles Arrien: *Eight Universals that Sustain Health*, 1990
Gregory Bateson: *Cultural Relativity and Belief Systems*, 1978
Robert Bly: *Six Powers of Poetry*, 1983
Joseph Campbell: *Greek Mythology*, 1981
Fritjof Capra: *Ecological Vision*, 1984
Fritjof Capra: *Characteristics of Systems Thinking*, 1985
Richard Feynman: *Quantum Mechanical View of Reality*, 1983
David Finkelstein: *A New Quantum Logic*, 1976
Arthur Hastings: *Transpersonal Realities*, 1979
Gerald Heard: *The Power of Wonder*, 1954
Albert Hofmann: *LSD and the Nature of Reality*, 1978
Albert Hofmann: *The Transmitter-Receiver Concept of Reality*, 1984
Aldous Huxley: *The Human Situation* (Santa Barbara Lectures), 1959
Aldous Huxley: *Human Potentialities* (MIT Cambridge), 1961
Aldous Huxley: *Visionary Experience* (MIT Cambridge), 1961
Aldous Huxley: *On Language* (MIT Cambridge), 1961
Aldous Huxley: *Why Art?* (MIT Cambridge), 1961
Aldous Huxley: *The Individual and History* (MIT Cambridge), 1961
Laura Huxley: *Recipes for Living and Loving* (Guided Imagery), 1963
Robert Johnson: *The Roots of Modern Masculinity*, 1990
Robert Johnson: *The Wounded Feeling Function*, 1993
Jack Kornfield: *On Buddhism: A Personal Story*, 1983
John C. Lilly: *The Dolphin Experience*, 1969
John & Toni Lilly: *Integrating Science and Mysticism*, 1981
Terence McKenna: *Surfing On* Finnegan's Wake, 1993
Terence McKenna: *Riding Range with McLuhan*, 1993
Terence McKenna: *Bosch and Yeats on Parade*, 1993
Terence McKenna: *Timewave Light*, 1993
Joseph Chilton Pearce: *Intelligence of the Heart*, 1992
Carl Rogers: My *Philosophy and How It Grew*, 1972
Carl Rogers & Gregory Bateson: *Dialogue on Thinking, Feeling, Learning*, 1975
John "Jay" Shelfer: *Taoist Chi Energy Breath Movement*, 1993
Huston Smith: *The Nature of Reality* (Boston), 1979
Wilson Van Dusen: *The Nature of Humanness*, 1969
Alan Watts: *Divine Madness*, 1968
Arthur M. Young: *The Reflexive Universe*, 1973

Two-tape titles are $16:

Walt Anderson & Ted Roszak: (2) *The Upstart Spring* (Esalen), 1984
Angeles Arrien: (2) *Cross-Cultural Shamanic Practice*, 1991
Gregory Bateson: (2) *Balinese Culture and Shamanism*, 1976
Joseph Campbell: (2) *Myths of Alienation and Rapture*, 1979
Joseph Campbell & Sam Keen: (2) *The Dark Side of the Forest*, 1985
David Finkelstein: (2) *Ancient, Medieval, and Classical Physics*, 1984
Buckminster Fuller: (2) *The Critical Path*, (Maui) 1982
Stanislav Grof: (2) *The Cosmic Game*, 1987
Jean Houston: (2) *The Possible Human* (Boston), 1979
Frederick Spiegelberg: (2) *India and the Saints*, 1964
Alan Watts: (2) *Eastern Religion and Western Therapy*, 1971

Four-tape titles are $32:

Joseph Campbell: (4) *Imagery in the Novels of James Joyce*, 1968
James Fadiman: (4) *A Weekend of Stories*, 1984
David Finkelstein: (4) *Indeterminacy and Undecidability*, 1978
Roland Fischer: (4) *Creative, Psychotic, and Ecstatic States*, 1969
Buckminster Fuller: (4) *Integrity Day* (Marin), 1983
Terence McKenna: (4) *Exploring the Hermetic Tradition*, 1991
Terence McKenna: (4) *Life Tides and Time Lines*, 1993
Rupert Sheldrake: (4) *Resonance and the Habits of Nature*, 1987
Rupert Sheldrake: (4) *Rebirth of Nature: Revival of Animism*, 1990
Brother David Steindl-Rast: (4) *Enjoying Poetry*, 1992

The Dolphin Vinyl Album Tape Sets:

Angeles Arrien & Robert Bly: (6) *Love in the Western World*, 1984	$54
Gregory Bateson: (6) *Steps to an Ecology of Mind*, 1980	$54
Aldous Huxley: (6) *The Santa Barbara Lectures*, 1959 (Volume I, II, or III)	$54
John C. Lilly: (6) *Ego, Self, and Essence*, 1971	$54
John C. Lilly: (6) *The East Coast Workshop*, 1973	$54
Joseph Chilton Pearce: (6) *Journey to the Heart*, 1990	$54
Rupert Sheldrake: (6) *Resonance and Presence of the Past*, 1985	$54
Andrew Weil: (6) *All You Wanted to Know About Drugs*, 1993	$54
Robert Anton Wilson: (6) *The "Coincidance" of Joyce*, 1985	$54
Ruthy Alon: (6) *Lessons in the Feldenkrais Method* (Series I or II)	$54
Moshe Feldenkrais: (6) *Awareness Through Movement Lessons* (Series I)	$66
Moshe Feldenkrais: (6) *First Professional Training Tapes*, 1972 (Volume I)	$66
Esalen Series: (8) *Physics and Consciousness*, 1975-76	$66
Terence McKenna: (8) *Collected Talks: Series I* (1982-83) or *II* (1983-86)	$66
Terence McKenna: (8) The Esalen Scholar-In-Residence Series, 1989	$66
Colin Wilson: (8) *The New Analytic Philosophy*, 1967	$66
Colin Wilson: (8) *New Pathways in Human Evolution*, 1990	$66
Buckminster Fuller: (8) *The Pajaro Dunes Tapes*, 1977	$72
Terence McKenna: (8) *True Hallucinations (A Talking Book)*, 1984	$72
Abraham/McKenna/Sheldrake: (10) *TRIALOGUES at the Edge* (Vol. I)	$84
Joseph Campbell: (10) *World Mythology Series*, 1969 (Library Archives)	$84
Gregory Bateson: (12) *The Informal Esalen Lectures*, 1975-1980 (Library Edition)	$96

Please add $3.00 to your complete order for handling and mailing (add $3.00 more if you wish priority mail). Overseas orders add $1.00 per tape for mailing. California residents include 7 1/4% tax. (Institutional purchase orders please add 10% to tape cost for invoicing and deferred payment.) Allow 4 to 6 weeks for delivery. (Most orders are mailed within two weeks.)

Please mail your order and your check payable to:
DOLPHIN TAPES, P.O. Box 71, Big Sur, CA 93920

Advertisement: Dolphin Tapes is a private company independent of Esalen.

✦ BIOGRAPHICAL INFORMATION

A

Jeremiah Abrams is a Jungian therapist, dream analyst, writer, trainer, and consultant. His books include *Meeting the Shadow* and *Reclaiming the Inner Child*. He is director of the Mt. Vision Institute in Sausalito, CA. **p. 46**

Jeanne Achterberg, is Professor of Psychology at Saybrook Institute and co-chairs the Mind/Body Advisory Panel for the Office of Alternative Medicine Division, National Institutes of Health. She is currently president of the Association of Transpersonal Psychology. **p. 38**

Judith Alexander has a private practice counseling practice in Port Townsend, Washington, specializing in group work. She brings to her work a commitment to compassion and the emotional safety optimal for healing. **p. 39**

Ronald Alexander is a health psychologist in private practice in Santa Monica, California. He is a creativity and communication consultant in the entertainment industry who specializes in leadership skills and mind/body healing. **p. 12, 33, 53**

Thom Allena is an organizational consultant who develops "soul" in organizations through outdoor team building, ritual and myth, and humor. He works with judges, attorneys, and victims to arrange "win-win" solutions for resolving criminal offenses. **p. 29**

Tenshin Reb Anderson was ordained as a Zen priest by Shunryu Suzuki Roshi and is abbot of San Francisco Zen Center, Green Gulch Farm, and Tassajara Zen Mountain Center. **p. 17**

Anne Armstrong has been doing transpersonal counseling for thirty years and has trained professionals to use their intuitive abilities. **p. 31**

Elliot Waker Aronson, teacher, scientist, and author, has been leading workshops on self-awareness and self-compassion for over twenty-five years. He was recently elected to the American Academy of Arts and Sciences. **p. 52**

Vera Aronson is a counselor and group leader who specializes in issues relating to the elderly. **p. 52**

B

Nancy Bacal is a lyricist and screenwriter. Student of meditation and black belt in aikido, her work includes the award-winning film, *RAGA*, starring Ravi Shankar. She conducts ongoing writing workshops in Los Angeles. **p. 30**

Oliver Bailey is a practitioner and instructor of Esalen massage. His background includes training in gestalt practice, neurolinguistic programming, intuitive work, and meditation. **p. 33**

Richard Balaban is a clinical psychologist in private practice in Bloomington, Indiana, who delights in leading groups. He affirms joyfulness and the creation of a sense of self and community. **p. 42, 45**

James Baraz has taught vipassana (insight) meditation retreats since 1977. He is on the board of directors of Insight Meditation West and the Dharma Foundation. **p. 46**

Father Bruno Barnhart, monk and former prior of the Hermitage, studies the Christian wisdom tradition and is author of *The Good Wine: Reading John from the Center*. **p. 17**

Tom Bender is an architect, strategic planner, feng-shui practitioner, award winner in the 1993 international Sustainable Community Solutions competition, and former editor of RAIN magazine. **p. 20**

Brian Bergstrom has been a structural bodywork practitioner since 1980. He has integrated his training with his passion for golf and works with golfers to help them maintain a swing free of physical restriction. **p. 32, 38**

Jeff Berner has photographed worldwide, received two awards from *Life* magazine, and photo-illustrated *Uncarved Block, Unbleached Silk: The Mystery of Life*, by the late Alan Watts. **p. 37**

Judy Blackstone is a dancer, meditation teacher, author, and counselor. She is the founder of The Subtle Self in Motion, a method for deepening experience through movement. **p. 28**

Julie Bowden, pioneer in the children of alcoholics (COA) field, is cofounder of the National Association of COAs. She coauthored *Recovery: A Guide for Adult COAs* and *Genesis: Spirituality in Recovery*. **p. 21, 42**

C.J. Bradbury is a member of the Esalen massage staff and a teacher of t'ai chi ch'uan. **p. 37**

Carolyn Braddock is a body-centered therapist and consultant in private practice in Lakewood, Colorado. She is the author of *Body Voices: Using the Power of Breath, Sound, and Movement to Heal and Create New Boundaries*. She trains professionals in the field of sexual abuse. **p. 15, 16, 48, 49**

Devers Branden is coauthor with her husband Nathaniel of *What Love Asks of Us*. She also works as a business consultant. **p. 35**

Nathaniel Branden is a psychotherapist, author, and lecturer who has been a pioneer in the field of self-esteem for over 33 years. He has a private practice in Los Angeles. **p. 35**

Char Pias Brenner has lived at Esalen Institute since 1977. She is a facilitator of the expressive arts and teacher of Esalen massage. **p. 14**

John Broomfield, author of *Other Ways of Knowing*, is a New Zealand educator, world-traveler, and student of shamanism and hatha yoga. He has written extensively on intercultural and interspecies learning. **p. 49**

Jerilyn Brusseau is founder and executive director of Holyearth Foundation, the Earthstewards Network, and the Institute for Conflict Resolution. **p. 51**

Heather Lynne Burch has a background in self-acceptance training, eidetic imagery, and shamanism. She teaches methods for unifying the self and developing a deeper creativity. She practices in New York and Naples, Florida. **p. 30, 32**

C

Fritjof Capra, physicist and systems theorist, is the founder of the Elmwood Institute, an ecological think tank. He is the author of *The Tao of Physics*, *The Turning Point*, and *Uncommon Wisdom*. He wrote the screenplay for *Mindwalk*, a film based on his books. **p. 49**

Lewis John Carlino is a novelist, playwright, screenwriter, and director. He has taught playwrighting at the University of Southern California, and screenwriting at Columbia University. **p. 44**

Seymour Carter, longtime gestalt teacher at Esalen and in Europe, combines studies in sensory awareness, Zen Buddhism, aikido, and other body-oriented practices. **p. 20, 49**

Michell Cassou is the founder of an original approach to painting designed to stimulate and unblock creativity. She is director of the Painting Experience Studio in San Francisco. **p. 54**

Christopher Castle is a visual artist, iconographer, composer, and geomancer whose artwork is represented in the British Museum and National Museums of Scotland and Wales. He teaches courses in earth-based art. **p. 20**

Carl Chase (C.C.) is a body worker who specializes in cross-fiber friction and deep tissue methods. He has also studied sports massage and soft tissue manipulation. **p. 49**

Randy Cherner conducts a three-year apprenticeship training program for practitioners in the field of somatic education. He is founder of a somatics center in Corte Madera, California. **p. 31, 44**

Dan Clurman, a licensed MFCC, has led communication training nationally since 1982. He teaches critical thinking at Golden Gate University, and has a private practice in Oakland, California. **p. 33**

Stephen Cohen, gestalt practitioner and longtime golf hacker, is founder and President of The Shivas Irons Society, a nonprofit organization dedicated to enhancing golf's beauties and virtues. **p. 32, 38**

Emilie Conrad-Da'oud is the founder of Continuum. Her innovative approach to movement has enhanced the creativity of artists in many fields and has led to new insights in the healing process. **p. 28**

Robert Corff teaches performance in Los Angeles. He has had leading roles on television, Broadway, and in motion pictures. His workshops deal with self-presentation in business and professional life. **p. 45**

Ann Weiser Cornell learned Focusing from its originator Eugene Gendlin in 1972. She teaches Focusing throughout the U.S. and internationally. She is president of the Association for Humanistic Psychology. **p. 38, 47**

Judith Cornell, artist and educator, has developed programs exploring the synthesis of art with other fields. Founder of Manifesting Inner Light, she has taught people worldwide to use art as a yoga for healing and transformation. **p. 36**

Phil Cousineau is a filmmaker, lecturer, and adventure travel guide. He is the author of *Soul: Readings from*

Socrates to Ray Charles and *The Hero's Journey: Joseph Campbell on His Life and Work.* **p. 47**

Martha Crawford is a classical Five Element Acupuncturist and mother. She learned the Arica Nine Ways of Zhikr from Oscar Ichazo, and has taught Arica trainings in Europe, South America, Canada, and the U.S. **p. 36**

Stewart Cubley, artist and scientist, is cofounder with Michell Cassou of the Painting Experience Studio in San Francisco. **p. 54**

Rabbi William Cutter holds a doctor[illegible] from UCLA and was trained in the Ford-Esalen project in Confluent Education. He teaches modern literature and education at Hebrew Union College in Los Angeles. **p. 32**

D

David Darling is a master cellist, composer, conductor, and teacher whose many recordings include *Journal, October, Cycles, River Notes, Amber,* and *Eight Stringed Religion.* **p. 47, 56**

Laura Day has been a practicing intuitive for over a decade in the U.S. and Europe. She teaches intuitive skills for use in business and daily life. **p. 13**

Laura DeNuccio, a certified Radix® practitioner on Esalen's teaching staff, has 20 years of experience leading groups in Reichian bodywork, gestalt, movement, meditation, and vision work. Her current interest is swimming with wild dolphins in Hawaii. **p. 26**

Jed Diamond is a counselor, teacher, and cofounder of *Another Man Protecting the Earth.* He is the author of *The Warrior's Journey Home: Healing Men's Addictions, Healing the Planet.* **p. 44**

Patrick Douce, one of Moshe Feldenkrais's first American students, has lived at Esalen since 1972. Since 1986 he has lived half of each year in Bali where he is developing programs with Indonesian Silat, Martial-Arts-for-Health, schools. **p. 17, 24, 32, 62**

Charles Durrett is coauthor of *CoHousing — A Contemporary Approach to Housing Ourselves.* Through his architectural design and consulting firm, The CoHousing Company, he is working to create co-housing communities in the U.S. **p. 16**

E

Bob Edgar, former Professor of Biology and founding provost of Kresge College, UCSC, is experienced in group process and organizational development. He is interested in the shamanic journey method as a path for spiritual development. **p. 50**

Edith Eva Eger is Clinical Assistant Professor of Psychiatry at UCSD Medical School. She has a private practice in La Jolla, California, and is a consultant to the military on post-traumatic stress reaction. **p. 55**

Diane Egli, violinist and member of the Suzuki Association of America, teacher/performer, and Gazebo School Park teacher at Esalen, was a California Arts Council "Artist in Residence." She has a master's degree in music. **p. 12**

Eduardo Eizner, a licensed psychologist from Belgrano University in Argentina, is an Esalen staff member and director of Gazebo School Park. **p. 11, 12, 13, 62**

Eric Erickson is a long-term student of gestalt and Eastern philosophical traditions. **p. 21, 62, 63**

F

Warren Farrell author of *Why Men Are The Way They Are* and *The Liberated Man,* has been a pioneer in both the women's and men's movement, and appeared on over 1,000 television and radio shows. **p. 28**

Patricia Fields, a licensed psychologist with eighteen years' experience in facilitating spiritual development, is a skilled energetic practitioner and intuitive. **p. 34**

Peter Finkelstein, a psychiatrist in Woodside, California, has taught residents and medical students at Stanford. He is currently a student at the San Francisco Center for the Study of Personality, run by Jonah and Tory, his children, ages 3 and 5. **p. 15**

John Firman, a psychotherapist in Palo Alto, trained in psychosynthesis with its founder Roberto Assagioli. He is an adjunct faculty member at the Institute of Transpersonal Psychology. **p. 40**

Corey Fischer is an actor, writer, and maskmaker who has been creating and performing theater for over twenty years. He cofounded *A Traveling Jewish Theatre,* and teaches workshops and classes in solo performance, ensemble creation, and storytelling. **p. 27**

Derek Fowell is an Australian educator with twenty years' experience as a published author and scholar in the field of Aboriginal culture. **p. 22**

Patricia Fowell is a longtime educator and activist for Aboriginal rights. She is an Aboriginal woman of the Alyawarre people of northeastern Australia. **p. 22**

Joyce Frazee, a gestalt practitioner in private practice, is the senior supervisor of the Gestalt Training Institute of Vancouver, Canada. She is on the Board of Advisors of Hollyhock Institute and gives dream workshops in the U.S., Canada, and Europe. **p. 44**

G

Cynthia Gale, ceremonial artist and teacher of Mother Earth spirituality, is a former dean at Sarah Lawrence College and award-winning fiber artist who exhibits her art at galleries and museums throughout the U.S. **p. 33**

Mark Gerzon has training as a clinical psychologist and family therapist. He is the author of several books, most recently *Coming Into Our Own: Understanding the Adult Metamorphosis* and *A Choice of Heroes: The Changing Faces of American Manhood* (recently reissued). **p. 56**

Mariah Fenton Gladis, gestalt practitioner and trainer, founded and directed the Bucks County Institute for 12 years. She is director of the Pennsylvania Gestalt Center for Psychotherapy and Training. **p. 17, 18, 28**

Mary Goldenson (Devarani) is a psychologist, chiropractor, and certified Radix® teacher with a private practice in West Los Angeles. **p. 13, 14, 29, 32, 50, 62**

Mary Gomes teaches psychology at Mills College. She has written on feminist psychology, ecofeminism, and ecopsychology, and on burnout in political activists. **p. 21**

Harriet Goslins is the originator of Cortical Reeducation® She is a Feldenkrais® practitioner with a background in psychosynthesis, applied kinesiology, craniosacral work, and social anthropology. **p. 41**

Roger Grandy, is certified in movement reeducation, massage, and shiatsu. He is involved in a medical research project studying the effects of bodywork and hypnosis on the immune system. **p. 43**

Spalding Gray, writer and actor, has created a series of 13 autobiographical monologues which he has performed in the U.S., Europe, and Australia. He has taught storytelling at Columbia, N.Y.U., and Omega Institute. **p. 51**

Bruce Gregory is a psychologist in private practice who specializes in mind/body healing and health psychology. He works with corporate executives who are experiencing difficulties with leadership skills. **p. 12, 37, 38**

Michael Griffith is a licensed MFCC, a painter, and dentist. He is married and the father of two college-age sons. **p. 17, 25**

Pierre Grimes, a philosopher, founded the Noetic Society for the Study and Exploration of Platonic and Neo-Platonic Works. Author of *Delivering False Beliefs,* he has developed the art of philosophical midwifery. **p. 29**

H

Robert Hall, physician, psychiatrist, and teacher, has studied the mind-body process and meditation for 25 years. He is cofounder of the Lomi School and the Tomales School of Psychotherapy. **p. 20**

Betty Halpern, Professor of Education at Sonoma State University since 1968, has been teaching the Esalen Gazebo staff for over five years. Her focus is on the learning community formed by teachers and children and their families. **p. 13**

Anna Halprin, dance director of Tamalpa Institute and Steps Theater Company, works with people who have life-threatening illnesses. She is creator of *Circle of the Earth* and author of *Movement Ritual.* **p. 20**

Keith Harary is a research psychologist and coauthor of seven books. He has over twenty years' experience in human potential research and is research director of the Institute for Advanced Psychology in San Francisco. **p. 41**

Kai Harper is a native Big Sur local and a student at Esalen's Gazebo School. He has trained his parents for the last two years in the ways of innovative parenting and hiking methods. **p. 15**

Kim Harper is an Esalen staff member, mother, gardener, and lover of nature. She makes her home in Big Sur. **p. 15**

Steven Harper coordinates Esalen's Wilderness Programs. He has led both traditional and experimental expeditions internationally for nearly 20 years. His work focuses on wild nature as a vehicle for awakening. **p. 15, 17, 26, 41, 58, 63**

Deborah Harrell has been a somatic practitioner and teacher of holistic medicine, bodywork, and dance for over ten years. **p. 26**

Rachel Harris was in the 1968 Esalen Residential Program. She is a psychotherapist in private practice in Princeton, NJ, and a consultant for executives on leadership and interpersonal skill development. **p. 37**

Andrew Harvey, an Englishman born and raised in South India and educated at Oxford, was the youngest ever Fellow of All Souls College. Scholar, educator, and author, his twenty-two books include novels, poems, travel books, and translations. **p. 49**

David Hawkins, a psychiatrist in private practice, has trained group therapists at Duke University and throughout the U.S. He is past-president of the American Academy of Psychotherapists. **p. 30, 55**

Richard Helfant, former Director of Cardiology at Cedars-Sinai Medical Center and Professor of Medicine at UCLA, is a cardiologist, teacher, and author of *Women Take Heart*. **p. 45**

Christian Hendricks is a nationally certified instructor for the American Ju Jutsu Association, as well as a certified massage therapist with a private practice in Seattle, Washington. **p. 15**

Nick Herbert is the author of *Quantum Reality*, *Faster than Light* and the forthcoming *Elemental Mind*. He is also "Fringe Science" columnist for the magazine *Mondo 2000*. **p. 38**

Edward Hoffman is a licensed clinical psychologist in the New York City area, and the author of seven books in the fields of Jewish mysticism, spirituality, and psychology, including, most recently, *Visions of Innocence*. **p. 18**

Maria Lucia Sauer Holloman has practiced spiritual healing in Brazil and the U.S. since 1982. She has been a resident student and teacher at Esalen and conducts trainings and seminars internationally. **p. 18**

Chungliang Al Huang teaches Tai Ji philosophy of the creative process, East/West synthesis, and the joyful art of movement meditation. He is the founder-president of the Living Tao Foundation, and the director of Lan Ting Institute in the Sacred Mountains of China. **p. 49**

Elaine Hughes, author of *Writing from the Inner Self*, has been teaching writing for over twenty years. She conducts workshops which combine writing with meditation. **p. 63**

Leigh Hyams is a painter and teacher at UC Berkeley Extension whose work has been exhibited internationally. A Fulbright Scholar, she leads art tours to Europe and South America for museums and universities. **p. 12, 47**

I

Jo Imlay is a writer, fabric artist, and codirector of The Eagle Connection, an alliance of transformative organizations. She combines shamanic work with insights drawn from contemplative Christianity, Buddhism, and Hinduism. **p. 49**

Anne Clark Isaacs is a licensed clinical social worker and a Reichian practitioner in private practice in Los Angeles. She is presently completing the advanced training in Bodynamic Analysis. **p. 22**

Joel Isaacs is a Reichian practitioner in private practice in Los Angeles where he also directs a body-oriented training program for psychotherapists. He is presently completing the advanced training in Bodynamic Analysis. **p. 22**

Julian Isaacs is a consciousness researcher, university professor, parapsychologist, and energy practitioner who uses higher energies, biofeedback, and psychotechnology to facilitate transformational process. **p. 34**

J

George Jaidar has had many successful careers, including businessman, teacher at UCLA, prep school headmaster, and most recently author and lecturer. **p. 45**

Eli Jaxon-Bear has an extensive background in Zen, Tibetan, Hindu, and Taoist meditation forms. He is a trainer in neurolinguistics and an examiner with the American Council of Hypnotist Examiners. **p. 39**

Jerry Johnson is a broadcaster, pastor, and spiritual guide who has spent more than twenty-five years as a corporate manager. He counsels people through job/life transitions, and has hosted a KCBS Radio talk show, "Man to Man." **p. 51**

Arthur Samuel Joseph is a private teacher and professor of voice. He is the creator of Vocal Awareness, a method that integrates mind, body, and spirit through the vocal arts. **p. 39**

Ronald Wong Jue, licensed clinical psychologist, has trained mental health practitioners in the use of altered states for the past fifteen years. He is past-president of the Association for Transpersonal Psychology. **p. 26**

K

Allen Kanner teaches ecopsychology at the Wright Institute in Berkeley, and has a private practice. He has written on narcissism, consumerism, and environmental destruction. **p. 21**

Margaret Kemeny is trained in behavioral science and immunology. She conducts psychoneuroimmunologic research at the UCLA School of Medicine on individuals infected with the HIV virus. **p. 42**

Shelley Kessler, a leading educator in the new field of emotional literacy, is coauthor with Mark Gerzon of *Man, Woman, Earth: Reclaiming Spirit and Wildness in Intimate Relationship*. **p. 56**

George Kohlrieser, a psychologist with an international practice, researches and applies attachment and separation theory to relationships, psychosomatic illness, violence prevention, and hostage negotiations. **p. 19**

Michael Kramer began working with Fritz Perls at Esalen in 1966 and lived in Big Sur for many years. He has been a student and teacher with Arica since its inception in New York City in 1971. **p. 36**

Michael Krasny, Professor of English at San Francisco State University, has been a lecturer for The Fulbright Institute as well as The San Francisco Psychoanalytic Institute. He hosts a weeknight radio program on ABC. **p. 15**

Ron Kurtz developed the Hakomi method and is founder of the Hakomi Institute. He is author of *Body-Centered Psychotherapy*, and *The Hakomi Method*, and is currently writing a book on psychotherapy as a spiritual practice. **p. 47**

L

Stephen LaBerge is a scientist dedicated to the transformation of human consciousness. He teaches and researches conscious or "lucid" dreaming at Stanford University. **p. 53**

Cay Lang is an internationally exhibited photographer who shows with the Weston Gallery in Carmel and Galerie Michele Chomete in Paris. **p. 20**

Frank Lawlis, a clinical health psychologist and researcher, is a professor at the Institute of Transpersonal Psychology. He has taught at four major medical schools and has a grant to study pain and stress management for children with cancer at Stanford Medical Center. **p. 38**

Barbara Lee is a circlemaker who has worked with groups for the past nine years. She holds a certificate in Organizational Development and Transformation from the California Institute of Integral Studies. **p. 40**

Lenore Lefer is a psychotherapist in San Francisco who teaches and leads professional training in psychosynthesis in the U.S. and Russia. She also facilitates retreats for women and for people with heart disease and cancer. **p. 25, 48**

Mel Lefer, formerly a businessman and restaurateur, has been a research participant and teacher at Dr. Dean Ornish's Preventive Medicine Research Institute for eight years, and has shown reversal of his own heart disease without surgery. **p. 27**

Marc Lehrer teaches clinical hypnosis and biofeedback internationally. He studied hypnosis with Milton Erickson and John Grinder, and resides in Santa Cruz, California. **p. 41**

Dub Leigh, longtime bodywork practitioner, was trained and certified by his friends Ida Rolf, Moshe Feldenkrais, and Tanouye-roshi. **p. 14, 16, 52, 54**

George Leonard is the author of *Mastery*; *The Silent Pulse*; and *The Transformation*. He is a fourth-degree black belt in aikido and founder of Leonard Energy Training (LET). **p. 23, 43, 48**

Lillian Lesefko is an expert on facial communication. She studied Chinese Facial Analysis with her Chinese grandmother and has researched Western studies that correlate this ancient tradition with modern psychology. **p. 31**

Master Share K. Lew, a youthful 76, is a healer and Taoist priest from Wong Lung monastery in Southern China, with over half a century's experience teaching Taoist health practices such as Chi Kung. **p. 14**

Elisa Lodge, is an expressive arts therapist with an extensive background in the healing arts, movement education, and performance art. **p. 46**

Paul Lounsbury is a founding member of the New York Forum for Psychotherapy Cybernetics. He studied hypnosis and psychotherapy with Milton Erickson and is in private practice in New York City. He specializes in the innovative use of hypnosis. **p. 28, 55**

Amory Lovins cofounded and directs research at Rocky Mountain Institute, an eleven-year-old nonprofit resource policy center. *The Wall Street*

Journal named him among twenty-eight people in the world most likely to change the course of business in the '90s. **p. 52**

Francis Lu is Associate Clinical Professor of Psychiatry at the University of California, San Francisco, with interests in film and transpersonal psychology. **p. 18**

Olga Luchakova is an Adjunct Professor at the California Institute of Integral Studies and teaches Christian yoga under the auspices of the Institute of Transpersonal Psychology. She was trained in Christian yoga by Russian monks. **p. 20**

Nancy Kaye Lunney, formerly a vocal coach and accompanist, is the originator of Singing Gestalt, which utilizes lyrics and songs as a means of self-expression. She is director of programming at Esalen. **p. 31**

Kathryn Lydecker, licensed marriage and family therapist, is a senior associate of the Lomi School, an innovator in somatically-based psychotherapy. She is in private practice in Santa Cruz, California. **p. 35**

Joyce Lyke is a teacher in the Ridhwan Work School, which is dedicated to understanding personality and essential development. She is also a long-time Esalen gestalt practitioner. **p. 19**

M

Helen Malcolm-Neeb, artist, consultant, and teacher, works with a visionary consulting team designing long-range vision paintings for individual clients and Fortune 500 corporations. **p. 25**

Noel Mapstead is a local fine artist and potter. He has studied and exhibited extensively in New York and is familiar with Big Sur clays using traditional firing techniques. **p. 14, 54**

Peller Marion, psychologist and management consultant, is president of Peller Marion Associates, Inc., an outplacement and executive development coaching corporation in San Francisco. She is the author of *Crisis Proof Your Career: How to Find Job Security in an Insecure Time*. **p. 31**

Dean Marson is a practitioner and instructor of Esalen massage who uses self-care techniques as a means of introducing people to the pleasure and potential of human touch. **p. 25, 62**

Kathryn McCamant is coauthor of *CoHousing — A Contemporary Approach to Housing Ourselves*. She works through her design and consulting firm, The CoHousing Company, to bring co-housing communities to life in the U.S. **p. 16**

Terence McKenna, author and explorer, has spent twenty-five years studying the ontological foundations of shamanism and the ethno-pharmacology of spiritual transformation. He is the author of *True Hallucinations*; *The Archaic Revival*; and *Food of the Gods*. **p. 12, 52**

Sue McKibbin is an organizational anthropologist who consults, conducts seminars, and produces films on the spirit in business and alternative organizational paradigms. **p. 36**

Deborah Anne Medow, Esalen workshop leader and bodywork practitioner since 1969, teaches ashtanga yoga, massage, creative movement, gestalt awareness, and related healing disciplines throughout the U.S. and Europe. **p. 21, 57**

Darlene Moore is a director of the Institute for Advanced Psychology in San Francisco and has conducted special projects and taught extended perception workshops for the Institute throughout the U.S., Canada, and Europe. **p. 41**

Beverly Kitaen Morse is a marriage and family counselor in private practice in Santa Monica and a senior instructor at the Rosenberg-Rand Institute for Integrative Body Psychotherapy. **p. 44**

Arthur Munyer, a member of the Esalen massage crew since 1975, is a trigger point specialist and longtime body work practitioner trained by Dub Leigh, Fritz Smith, and Lauren Berry. **p. 37**

Michael Murphy founded Esalen Institute (with Richard Price) in 1962, and helped initiate Esalen's Soviet American Exchange Program. He is the author of *Golf in the Kingdom*; *Jacob Atabet*; and *The Future of the Body*. **p. 48, 52**

N

Robert Nadeau, an aikido expert, was a student of aikido's founder, M. Ueshiba. He has been a leading exponent of centering, energy awareness, and meditation at Esalen since the 1970s. **p. 37**

Audrey Nakamura was trained by Hawayo Takta, Dub Leigh, and Tanouye Tenshin-roshi. She has been a practitioner for sixteen years. **p. 14, 16, 52, 54**

Little Bear Nason is the seventh generation spiritual leader of the Esselen Indian Tribe of Big Sur. His life is an apprenticeship to the Earth. **p. 17, 58**

Jacob Needleman is Professor of Philosophy at San Francisco State University and author of numerous books, including *The New Religions*, *The Heart of Philosophy*, and, most recently, *Money and the Meaning of Life*. **p. 36**

Philip John Neimark, formerly a successful publisher, is a Babalawo (high priest) of the Orisa and author of *The Way of the Orisa*. Dr. Neimark has been featured on many national television shows as well as profiled in *Psychology Today* magazine. **p. 42**

Vassa Neimark is an Orisa priestess of Obatala. She was formerly a nationally-known interior architect. **p. 42**

Maria Nemeth, a clinical psychologist, has been leading seminars for twenty-four years emphasizing successful communication and the development of excellence with ease. **p. 21**

Nichols Expeditions has been owned and operated by Chuck and Judy Nichols for sixteen years. They offer small personal wilderness trips with a commitment to providing the highest quality adventure. **p. 58**

Mudita Nisker directs Communication Options and has conducted communication trainings nationally since 1978. A clinical supervisor at the California Institute of Integral Studies, she has a private practice in Oakland, California. **p. 33**

Madeline Nold has conducted workshops on relationships nationally for seventeen years. She has a private psychotherapy practice in Brookline, Massachusetts, and is currently editing a volume of Joseph Campbell's writings on the Goddess. **p. 47**

Patrician Monighan Nourot is Associate Professor and Coordinator of Early Childhood Education at Sonoma State University. She is coauthor of *Looking at Children's Play* and *Play at the Center of the Curriculum*. **p. 13**

Rabbi Leah Novick is a spiritual teacher and author whose work is focused on restoring meditation, mysticism, and the divine feminine ("shekhinah") to contemporary Judaism. She counsels many interfaith couples and families. **p. 37**

O

Babatunde Olatunji, master percussionist from Nigeria, has performed internationally for over 30 years and is known for his album *Drums of Passion*. He is an authority on African religion. **p. 11, 13**

Sharon Olds teaches writing workshops in the Graduate Creative Writing Program of New York University and at the Squaw Valley Community of Writers. She has published many books of poems, including *The Gold Cell* and *The Father*. **p. 35**

Richard Olney studied with Alan Watts, Fritz Perls, and Alexander Lowen, and has been influenced by the eidetic imagery work of Akhter Ahsen. He has led self-acceptance trainings in the U.S. and Europe. **p. 30, 32**

Kathleen O'Shaughnessy has an extensive background in Soto Zen, the major psychotherapies, movement therapy, nutritional healing, shamanic states, bodywork, and the practicalities of transpersonal crisis. **p. 54, 62**

Brita Ostrom, has led massage and other workshops at Esalen for 21 years. She is trained in gestalt awareness work and participated in Esalen's two-year somatics education project. She is a licensed MFCC. **p. 14, 31**

P

Helen Palmer has for the past 20 years directed CITI, a training center that unites psychological work with the agendas of sacred tradition. She has authored *The Enneagram* and *The Enneagram in Love and Work*. **p. 16**

Wendy Palmer is a fourth-degree black belt in Aikido and cofounder and teacher at Tamalpais Aikido Dojo in Mill Valley, California. She is the author of *The Intuitive Body*. **p. 62**

Laurie Lioness Parizek blends traditional and innovative ways of healing, and works with the chakras and the energy body. She pilots the Healthspring Project, extending Esalen's work in the healing arts and sciences to the rest of the world. **p. 49**

Danaan Parry is executive director of Holyearth Foundation, the Earthstewards Network, and the Institute for Conflict Resolution. He is a clinical psychologist who has lectured and mediated conflicts around the world, including Pakistan, Northern Ireland, and Russia. **p. 51**

Joseph Chilton Pearce is the author of six books, including *The Crack in the Cosmic Egg* and, most recently, *Evolution's End*. He lectures widely on the development of human intelligence. **p. 45**

Ayala Pines is a couples' therapist and the author of *Romantic Jealousy*.

The Shadow of Love and of *Keeping the Spark Alive: Preventing Burnout in Love and Marriage*. She has coauthored *Career Burnout* and *Experiencing Social Psychology*. **p. 25, 26**

Linda Piscitelli is a certified Transpersonal Counselor in private practice in Madisonville, KY. She leads workshops throughout the U.S. and interweaves a variety of approaches, relying on the premise that the "healer is within." **p. 46**

Christine Stewart Price is a teacher and ongoing student of gestalt practice and other approaches to developing awareness. **p. 22, 35, 45, 46**

Elisabeth Pringle is a psychologist maintaining private practices in Leesburg and Ocala, Florida, while developing research with physicians and presenting workshops on the relationships between mind/body health, emotional attachments, and intimacy. **p. 19**

Carol Proudfoot-Edgar was a counseling psychologist at UCSC for 17 years. She leads workshops that focus on integrating shamanic methods and Native American teachings. She is a certified shamanic counselor and teaches for Michael Harner's Foundation for Shamanic Studies. **p. 50**

Jill Purce is the author of *The Mystic Spiral*. She studied the mystical dimension of sound with Karlheinz Stockhausen and the magical use of voice and overtone chanting with Tibetan lamas. **p. 30**

Johanna Putnoi, a senior associate of the Lomi School, has studied Feldenkrais, aikido, and Continuum dance. She has a private practice in Palo Alto, where she is also director of Body Therapy's massage program. **p. 35**

Q

Janet Quinn, Associate Professor of Nursing and scholar-in-residence at the University of Colorado, conducts Therapeutic Touch research and has given TT workshops since 1976. **p. 24**

R

Gustavo Rabin is a clinical psychologist who focuses on relationships, life's transitions, and spiritual creativity. He has a private practice in Los Angeles. **p. 13, 14, 32, 50**

Peter Ralston was the first non-Asian to win the world championship full-contact martial arts tournament in 1978. He has trained the staff of many organizations such as Lifespring and the Institute of Self Actualization. **p. 19**

Donna Ray-Reese, Feldenkrais practitioner and assistant trainer, is an MFCC psychotherapist specializing in psychophysical issues and learning difficulties. **p. 50**

Paul Rebillot, a group leader at Esalen for 16 years, combines gestalt methodology with theater and ritual. He divides his time between Europe and the U.S. **p. 24, 54**

Layne Redmond is a writer, musician, and leader of the "Mob of Angels," a women's ritual drumming group. She performs and records internationally, and researches the visual history of goddesses, priestesses, and women playing the frame drum. **p. 27**

Mark Reese, *Relaxercise* coauthor and author of *Feldenkrais/Erickson Parallels*, is one of twelve Feldenkrais Guild-accredited teacher-trainers and teaches internationally. **p. 50**

Eric Van Riswold is a thirty-year practitioner of the martial arts, including iaido, escrima, boxing, and fencing. He holds a black belt in aikido, and is a certified Leonard Energy Trainer (LET). **p. 40, 62**

Jane Marla Robbins, a professional actress, teacher, and writer for twenty-five years, has acted in movies, television, and on Broadway. Her plays have been produced in New York, London, Copenhagen, and Spoleto. **p. 22**

Vimala Rodgers, master graphotherapist and author, trains health professionals, psychotherapists, and persons committed to personal transformation. She is director of The Institute of Integral Handwriting Studies. **p. 39**

Nancy Rosanoff works as a psychic, teacher, counselor, and corporate consultant based in New York. She is the author of *Intuition Workout*. **p. 39**

Jack Rosenberg, a psychologist and director of the Rosenberg-Rand Institute of Integrative Body Psychotherapy in Venice, California, is the author of *Body, Self, and Soul*. **p. 44**

Ilana Rubenfeld, thirty-year pioneer in the integration of body-mind-spirit and originator of the Rubenfeld Synergy® Method, is a certified teacher of Alexander Technique, Feldenkrais Method®, and trained with Fritz and Laura Perls in gestalt practice. **p. 23, 24, 52, 54**

Ann Russell is a psychotherapist in Palo Alto who has been a psychosynthesis teacher and trainer for twenty years. She is an adjunct faculty member at the Institute of Transpersonal Psychology. **p. 40**

S

Stephano Sabetti, founder of the Life Energy Process, has a doctorate in psychology and trains therapists internationally. He is also an organizational consultant. **p. 30**

Yoshi Sakuyama, a sixth-degree black belt of Shorinji Kempo, a Japanese martial art rooted in Zen Buddhism, is also a movement artist and teacher of Ryukido, a total movement training system. **p. 45**

Robert Sanoff, a senior associate of the Lomi School, has led workshops and trainings in personal growth for twelve years. He has been in private practice since 1976, currently in Santa Rosa, California. **p. 35**

Howard Schechter is a founder and former chairman of the Department of Organizational Development and Transformation at the California Institute of Integral Studies. He is a consultant and counselor in individual and organizational development. **p. 40**

David Schiffman is a longtime group leader at Esalen. His primary interest is in facilitating people who are in transition towards a more heartful, unstrained existence. **p. 23, 29, 34, 42, 52, 55, 63**

Marilyn Schlitz is a social anthropologist and parapsychologist at Stanford University. She is the author of numerous books and articles on psychic research, consciousness studies, medical anthropology, and alternative healing. **p. 21**

Laurie Schutz, longtime Esalen massage practitioner and teacher, incorporates varied approaches to allow for nurturing, balance, and integration of the body. She has led parent-infant workshops. **p. 25**

Will Schutz, founder of the Antioch holistic studies department, is the creator of The Human Element, a set of training materials for organizations. He is the author of *Joy* and *Profound Simplicity*. **p. 29, 43**

Maggie Seeley is a management consultant who teaches organizational behavior and ethics at the University of New Mexico, practices Buddhism, and leads a women's spirituality forum. **p. 29**

Charlotte Selver, student of Elsa Gindler, introduced sensory awareness in the U.S., and has been closely connected with Esalen and the San Francisco Zen Center since their beginnings. **p. 47**

Laura Sewell has a doctorate in visual psychology. She teaches ecopsychology at Prescott College and is writing a book titled *Re-visioning Earth: A Theory of Landscape Perception and Love*. **p. 12**

Phyllis Shankman is a licensed counselor in Santa Monica who teaches at Ryokan College and is a group facilitator at AIDS Project Los Angeles. She has led workshops at Esalen for over 15 years. **p. 32, 44**

William Sharlin, Cantor emeritus at Leo Baeck Temple in Los Angeles, teaches at Hebrew Union College and serves on the liturgy committee of the Central Conference of American Rabbis. **p. 32**

Paula Shaw, a professional actress and acting teacher for over 20 years, conducts workshops in expanding self-expression, well-being, and creativity for non-actors across the United States and Canada. **p. 35, 55**

Rupert Sheldrake, a biologist, is author of *the Presence of the Past* and *The Rebirth of Nature*. He has been giving workshops at Esalen for ten years on the interfaces between new science and direct experience. **p. 27**

Leonard Shlain, Chief of Endoscopic Surgery at Cal-Pacific Medical Center in San Francisco, has lectured on consciousness, art, and physics for eleven years. He is the author of *Art and Physics: Parallel Visions in Space, Time, and Light*. **p. 45**

Fred Shoemaker, an inner game teacher and golf professional, is founder of The School for Extraordinary Golf. He has taught seminars for the U.S., Canadian, and Japanese P.G.A.s, and often writes about the inner game. **p. 32, 38**

Julian Silverman, a former director and president of Esalen Institute, is a psychologist and educator. He has led group process and health care seminars throughout the U.S. and Europe. **p. 35, 36**

David Silverstein is a Reichian practitioner and longtime Esalen group leader. He is a teacher in the Ridhwan Work School. **p. 19**

Tobin Simon is cofounder of Proprioceptive Writing and codirector of the Proprioceptive Writing Center in Portland, Maine. He is formerly a professor of English and Humanities. **p. 43**

Edward Smith, Adjunct Professor of Psychology at Georgia State University, has authored several books, the most recent being *Gestalt Voices*. He has led workshops since 1971. **p. 12**

Fritz Smith is a physician, cranial osteopath, certified acupuncturist, and founder of Zero Balancing. He is the author of *Inner Bridges: A Guide to Energy Movement and Body Structure*. **p. 22, 51**

Gerald Smith is a licensed psychologist in private practice in Belmont, California. He has authored two books on relationships — *Couple Therapy* and *Hidden Meanings* — and has led workshops at Esalen for 23 years. **p. 21**

George Solomon, physician and Professor of Psychiatry at UCLA, is a pioneer in the field of psychoneuroimmunology. His current research concerns psychoneuroimmunologic aspects of AIDS and of aging. **p. 42**

Malidoma Somé is an initiated Shaman of the Dagara tribe, West Africa, who teaches ritual, indigenous spirituality, and healing through ceremony. He has led gatherings with Robert Bly, Michael Meade, and James Hillman. **p. 42**

John Soper is a gestalt practitioner with a background in international business. He is deeply aware of the need to improve the environment. **p. 63**

Kathleen Riordan Speeth is a psychologist whose interests include Bach, existential philosophy, Wittgenstein, roses, and Flemish primitive painting. Although trained in Buddhist and Sufi methods, she emphasizes Western literature and ideas. She is author of *The Gurdjieff Work*. **p. 18, 41**

Brother David Steindl-Rast, Benedictine monk, psychologist, and author, has lectured on five continents. He is concerned with the spiritual changes of our time. **p. 17, 18, 27, 37, 42**

Elizabeth Stratton is a healer, pastoral counselor, and teacher. She has a private practice in New York City and teaches a three-year training program for healers entitled Touching Spirit℠. She has been teaching at Esalen for twelve years. **p. 22, 24**

David Streeter, a certified sports massage practitioner on the Esalen massage staff, has taught yoga and anatomy and worked as an athletic trainer. Before joining the Esalen faculty, he lived as a Camaldolese monk. **p. 31, 48, 56**

Tina Stromsted, faculty member in the Somatic Psychology Program at the California Institute of Integral Studies, integrates body-oriented, Jungian, and creative arts approaches in her teaching and private practice. **p. 38**

Rod Stryker is an initiate in the traditions of Kriya and Tantric-Hatha Yoga. A writer and speaker, he currently teaches at Yoga Works in Santa Monica, California where he leads teacher training and meditation programs. **p. 46**

Keiko Suga is a ceramic artist whose focus is on traditional pottery-making techniques using local clays. **p. 14, 54**

Sara Szpektor is a clinical psychologist in private practice in Buenos Aires, Argentina. Working with couples and groups, she combines gestalt practices, strategic counseling, and spiritual development. **p. 14**

T

Elisabeth Targ is a psychiatrist who has worked in the area of psychic research for over fifteen years. With her father, remote viewing pioneer Russell Targ, she has conducted long-distance experiments with the Soviet Academy of Sciences. **p. 21**

Lia Thompson-Clark is director of the Early Childhood Center at Kenyon College and adjunct faculty at NCT College in Mansfield, Ohio. She is a former director of Gazebo School Park at Esalen. **p. 11, 12, 13**

Vicki Topp, faculty coordinator for the Esalen massage staff, teaches soft and sensitive use of pressure points and deep tissue massage combined with emotional and transpersonal body practices. **p. 33, 43**

Linda Trichter-Metcalf, formerly a professor of English and Humanities, cofounded the practice of Proprioceptive Writing and has been teaching it since 1976. She is codirector of the Proprioceptive Writing Center in Portland, Maine. **p. 43**

U

Richard Unger taught at the Esoteric Philosophy Center in Houston, Texas for eight years, and in 1985 founded the International Institute of Hand Analysis. He lectures and gives workshops across the U.S., Canada, and Europe. **p. 19**

V

Attila Vaas has been a member of the Esalen massage staff since 1976. His skills include polarity, acupressure, and Esalen's free-form style of massage. **p. 31**

Sim Van der Ryn is Professor of Architecture at the University of California, Berkeley. He is founder of the Farallones Institute, has served as California State Architect, and was Director of Appropriate Technology under Gov. Jerry Brown. **p. 34**

Rana Halprin Vassau is a dancer and licensed psychotherapist in private practice in San Francisco. She specializes in working with individuals in the arts, dreams, and the body. **p. 20**

Frances Verrinder is Adjunct Professor of Family Therapy at John F. Kennedy University, a psychotherapist and writer, married and the stepmother of two college-age sons. **p. 17, 25**

Alberto Villoldo is a psychologist and anthropologist who has investigated the traditions of the ancient Americans in the Andes and the Amazon for over twenty years. He is the author of *The Four Winds* and *Journey to the Island of the Sun*. **p. 51**

W

Dan Wakefield is a novelist, journalist, and screenwriter whose books include *Returning: A Spiritual Journey; The Story of Your Life: Writing a Spiritual Autobiography;* and *New York in the Fifties*. **p. 30**

Ellen Watson practices and teaches at Esalen where she has studied since 1984. Her bodywork style reflects her training in yoga, dance, Reichian and holotropic breathwork, hypnosis, and spiritual healing. **p. 56**

Peter Ways is a physician, author, and educator who pioneered problem-based learning in medical education. His passions include improving parenting practices, helping others strengthen self-care, consulting in educational change, and building a cabin in the San Juan Islands. **p. 15**

Judyth Weaver, Reichian psychologist and Rosen Method practitioner, is a certified teacher of sensory awareness and t'ai chi ch'uan. Longtime student of Buddhism and Taoism, she has led workshops at Esalen since 1969. **p. 33**

Patti (Lawrence) White is a Cortical Reeducation® and Feldenkrais® practitioner who employs hypnotherapy, craniosacral, kinesiology, and Somatic-Emotional Release® to harmonize body, mind, and spirit. **p. 41**

Charles Whitfield, a psychotherapist in private practice in Tampa and Baltimore, has over twenty years of experience treating people with alcohol, drug, and family problems. He is the author of *Healing the Child Within* and *Memory and Abuse* (due fall of 1994). **p. 50**

Nancy Winston is a counselor in New York City who has studied with Milton Erickson and has taught and trained clinicians in the use of hypnosis and counseling. **p. 28, 55**

Anna Wise has been using EEGs to measure and train brainwaves for high performance and meditative states for the past 20 years. She has led workshops in the U.S., Europe, and Asia, and has a private practice in Marin County, California. **p. 40, 48, 62**

Nina Wise is a performance artist who creates autobiographical and fictional pieces. Her multimedia works have been honored with seven Bay Area Critics' Circle awards and numerous grants and fellowships. **p. 54, 63**

Jonathan Wolken is a cofounder and Executive Director of Pilobolus Dance Theatre. He has choreographed for the Glyndebourne Festival Opera's production of Maurice Sendak's "Where the Wild Things Are" and for members of the Royal Danish Ballet. **p. 41**

Y

Yossi Yassour earned his Doctorate in Decision Analysis at Harvard Business School. He teaches, consults, and conducts workshops in decision making and risk taking in Israel and the U.S. **p. 16**

Anne Yeomans, a psychotherapist in Concord, Massachusetts, has used psychosynthesis as the central framework for her work for over twenty years. She has worked with women's groups in the U.S., Canada, Russia and Lithuania. **p. 25, 48**

Z

Ruth Zaporah, performance artist and teacher, regularly presents her work throughout the U.S. and Europe. She is a recipient of a National Endowment for the Arts Choreographer's Fellowship. **p. 25**

Jeffrey Zeig, Director of The Milton H. Erickson Foundation, has authored, edited, and coedited numerous books on Ericksonian psychotherapy, hypnosis, and eclectic psychotherapy. He has conducted workshops in more than 25 countries. **p. 13**

Joseph Zinker is a clinical psychologist and gestalt therapist. His contributions include areas of "experiment," dreamwork as theater, and the application of the arts to psychotherapy. **p. 45**

◆ ESALEN INSTITUTE RESERVATION FORM

This form is for your convenience in reserving a space in Esalen workshops. If you wish to make reservations for more than one person, please photocopy this form so that each registrant has his/her own form, unless you are registering as a couple with the same address and phone number. A nonrefundable deposit for each person registering and each workshop applied for must accompany this form. (Please see Reservation Information, page 4, under Fees and Reservations, Making Contact with Us, and Cancellation and Refund Policy.)

Name of Registrant ____________________ Sex: M ☐ F ☐ Couple ☐
PLEASE PRINT

Address ____________________

City ____________________ State ____________________ Zip ____________________

Home Phone: (______) ____________________ Work Phone: (______) ____________________

Occasionally there are unexpected situations that require us to contact you immediately before your stay here. If you will not be at the above numbers during the two weeks prior to the workshop, where may we reach you?

____

Please mark your first and second choices for housing after referring to page 4 for accommodation descriptions and rates. Total cost includes workshop fees, lodging, and meals.

☐ Check for standard accommodations, if available.

☐ Check for bunk bed room, if available.

☐ Check for sleeping bag space, if available.

☐ Check if you wish to room as a couple.

Write here the name(s) of any person(s) with whom you wish to room.

____

Workshop Date	Leader's Name	Fee

All workshop reservations require a nonrefundable deposit. Balance is due at time of check-in. (See page 4.)

Workshop Deposits Enclosed : ____________

Tax-deductible contribution to Esalen (Optional): ____________

$5 Catalog Contribution (Optional): ____________

Subtotal: ____________

Total Amount Enclosed: ____________

☐ Check here for $10 prepay discount (see page 5).

☐ Check here if this is your first visit to Esalen.

☐ Check here if you need directions to Esalen.

☐ Check here if you are a senior.

FOR OFFICE USE ONLY

DATE REC.	RES INITIALS	CIRCLE DEPOSIT CC CK CA SUS
DEPOSIT AMT.	RES. BK	CC AUTH #
DATE TYPED	TYPED INITIALS	PP SCHOL LIMO SENIOR

Passenger Van Service:
I want transportation from (check one):

☐ Monterey Greyhound Bus Stop at approximately 3:45 PM

☐ Monterey Airport at approximately 4:00 PM on

____
(date of arrival, Fridays and Sundays only).

The $30 per person charge (subject to change) is payable on arrival at Esalen. **If your plans for use of the passenger van service change after you have made your reservation, please notify us.** The only departing van service from Esalen is on Fridays and Sundays at approximately 5:30 PM. Passenger van service is not available at any other time.

Other Notes:
All of our rooms are non-smoking. If you smoke, please plan to do so outside.

No pets allowed.

We are unable to act as a banking service for our guests. Please bring adequate funds for your stay.

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

☐ Check here if we may give your phone number out for ride-sharing.

Please make checks payable to Esalen Institute, in U.S. currency only. (There will be a $15 fee for returned checks.) Overseas residents must pay by checks drawn on U.S. banks or with one of the charge cards below. Checks or credit card information must accompany the reservations form. Or, you may **fax** this form to us at **408-667-2724**. If you do so, *you must include payment via one of the credit cards below.*

Your reservation can be charged to:

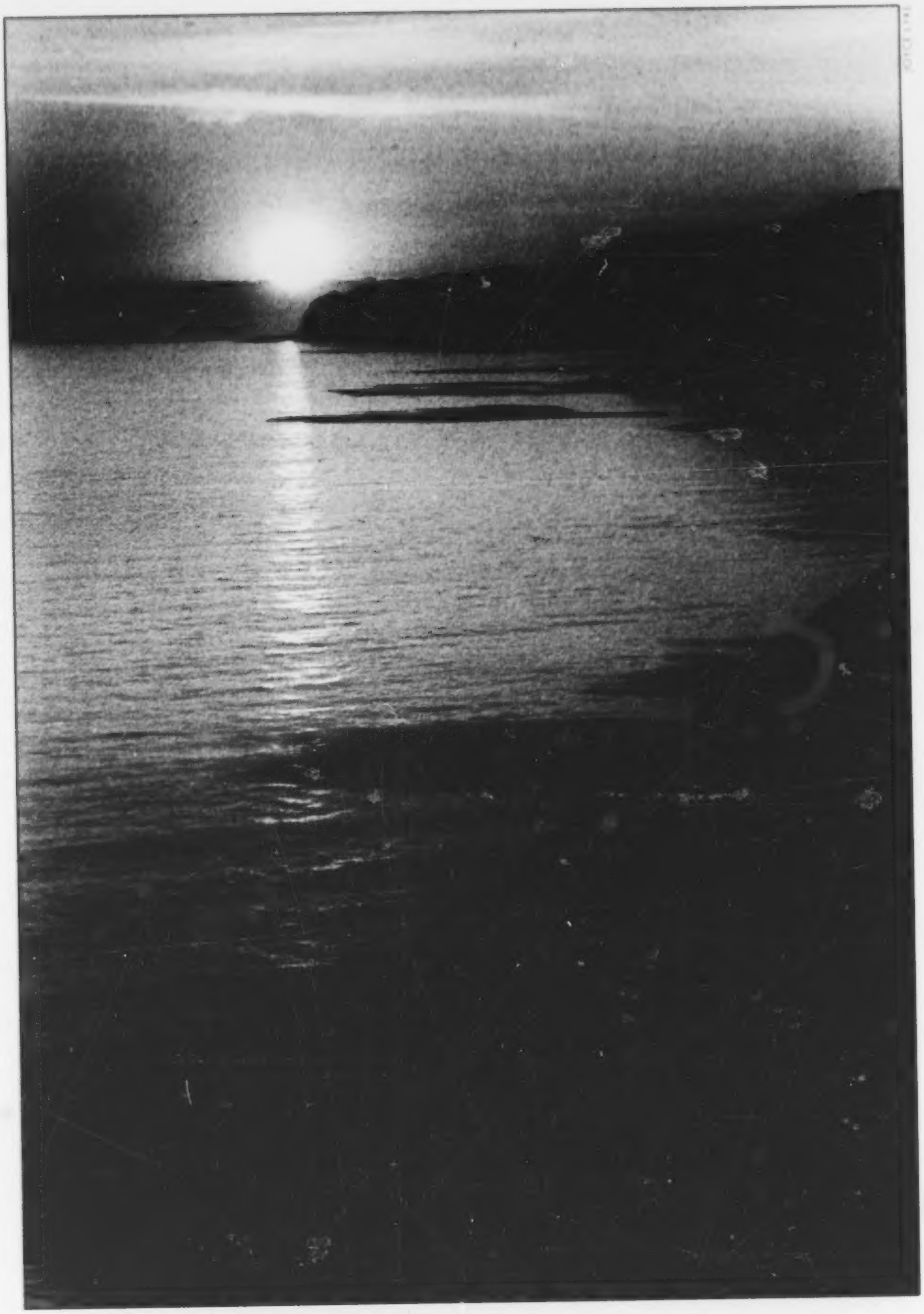
☐ MasterCard ☐ Visa ☐ American Express

Card No. ____________________

Expiration Date ____________________

Authorizing Signature ____________________

Thank you for your reservation. As soon as it is processed you will receive by return mail a receipt for your deposit and a notice of confirmation. Please review your confirmation for accuracy.



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Esalen Institute is a center to encourage work in the humanities and sciences that promotes human values and potentials. Its activities consist of public seminars, residential work-study programs, invitational conferences, research, and semi-autonomous projects.

Esalen Institute
Highway 1
Big Sur, California 93920

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U.S. Postage
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Van Nuys, CA
Permit No. 1164

The Esalen Catalog
January–June 1995

Esalen

MARGARET LIVINGSTON

Esalen Institute is a center to explore work in the humanities and sciences that promotes human values and potentials. Its activities consist of public seminars, residential work-study programs, invitational conferences, research, and semi-autonomous projects.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

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The Esalen Catalog is published triannually by the Esalen Institute, Big Sur, California 93920-9616. Printed on recycled paper.

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Subscription Information:
Subscription cost for one year is $15 for the United States, $17 for Canada and Mexico, $22 for Europe and South America, and $25 for all other countries.

Although we're delighted to provide you with this issue of the catalog, if you are not currently a subscriber we would appreciate a $5 contribution to defray postage and production costs.

GENERAL INFORMATION

ESALEN lies 300 miles north of Los Angeles and 175 miles south of San Francisco, situated directly over the Pacific with the Santa Lucia Range rising sharply behind. The property, which has natural hot springs, was once the home of a Native American tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute, By Reservation Only.

There are various ways to experience Esalen, ranging from an overnight visit to a long-term stay as a seminarian. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the methods of personal growth available here. The "Experiencing Esalen" workshops, scheduled periodically, offer an introduction to practices such as gestalt, massage, sensory awareness, and meditation. From such a sampling, participants can then choose those approaches they are most attracted to and pursue them in subsequent seminars.

Another way of being at Esalen which allows a much greater involvement at a lower expense is the Work Study Program, an intensive twenty-eight day work-oriented program for individuals who want to make a directed, personal commitment to self-exploration and growth and a contribution to the Esalen community. Participants may enroll in the general interest track, which gives an overview of several disciplines, or choose a more specific course of study from the focused track, such as gestalt, meditation, Reichian work, or massage.

Information regarding special interest sections may be obtained by writing Bette Dingman, c/o Esalen. For a full description of the Work Study Program, please turn to page 62.

For those who wish an extended stay of a month or more, there are frequent long-term programs which involve didactic seminars or professional trainings as well as experiential workshops. Please see Special Programs.

Finally, there are other events that enrich life at Esalen. There are occasional forums in which writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights there may be lectures, films, dance performances, or other forms of entertainment. Bodywork of various kinds is available by appointment with individual practitioners. There is also a community event schedule offered. Please check the bulletin board for details when you arrive.

Catalog Subscriptions

If you would like to receive the Esalen Catalog, please refer to page 2 for subscription rates and send your check or money order (U.S. currency) in the enclosed subscription envelope, or mail it to: *Subscriptions*, Esalen Institute, Big Sur, CA 93920 (see Income Tax Regulation 1.162-5).

The Hot Springs at Esalen

We would like those people who are planning their first visit to Esalen to know that swimsuits are optional, and nudity common, in the hot springs, massage area, and swimming pool. We encourage each individual to choose what is most comfortable, either wearing a swimsuit or not, and emphasize that the environment we strive for at Esalen is one of personal sanctuary and respect for the human body.

Accreditation

Many formal educational institutions recognize the time spent at Esalen as being worthy of credit in their own curricula; check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs. Please submit a written request to the office supervisor.

Continuing Education for Nurses

Some programs offered at Esalen qualify for continuing education credit with the California Board of Registered Nursing. For current C.E. listings, see pages 60-61.

There is a $10 processing fee for each certificate of completion requested.

Disabled Access

Esalen now provides a means of transportation to the baths for those with physical limitations which prevent them from walking. A vehicle was purchased, in part, through the generosity of Dr. John W. Harris, who believes, as we do, that those among us who are aged, infirm, or handicapped should also be able to enjoy the hot springs.

If you are disabled and would like to plan a visit to Esalen or participate in a workshop, please give the office as much advance notice as possible. While disabled access to some parts of the property is difficult, with enough planning, arrangements can be made for access to most of our facilities.

Recommended Reading and Mail Order Books

Most books listed as recommended reading for workshops are available through Esalen's bookstore. Other merchandise is also available. For ordering information please call 408-667-3049.

Ongoing Residence Program

Offered beginning mid-September and ending mid-June, the Ongoing Residence Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A Residence Program stay is 26 days (four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay with weekends free to enjoy room and board. Occasionally workshops are cancelled, so second choices are advised.

The cost is $3195 per 26-day period for standard accommodations and $2520 for bunk bed rooms.

RESERVATION INFORMATION

Making Contact with Us

Mail or Fax: The most efficient way to register for a workshop at Esalen is to fax or mail your reservation. If you fax your reservation, be sure to include accurate credit card information. Our fax line is exclusively for reservations (no personal correspondence, please).

Esalen's Fax: 408-667-2724

Phone: If you prefer to make your reservation by phone, please be prepared with your completed reservation form and your credit card. We know that all calls to Esalen are long distance and will try to be as efficient as possible.

General Information: 408-667-3000

Express Reservations: 408-644-8477
(This is only for those who have previously taken a workshop at Esalen and know the workshop, date, and leader of the workshop for which they are registering.)

All Other Reservations: 408-667-3005

Catalog Requests: 408-644-8476

Phone Reservation Hours:

Mon., Tues., Thur., Sat.:	10 AM to 3 PM
Wednesday:	10 AM to NOON
Friday:	10 AM to 5 PM
Sunday:	12 NOON to 5 PM

Please Note: *Beginning January 2, 1995,* our phone hours will be extended. We are responding to your request that we increase our phone services, and hope that our new hours will be more efficient and convenient for all of you.

Monday–Thursday:	10 AM to 7 PM
Friday:	10 AM to 5 PM
Saturday:	10 AM to 3 PM
Sunday:	12 NOON to 5 PM

Fees

Please Note: Workshop fees cover tuition, food, and lodging.

Fees and Reservations: Preregistration, by fax, mail, or phone, is required prior to arrival. A registration form is provided on page *72*. Since workshops fill quickly, it is advisable to sign up as early as possible. In order to reserve a space in any workshop, we require full payment or the following deposits:

Weekend:	$150	19 to 21 days:	$450
5 to 7 days:	$250	More than 21 days:	$600
12 to 14 days:	$350		

Deposits are payable in U.S. currency only. Overseas residents must pay by checks drawn on U.S. banks or use a credit card. Balance of payment is due on arrival. (Please see page 5 for information on discounts and reduced rate options.)

Please indicate your second choice for a workshop in case your first choice is cancelled and we are unable to reach you.

Esalen Institute reserves the right to cancel any program at any time.

Accommodations

Standard Accommodations: This is shared housing with two or three persons per room. In some cases, bathrooms are shared. Couples will always be housed together. The rates listed with the workshop descriptions throughout the catalog refer to these shared standard accommodations.

7-Day Rate, per person	5-Day Rate, per person	Weekend Rate, per person
$1110	$740	$380

Bunk Bed Rooms: Bunk beds are available for seminar participants who are willing to share a room with three or more persons. There are a limited number of these spaces, which are reserved on a first-come, first-served basis.

$845	$550	$300

Sleeping Bags: Sleeping bag space may be available for workshop participants. Please inquire when you make your reservations.

$570	$375	$200

Own Accommodations: If you are staying off the property the following rates apply:

$660	$425	$235

Camping on the grounds, either in tents or campers, is prohibited. We do not have parking space to accommodate RVs.

We would like to remind you that scholarship assistance is available; refer to "Scholarship Information" as well as "Reduced Rate Options and Discounts" for other economical ways of staying at Esalen.

Room and Board

Occasionally, when beds aren't needed for seminarians, room and board is available. This gives visitors the opportunity to enjoy the grounds, the baths, and massage without participating in a workshop. Accommodations are standard (2 or 3 per room) or bunk bed (4 or more per room). Not all rooms have private baths. Room and board rates include dinner on the day of arrival and breakfast and lunch on the following day. We require full payment at the time of reservation. This payment is nonrefundable and nontransferable.

Note: Room and Board reservations must be made by phone, not by fax machine.

For a room and board stay between Sunday and Thursday, please call us no sooner than the Thursday before for room availability. For a Friday or Saturday night stay, please call no sooner than the Sunday before. The following rates are per person, per day.*

	Weekend (Friday and Saturday nights)	Weekday (Sunday through Thursday nights)	(Two or more weekdays)
Standard Accommodations (2 or 3 per room):	$125	$105	$90
Bunk Bed (4 or more per room):	$85	$80	$70

**Off-season rates are in effect from October 1 through March 31, holidays excepted.*

Cancellation Policy

Cancellation and Refund Policy: If you cancel or change any part of your reservation at least five full days before the start of your workshop, your nonrefundable deposit, less a $30 processing fee, will be transferred to a credit account to be used within one year. If you cancel with less than five days' notice, you forfeit your entire deposit. If you have prepaid your entire reservation fee, we will retain the deposit, as above, less the $30 processing fee, and return the balance to you. (*Please note:* Wilderness Programs has a different cancellation and refund policy.)

If you have applied for a scholarship and we are unable to give you any assistance, we will, at your request, refund your deposit in full if you cancel your reservation at least five full days prior to the start of your workshop.

Scholarship Information

Esalen is able to provide some scholarship assistance to workshop participants in exchange for a work commitment (usually in housekeeping). Approved scholarship recipients must contact the labor pool supervisor soon after arrival at Esalen.

	Assistance	Work
Weekend	$ 50	4 hours
5-9 days	$100	8 hours
12-14 days	$200	16 hours
14+ days	$300	24 hours

Due to the number of requests we receive, we can only provide one scholarship per person per year, and only in cases of financial hardship.

Reduced Rate Options and Discounts

If you pay in full at the time you make your reservation, you will receive a $10 prepayment discount per workshop and be eligible for express check-in upon arrival. This discount does not apply to scholarship recipients or sleeping bag accommodations.

Senior Citizen Discount: Esalen offers a special discount to individuals over 60 years of age. The discount for a weekend workshop is $25; for a five-day or longer workshop, it's $50. Please request this discount at the time of registration. When you complete the reservation form on page 72, please indicate the discounts for which you qualify. If you qualify, and you make your reservation by phone, be sure to ask for this discount. (Please note: Senior discounts are not available for the Work Study Program.)

Accommodations for Families: Two full-paying adults housed in standard accommodations may have their children in the room for a meal charge of $19 per child per day ($9 for children under six). Note: If children are enrolled in Gazebo School Park or an Esalen workshop, additional fees are required. Contact the Gazebo, 408-667-3026, for information regarding their fees.

Workshops for Families: Participating families will pay full workshop rates for the first two participants (adult or child). Each additional participant will pay the following rate:

2-day workshop	*3-day*	*4-day*	*5-day*
$115	$165	$210	$245

Additional sleeping mats and bedding will be provided for each room.

The Gazebo School Park Early Childhood Program

The Gazebo School Park is a unique educational experience for children one to six years. It is open year-round and has an average of 15 to 20 children in attendance each day.

The Early Childhood Program is available to seminarians who would like child care at Esalen. Child care is provided during workshop hours only. Daytime activities for the children include gardening, pony rides, learning about animal care, exploring nature, a real boat, the magic castle, and an Indian tepee. Evenings are spent with a teacher in the Gazebo Farmhouse, engaged in activities that are age appropriate, such as reading, learning and playing with the computer, baking, arts and crafts, or building-block play.

Reservations should be made a least a month in advance. Call the Gazebo Farmhouse, 408-667-3026, for more information and reservations.

Weekend	$200
Week	$400

Internship Program: This is a three-month program for those who wish to have intense exposure to life at the Gazebo School Park and its unique educational resources. The Internship Program offers experience with children, the Gazebo environment, and its teaching philosophy. Applicants must have completed at least three work scholar months at Esalen before being considered for this program.

Call the Gazebo Farmhouse, 408-667-3026, for more information or reservations.

First month	$400
Second month	$350
Third month	$300

Seminarians as Volunteers

Seminarians in residence at Esalen are invited to contribute one or two hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out.

Transportation to Esalen

Van Service: On Fridays and Sundays we have van service from the Monterey Greyhound stop leaving at approximately 3:45 p.m. and from the Monterey Airport at approximately 4 p.m. If you plan to use this service, please inform the Esalen office at least 24 hours prior to your arrival. The $30 one-way fee (subject to change) is payable to the Esalen office when you check in. Return reservations may be made at that time. The only departing van service from Esalen is on Fridays and Sundays at approximately 5:30 p.m.

Checking In

Check-in and Meals: Rooms become available at 4 p.m.; however, guests are welcome to arrive anytime after 2 p.m. Weekend programs begin with dinner on Friday and end with brunch on Sunday. Five-day and longer programs begin with dinner on Friday or Sunday and end with lunch on Friday or Sunday. Check-out time is noon on departure day.

F. Y. I.

Health Services: There are no medical services or pharmaceutical supplies available at Esalen. If you will require medical attention or supplies during your stay, please come prepared to administer to your own needs. Esalen is 45 miles from the nearest medical facility or pharmacy.

For Your Safety: Please bring a flashlight for use at night while walking on the grounds.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Lost and Found: To inquire about items left behind from your Esalen visit, call 408-667-3019.

Guests: Seminarians are not allowed guests on the property during their stay.

Pets: No pets are allowed on the property.

Smoking: Smoking is not permitted in any of our accommodations or meeting rooms.

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Fig Leaf in the Wind

SHARON THOM

I CAN remember distracting myself in a class at Berkeley with the vivid realization that the man at the lectern, expounding the subtleties of psychoanalysis, was naked beneath his clothes. The only difference between us, except that he was male and I am female, which is to say a lot, was that he was standing on a stage exposing himself before 500 students, and I had the relative safety of a back-row seat.

Not everyone I meet gets the x-ray treatment; sometimes I forget to look. And for the most part, I follow the convention of wearing clothes, taking comfort in the visceral sense of privacy they provide, particularly at business meetings. Wearing clothes is one of our most revealing traditions, as we leave our eyes and hands naked, thus circumventing our own efforts to conceal who we are. And yet we continue to perpetuate the "emperor's clothes" myth that we are covered up when dressed—relying on clothes as a defense against being seen, even as we use them to display ourselves. The common anxiety dream about showing up naked at work or at a public gathering illustrates how intensely vulnerable we can feel when unveiled.

Being naked is a leveler—there will always be someone fatter, skinnier, whiter, more spotted, or hangier. For me, it's a great relief to know I can put on or take off ten pounds and it doesn't account for much. Breasts that have endured several years of breast-feeding have a special appeal, so I tell myself; and I don't want to *be* Kate Moss, I want to feed her. Regardless of what I currently look like, when I go to the Esalen baths I see myself in other women: the young girls not yet in bloom, the full-bodied mothers embracing their babies, and the older women who have even more experience with gravity than I.

Along with our physical attributes, we bring to nude communal bathing less tangible but even more important characteristics: invisible burdens of expectations, experiences, family histories, and wherever we are in the hormonal present. We carry with us what we think about our bodies and what we've been told to think; what we think about sex, whether or not we're thinking about sex at precisely this moment, and our anxiety concerning what other people are thinking. We can also bring to one another a warm acceptance that makes being naked in a communal setting pleasant and reaffirming. For better or worse, one person can make all the difference at the baths.

At Esalen, the convention of clothing has long been challenged, and although the times and the clientele have calmed down a bit from the sixties, for the most part guests go nude at the hot springs, and ardently defend their right to do so. During my first year as Esalen's CEO, I've asked staff, workshop leaders and guests about their experiences at the baths, trying to gauge the importance of nudity at Esalen. I have learned that it is very important, although the actual significance of being naked varies widely among individuals. Both men and women spoke to me about how comfortable and easy they have found being at the baths, and their surprise and delight in how quickly they became

ART BY CHRISTOPHER CASTLE

acclimated to the Esalen custom. But I also received comments from participants in emotionally challenging workshops who are reeling from the intensity of accelerated process work and feel especially vulnerable; who find the communal dressing room and showers, and the simple act of choosing a tub, to be intimidating; who, by going to the baths, put themselves into what feels like a threatening situation and are unsure how to make it safe for themselves.

As a woman, I know that quickening sense of panic, the feeling of being crushed by a remark that is meant to be funny but isn't, and the pressure to be more open – or what another person is trying to convince me is open – when I am not ready and don't want to be. I understand and sympathize with those who have been more deeply affected by abuse than by love, who carry with them undiminished memories of the horror one person can inflict upon another.

I also know that shame, guilt, and fear can be transformed into something wiser, kinder, and useful. I know from watching others, and from retraining myself, that healing is possible. Some of the work done at Esalen can be extremely helpful in this transformative process, but it is difficult, painful, and the transition period can be lengthy. At times, it can seem hopeless.

When going to the baths, it's important to keep in mind that not everyone there is ready to be naked in public. Some people are experiencing nude communal bathing for the first time, and it feels okay. Some are experiencing it for the first time, and it's not okay.

Being given the opportunity to exercise self-responsibility is one of the best gifts Esalen has to offer.

At Esalen, where one learns to speak one's own truth, it is a temptation to think that one's process is not intimately hooked up to everyone else's, but it often is, and in significant ways. It may be one person's truth to reach out and touch someone in the baths, and it is just as likely to be another person's truth that he or she needs *not* to be touched.

I don't think one can be too respectful of another human being.

People often remark that although Esalen has a “clothing optional” policy for its baths, almost everyone goes nude, making the choice to wear clothing even more difficult. Several times I have been asked why we don't have some hours which are “women only” or “men only” or “suits only.” The answer, quite frankly, is that we don't have the police force it would take to enforce such rules. The majority of people who come to Esalen want the freedom of coming to the baths, day or night, without restrictions on the baths' use. Attempts to segregate the tubs have failed. Massage crew practitioners have always had the option not to wear clothing while giving massages if the client is comfortable with the practitioner's nudity. In the massage reservation book it is stated, “Clothing has always been optional at the Esalen baths. We respect the wishes of our clients. If you are uncomfortable with your practitioner's nudity, please tell him or her. We will honor your preference.”

The massage crew policy reinforces the concept of self-responsibility. For a few people, self-responsibility – responsibility for stating one's preferences directly, and for making arrangements to ensure one's comfort and sense of safety – is a new, and quite difficult, experience. But being given the opportunity to exercise self-responsibility is one of the best gifts Esalen has to offer. Make good use of it.

About the baths, playwright Lynne Kaufman wrote, “I've been at the baths naked for a period over 25 years. It was at Esalen, through the baths and through the massage, that I saw my body as natural.

“The amazing thing is that once people take off their clothes, there is more commonality. It was the clothing that made for differences – when released from that, they were just other organisms. What I saw was an acceptance of all kinds of body types, which was a very different experience: it was evolutionary. You see the youthful bodies, the old men and women – you see life.”

Brother David Steindl-Rast, a Benedictine monk, writer, and spiritual teacher-in-residence at Esalen, wrote to me: “The spontaneous comment of many people, when they see Esalen for the first time is, ‘This is like Paradise.’ We associate Paradise with innocent nudity.

“To wear clothes is not necessarily more ‘modest’ than to go naked. Latin ‘modestus’ means ‘keeping the right measure’ or ‘acting appropriately.’ A person who refuses to undress at a doctor's office does not act modestly, but prudishly, precisely *inappropriately*.

"What makes nudity modest at the Esalen baths? *Not* that everybody does it. (That would be mere peer pressure, which could lead to puerile, immodest behavior.) Rather, for decades, Esalen has been an oasis of healthy acceptance of the body in the midst of a society whose attitude toward the body is puritanical, prurient, or both at the same time. (These two compulsive attitudes feed on each other and are both expressions of contempt for the body.)

"Personally, I experience my freedom to be modestly (i.e. appropriately) nude at the Esalen baths, not as 'matter-of-fact' (as in a doctor's office), but as celebrative. Every time I take off my clothes here, I experience anew the joy of childlike simplicity."

A FREQUENT Esalen guest relayed to me what being nude in the baths has meant to him. "I'm embarrassed to say that I was ever embarrassed about nudity. I grew up with nuns covered from head to foot. Esalen took the explosiveness out of nudity. Here, people didn't behave as if it were something special – there was a relaxed feeling. It helped break down a barrier that I wish never had been there in the first place.

"In the Judeo-Christian culture, there are only three figures that traditionally have been depicted naked: Adam and Eve, and Jesus on the cross. In these cases, the nudity is meant to emphasize their shame and degradation. In the case of Adam and Eve, it's the sign that they are fallen mortals; and in the case of Jesus, nudity is a sign of his humiliation by the Romans. There are some instances of Adam and Eve naked before the fall, but even that indicates a long-gone state of grace which is unattainable to us. Paradise is irretrievably lost, and you can't get it back, even by going all the way to the west coast of the United States."

PSYCHOLOGIST Allen Kanner addressed some of the potential difficulties of being naked in the baths: "Touching others may mean nothing to you, but it can cause of lot of discomfort to another person: many people who come to the tubs are bathing nude for the first time. Gestures, and subtle but inviting language, can be ambiguous in nature. Their meaning may be clear to you, but not to others, and it best to err on the cautious side." Kanner goes on to say that men and women experience power differences and a woman is more vulnerable naked. "You have to stick your head in the sand to ignore the differences in gender attitudes and experiences. Women can feel threatened on the streets by the gaze of a man. How much more difficult, then, to be looked at by men while naked at the baths?"

Along the same line, workshop leader Laura Day urged guests to develop effective defenses to make the experience of communal nudity safe. "In an odd way, Esalen is about being at one with the environment. But even nature has to protect itself: roses have thorns."

WORKSHOP LEADERS Judith Alexander and Nancy Rosanoff wrote the Esalen management a detailed letter about the experiences of participants in their recent workshop. "For some people, being at the baths brought up a sort of psychological distress and duress derived from a perception of having limited options regarding nudity and personal boundaries. We were told that the co-ed nudity at the baths was such a powerful personal shame trigger, that it led to a sense of inadequacy, disempowerment, and lack of choice. Some people in our group felt that even though the upfront Esalen policy was that clothing at the baths was optional, the actual use of bathing suits was so rare as to be perceived as weird and would be an embarrassing thing to do."

One participant in the above-mentioned workshop was uncomfortable being at the baths; as unfortunate as this was, it prompted a collaborative process in the group which had several beneficial results. The intensive group process led to increased empathy and understanding in a number of participants, especially the men, by allowing an intimate look into another person's sense of shame; the group developed an excellent strategy for going to the baths; and the individual who felt uncomfortable was given positive reinforcement for approaching difficult problems with hope.

For many guests, these feelings and issues don't come up at all. Some may be surprised to know that there are rules, but there are, and they are simple: Be respectful of others, and restrict your nudity to the following locations on the grounds: the baths (including dressing room and massage areas); within the pool enclosure; inside guest and staff housing; and inside workshop meeting rooms, on the few occasions when nudity is incorporated in the workshop content. Nudity is not permitted on the lawn, in the lodge, in the parking lots, etc. Your process may hinge on baring all on a given day, but the location of your unveiling must be in one of the above-mentioned preserves.

Further, we should not overemphasize nudity as a symbol for freedom and enlightenment, a temptation which represents a backlash against the Western convention of associating nudity with humiliation. Nudity is not freedom: we are always naked, and draping ourselves does not make us less free. Our need to hide, all of the time, behind a variety of decorative devices and professional excuses and whatever status we've managed to fluff up around ourselves, our need to avoid one another at all costs, is what makes us less free. Taking our clothes off lies a few steps short of authentic liberation.

Somewhere between humiliation and enlightenment lies the ordinary experience of going to the baths: spending a quiet hour in proximity to a few dozen naked strangers and possibly some friends, and watching one's reaction to that; observing what is easy and what is not; and both challenging and being gentle with one's own sense of boundaries.

Brother David Steindl-Rast has said, "God knows how urgently our deep innocence needs to be encouraged today. Nudity is a simple way of experiencing this innocence. Esalen is one of the rare places in our warped world where this can be done safely, festively, naturally."

Everyone who comes to Esalen has the opportunity to contribute toward making this possible, both for themselves and others. We welcome you in this spirit. ❧

—Sharon Thom serves as Esalen's Chief Executive Officer.

SUGGESTIONS FOR SELF-CARE AT THE ESALEN BATHS

- *Practice self-responsibility, reviewing your attitudes and needs in advance of going to the baths.*
- *Go to the baths with friends or other members of your workshop. It only takes the kindness of one other person to make everything go smoother.*
- *Wear a swimming suit to the baths. This is most effective if several friends wear suits together. No one has to know which of the group feels the need to be covered.*
- *If the communal showers and dressing areas are intimidating to you, shower in your room before going to the baths and after receiving a massage. Wear a terry cloth robe to the baths, and you can remain veiled to the edge of your tub.*
- *Visit the baths at the less popular times, during meals and while workshops are in session. Being given the opportunity to exercise self-responsibility is one of the best gifts Esalen has to offer.*

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ESALEN NOTES

Big House Available for Conferences at Esalen

It is now possible to arrange for your group or organization to hold its conferences at Esalen. We schedule approximately a year in advance for large groups (up to 100) on a space-available basis. For further information, contact the conference coordinator, 408-667-3038.

With the completion of the Big House renovation, we can now accommodate groups of people in a single facility. The Big House provides meeting rooms, ten bedrooms with twenty beds, a kitchen for meal preparation, and a dining area. We invite people who work together on a regular basis, be they corporate, government, legal, artistic, or familial groups, to design a workshop according to their own needs, using Esalen resources and catalog faculty. Participants also have access to other Esalen amenities, including massage, the hot springs, swimming pool, and bookstore. Reservations for the Big House must be made at least nine months in advance. For more information contact the conference coordinator, Pat Lewine, at 408-667-3038.

The Esalen Catalog (1962-1993) available via the Educational Resources Information Center (ERIC)

Since 1962 there have been 106 issues of *The Esalen Catalog*. A Friends of Esalen project, organized by Ted Brandhorst and Deborah Miller, has collected these issues and entered them into the bibliographic database of the U.S. Department of Education's Educational Resources Information Center (ERIC), where it is identified by the Accession Number/Order Number ED 347118. ERIC records are announced in the monthly abstract journal *Resources in Education* (RIE) and the entire database can be searched online via DIALOG and BRS, and on CD-ROM via SilverPlatter and DIALOG products.

Anyone interested in The Esalen Catalog as human potential movement historical source material for research purposes can now obtain the complete thirty-one year set from ERIC's document delivery arm, the ERIC Document Reproduction Service (EDRS, 7420 Fullerton Road, Suite 110, Springfield, Virginia 22153-2852; 1-800-443-3742).

THE FRIENDS OF ESALEN

The Friends of Esalen program supports the scholarship fund which provides financial aid to people who want to attend our workshops but cannot otherwise afford them.

We invite you to join us. In addition to knowing that you have given someone else the opportunity to experience Esalen and are supporting our ongoing work, you will receive for one year the Esalen Catalog, The Friends of Esalen Newsletter, and the Friends Annual Directory. We hope that you will join us in extending Esalen into the lives of other people.

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GUIDE TO WORKSHOPS

THIS IS A GUIDE to the workshops offered in this catalog. Although many of the them could be cross-referenced, most are listed only in their main subject area. We recommend that you read the workshop description before deciding to register. If you have never been to Esalen or taken an Esalen workshop, you might want to consider the "Experiencing Esalen" workshop scheduled throughout the catalog and listed in the Integral Practices section of this directory. Please call the Esalen office if you have questions concerning a workshop.

THE ARTS / CREATIVITY

January 1-6 • Creative Arts Center at Esalen
January 1-6 • The Tao of Music Improvisation and Movement Meditation
January 8-13 • Body Poetry East and West
January 8-13 • Drawing on the Right Side of the Brain
January 22-27 • Song of the Soul: A Workshop for Singers and Musicians
January 27-29 • Powerfully Presenting Yourself
January 29-February 3 • The MAX: Stretching the Limits of Your Self-Expression
February 3-5 • Fire in the Earth: Poetry, Silence, and the Heart's Desire
February 10-12 • Crazy Wisdom: A Weekend of Philosophy and Laughter
February 10-12 • Writing about Our Lives: A Workshop for Women
February 17-19 • Freeing the Poetic Imagination: Poetry Writing at Esalen
February 19-24 • Creating is a Joy
February 24-26 • Feldenkrais and Musical Improvisation
February 26-March 3 • Language of the Drums: African Percussion, Chanting, and Dance
February 26-March 3 • Writing Through Loss
March 3-5 • The Language of the Drum: Intermediate Level
March 5-10 • Play, Spontaneity, and Performance Art
March 19-24 • Presence
March 26-31 • Painting and the Art of Perception
April 2-7 • TA KE TI NA: The Forgotten Power of Rhythm
April 9-14 • Comedy, Chaos, and the Dharma
April 14-16 • From the Congo to Dreamtime
April 16-21 • Expressive Drawing and Painting
April 23-28 • Wild Heart Dancing
May 7-12 • Vision Painting
May 12-19 • The Painting Experience
May 19-21 • Creative Arts Center at Esalen
May 21-26 • Pottery at Esalen
May 26-28 • African Dance: Expressions of Spiritual Energy
May 28-June 2 • Pilobolus: Collaborative Creativity Method
June 16-18 • Songs of Innocence – Songs of Experience
June 23-25 • Natural Genius: An Authenticity of Being
June 25-30 • Creative Arts Center at Esalen
June 30 -July 7 • Language of the Drums: African Percussion, Chanting, and Dance
June 30-July 2 • The Body of Metaphor: The Craft and Magic of Figurative Language
June 30-July 2 • Art from the Heart: Communication Beyond Words

BIOFEEDBACK / HYPNOSIS

January 13-15 • The Awakened Mind: Brainwave Training
April 16-21 • Enhancing Communication Hypnotically
May 7-12 • Self-Hypnosis
May 21-June 16 • Certification in Clinical Hypnosis
May 28-June 2 • Awakened Mind: Five-Day Brainwave Training Intensive

BUSINESS / WORKPLACE / SOCIAL RESPONSIBILITY

January 13-15 • Noble Visions: The Committed Life
January 20-22 • Finding Inspired Work in Midlife
January 29-February 3 • The Joy of Working from Home
March 5-10 • The Future of Leadership: Integrating Creativity, Value, and Accountability
April 14-16 • The Visionary Life: The Quest of Your Life
April 28-30 • The Art of Leadership: Excellence in Business, Management, and Communication
May 5-7 • Rekindling the Spirit in Work
June 30-July 2 • Reconnecting Business with its Soul

CONTEMPLATIVE / SPIRITUAL & RELIGIOUS STUDIES

January 20-22 • Vipassana Meditation and the Teachings of Thich Nhat Hanh
January 29-February 3 • Dzogchen – Awakening the Buddha Within
February 10-12 • Introduction to Vipassana Meditation
March 12-17 • The Path of Transformation Through Meditation
March 31-April 2 • The Way of Passion: An Exploration of Rumi
April 2-7 • The Subtle Art of Meditation
April 21-23 • A Weekend with Marianne Williamson
April 30-May 5 • An Insight Meditation Retreat
June 2-4 • Introduction to Vipassana Meditation
June 16-18 • Meditation, the Self, and Healing
June 23-25 • Jewish Renewal: Finding and Healing the Jewish Part of Your Soul

DREAMS

February 17-19 • Learning the Craft of Dreamwork
March 31-April 2 • The Healing Power of the Dream: A Dreamwork Seminar for Professionals
April 30-May 5 • Dreams and Intuition
June 4-9 • Dreaming: The Magic Mirror that Never Lies

HEALTH / HEALING

February 3-5 • Acupressure Energy Workshop
February 19-24 • Spiritual Healing: Laying-on-of-Hands
February 26-March 3 • Living with Chronic Back Pain
May 14-19 • Creating Health through Imagery
May 19-21 • Recovery

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June 2-4 • Medicinal Herbology: An Esalen Garden Workshop
Jun 9-11 • Optimum Health: Theory and Practice
June 11-16 • Chakra Integration: A Complete Approach to Health and Healing
June 16-23 • Developing a Fitness Regime for Optimal Well-Being
June 23-25 • Caring for the Dying: What Really Works?

INTEGRAL PRACTICES

January 6-8 • Experiencing Esalen
January 13-15 • The Further Evolution of Human Nature
January 22-27 • Life Energy Process
February 10-12 • Experiencing Esalen
February 17-19 • The Fire in the Dragon: On Being a Person in a Violent World
March 3-5 • You Don't Have to Be Good
March 5-10 • Gates to the Natural Ecstatic Ground
March 17-19 • Experiencing Esalen
March 24-26 • The Embodied Life: Feldenkrais® Movement and Zen Meditation
April 7-9 • Embodiment: Theory and Practice
April 14-16 • Experiencing Esalen
April 28-30 • The Subtle Self
May 12-14 • Experiencing Esalen
May 19-21 • The Ultimate Yes
June 2-4 • Experiencing Esalen

INTUITIVE DEVELOPMENT

January 27-29 • Intuition and Perception: Extending the Boundaries
February 10-12 • Intuition and the Dance of Attention
April 30-May 5 • Dreams and Intuition
May 21-26 • Intuition, Perception, and Altered States of Consciousness

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MARTIAL ARTS / YOGA / SPORT

January 1-6 • The Tao of Music Improvisation and Movement Meditation
January 6-8 • Embrace Tiger, Return to Mountain: Tai Ji Intensive
January 8-13 • Body Poetry East and West
February 12-17 • The Dance of Tennis
March 10-12 • Yoga Works: Tools for Well-Being
March 31- April 2 • Essential Tai Ji: Body-Mind-Spirit in Action
April 14-16 • Harmonizing with the Spirit of the Universe: Introduction to Aikido
April 16-21 • The Nature of Movement
April 23-28 • Golf in the Kingdom: An Exploration of the Inner Game
April 28-30 • Joy is the Journey: Hatha Yoga and More
April 30-May 5 • T'ai Chi Ch'uan: An East/West Approach
May 7-12 • Yoga: A Week of Learning and Rejuvenation
June 9-11 • Yoga for the '90s
June 11-16 • Golf in the Kingdom: An Exploration of the Inner Game

MYTH / RITUAL / SHAMANISM / ANTHROPOLOGY

January 1-6 • Mending the Fragmented Self: Soul Retrieval and Shamanic Practices
January 6-8 • Rituals of Transformation
January 15-27 • Advanced Training in Shamanism and Shamanic Healing
January 27-29 • Ritual and Sacred Space
February 5-10 • Cross-Cultural Shamanic Practices
February 19-24 • Your Deep Mythology: Tap into its Magic
March 26-31 • The Joseph Campbell Foundation: A Mythological Toolbox
April 16-21 • Soul Dramas: Past Life Regression and Spiritual Healing
May 5-7 • Regaining the Tribal Mind: A Workshop for Women
May 26-28 • The Story of the Tasaday: Learning What is Essential
June 18-23 • Evocation of the Deceased in a Latter-Day Psychomanteum

PHILOSOPHICAL INQUIRY / INTELLECTUAL PLAY

January 13-15 • The Further Evolution of Human Nature
February 3-5 • Surfing the Internet: On the Digital Frontier
February 10-12 • Crazy Wisdom: A Weekend of Philosophy and Laughter
February 17-19 • Chaos, Gaia, Eros: The New Biospheric Mentality and the Evolution of Consciousness
February 24-26 • Psyche and Cosmos
March 3-5 • Stoneware and Wetware
April 23-28 • New Maps of Abyssal and Paradisiacal Mindforms
May 5-7 • Euclid's Voyage

PROFESSIONAL GROWTH / TRAINING

January 20-22 • Intimate Connections
January 29-February 3 • Self-Empowerment and Purification: The Farther Reaches of Gestalt
February 24-26 • Rx Massage: For Health Care Practitioners
March 10-April 7 • 28-Day Massage Practitioner Certification Program
March 17-19 • Clinical Program for Professionals: Treatment of Post-Traumatic Stress Disorder and Dissociative Disorders
March 19-24 • Bodywork Intensive: Strategies for Healing Post-Traumatic Stress
March 31-April 2 • The Healing Power of the Dream: A Dreamwork Seminar for Professionals
May 21-June 16 • Certification in Clinical Hypnosis
May 26-28 • Refilling the Chalice: Time Out for Healers
June 11-16 • Sexual Trauma Survivors: Specific Strategies for Body, Mind, and Spiritual Healing
June 16-18 • EMDR: Treating the Trauma Victim

PSYCHOLOGICAL / TRANSPERSONAL PROCESS

January 1-6 • Feeling and Innovation
January 6-8 • Reinventing Love
January 8-13 • Accepting Life's Transitions: Letting Go – Moving On
January 13-15 • Introduction to Gestalt Practice
January 22-27 • Creating Exact Moments of Healing
January 29-February 3 • Self-Empowerment and Purification: The Farther Reaches of Gestalt
February 3-5 • The Sexually Abused Male: Life Transitions and Healing
February 5-10 • Simple Truths about Struggle vs. Suffering
February 12-17 • Playing the Edge
February 12-17 • Un Viaje Interior
February 24-26 • Introduction to Gestalt Practice
February 26-March 3 • Gestalt Practice
February 26-March 3 • Enneagram of the Passions
March 5-17 • Emotional Healing: From Codependence to Aliveness
March 5-10 • The Lover's Journey
March 10-12 • The Future of the Self
March 12-17 • Change and Self-Esteem
March 19-24 • Making Crucial Life Choices and Major Life Changes
March 24-26 • Self-Empowerment for Trauma Survivors
March 24-26 • 'Tis a Gift to be Simple
March 26-31 • Exorcising the Demon "Should"
April 2-7 • Courage
April 9-14 • Gestalt Practice
April 9-14 • Arica Protoanalysis: The Nine Ego Fixations
April 14-16 • Co
April 14-16 • The Visionary Life: The Quest of Your Life
April 23-28 • Healing the Heart

April 23-28 • A Week with Seymour Carter
April 30-May 5 • Emotional Elimination
May 7-12 • Endarkenment and Beyond
May 12-19 • Gestalt Practicum
May 14-19 • The Practical Art of Creative Risk-Taking
May 19-21 • Time Shifting: Creating Time for Your Life
May 19-21 • 'Tis a Gift to be Simple
May 28-June 2 • Making it Float
June 4-9 • Opening the Feelings
June 9-11 • A Weekend with Seymour Carter
June 11-16 • Recovering from the Loss of a Parent
June 18-23 • The Core Self: Returning to Innocence and Choice
June 18-23 • Acts of Courage
June 25-30 • Letting Go – Moving On
June 25-30 • Practicing in the Marketplace: The Diamond Approach
June 30-July 2 • Disarming the Ogre: Recognizing and Transforming the Inner Critic

RELATIONSHIP / COMMUNICATION

January 6-8 • Reinventing Love
January 8-13 • The Art of Talking and Listening
January 20-22 • Intimate Connections
January 27-29 • Powerfully Presenting Yourself
January 29-February 3 • Gender Conversations: Pleasure, Intimacy, and the Search for Wholeness
February 17-19 • Relationships: Letting Go – Moving On
February 19-24 • Tantra: The Art of Conscious Loving
March 3-5 • Keeping a Good Relationship Alive
March 5-10 • The Lover's Journey
March 10-12 • A Workshop for Couples
March 19-24 • Couples Workshop
March 24-26 • Our Ways: Women Who Love Women
April 7-9 • Journey to a Conscious Partnership
April 14-16 • Enhancing Communication Hypnotically
April 28-30 • Relationship in the '90s
May 26-28 • Relationships: The Sacred Path of Love, Sex, and Passion
June 2-4 • Conscious Loving: A Body-Centered Approach to Relationship Transformation

SOMATICS

January 1-6 • Sports Massage
January 6-8 • Somatics: Mastery of Muscles and Emotions
January 8-13 • Toward an Embodied Wisdom
January 27-29 • A Massage Workshop for Women
February 3-5 • Weekend Massage Intensive
February 10-12 • Intuition and the Dance of Attention
February 12-17 • CranioSacral I
February 24-26 • Rx Massage: For Health Care Practitioners
March 3-5 • Weekend Massage Intensive
March 10-April 7 • 28-Day Massage Practitioner Certification Program
March 12-17 • Continuum
March 17-19 • Sensory Awareness
March 19-24 • Bodywork Intensive: Strategies for Healing Post-Traumatic Stress
April 16-21 • Polarity Massage Intensive
May 5-7 • An Introduction to the Living Brain
May 7-12 • Five-Day Massage Intensive
May 12-19 • Cortical Reeducation® and the Feldenkrais Method ®
May 21-26 • Lomi Somatic Intensive: An Active Exploration of Presence
May 21-26 • CranioSacral II
June 4-9 • Mountains and Waves
June 9-11 • Weekend Massage Intensive
June 11-16 • Chakra Integration: A Complete Approach to Health and Healing
June 16-18 • Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach
June 18-23 • Part of the Dancing Heart: The Body as Map
June 23-25 • Body Rejuvenation
June 25-30 • The Body and Zen

WILDERNESS

April 16-21 • The Nature of Movement
April 28-May 6 • Big Sur Wilderness Journey: From Esalen to Tassajara Zen Mountain Center
May 28-June 2 • Big Sur Wilderness Experience
June 4-9 • Mountains and Waves
June 23-25 • Big Sur Wilderness Experience

WOMEN'S STUDIES

January 27-29 • A Massage Workshop for Women
February 10-12 • Writing about Our Lives: A Workshop for Women
March 17-19 • Ritual, Ecstasy, and Women's Spirituality
March 24-26 • Our Ways: Women Who Love Women
May 5-7 • The Tree of Life: Regaining the Tribal Mind

JOYCE LYKE

Week of January 1-6

The Tao of Music Improvisation and Movement Meditation

Chungliang Al Huang & David Darling

The leaders will continue their traditional New Year's celebration with music and Tai Ji during the southern migration of gray whales and monarch butterflies. Chungliang Al Huang will lead participants each morning in Tai Ji meditation and Chi Gong breathing exercises in the fresh ocean air while David Darling plays Bach on the cello. Everyone is invited to rediscover the fundamentals of creative expression and the revitalization of body, mind, and spirit through Tai Ji dancing and music.

Recommended listening: Darling, *Cycles*, *Journal October*, *Minor Blue*, and *Rhythm and Blues Suite*.

Recommended reading and viewing: Huang, *Embrace Tiger, Return to Mountain* and *Quantum Soup: Fortune Cookies in Crisis*; Living Tao Videos (217-337-6113). $740

Feeling and Innovation

Dale Cummings & Karel Samsom

When we liberate our capacity to respond emotionally, new realms of creativity open up to us. Discovering new solutions in private and work-oriented settings can transform leisure and job activities and enliven our experiences. How these two themes interconnect will be the focus of this workshop.

The workshop will use a neo-Reichian approach to emotional release, as well as play, creativity, role-playing, music, dance, and discussion, to tap into feelings and innovative capacities. A period of individual Radix work in a small group setting will provide a safe environment of emotional support and release. As negative feelings are worked through, active creativity can emerge.

Dale Cummings, a neo-Reichian therapist, and Karel Samsom, a teacher of innovation, have for many years integrated these themes into their personal and professional lives. Through their focus on feelings and creativity, this workshop offers encouragement and practical ideas for reinvigorating personal and work experiences and for pursuing exciting ideas and new (ad)ventures in daily life.

C.E. credit is available; see pages 60-61. $740

Mending the Fragmented Self: Soul Retrieval and Shamanic Practices

Sandra Ingerman & Carol Proudfoot-Edgar

Shamanism is the oldest spiritual system used for healing, problem-solving, and the general well-being of both the individual and the community. From a shamanic perspective, emotional and physical "dis-spiritedness" often results from "soul-loss," a trauma that keeps us dissociated from life, our bodies, our relationships, and from feeling our connection with the natural world.

This workshop will involve both soul retrieval and shamanic methods for integrating retrieved parts. Workshop space is available for 12 participants, each of whom will have a private session with a workshop leader acting in the role of the shaman to spiritually retrieve parts lost in life traumas. Workshop space is also available for others who have already had a soul retrieval done.

The major focus of the workshop involves elements of core shamanism and practices involved in the reintegration of retrieved parts. The shamanic journey method and other practices for accessing important information for one's healing will be taught. Activities will include rituals and ceremonies focusing on "release and renewal" as each individual discovers her/his own personal vision of well-being. There will be an emphasis on raising and using the power of the circle for personal healing and growth.

Please bring a bandanna, a journal, and drums and rattles (if you have them).

Recommended reading: Ingerman, *Soul Retrieval: Mending the Fragmented Self.*

C.E. credit is available: see pages 60-61. $740

Sports Massage

David Streeter & Esalen Massage Staff

This workshop will focus on aspects of sports massage that prove useful in other massage modalities. The curriculum includes: anatomy, to provide understanding of the rhythmic coordination of muscles working together; cross-fiber or cross-friction massage, simple strokes that promote healthy muscle tissue; and trigger point massage, to locate and relieve sensitive and congested points in muscle bundles and tendons. Trigger point work has proven beneficial in reducing myofascial pain caused by chronic tension.

Participants will progress through a study of the entire musculoskeletal system via brief lectures, hands-on practice, and one-to-one instruction. This workshop takes a simplified approach to what is usually a complex subject. It will give participants a better idea of just what lies beneath their hands, and how to more effectively communicate with the human body. It is open to all levels.

C.E. credit is available: see pages 60-61. $740

Creative Arts Center at Esalen

Arts Center Staff

Everyone has a drive to create – to be original, inventive, whimsical, resourceful. Located in The Barn at Esalen, the Creative Arts Center is a place for individuals to explore their imagination and their playfulness. It is a growing resource that is constantly evolving – a place that invites you to express your own creative instincts and become the artist that you've always imagined was hiding somewhere inside you.

Your time at Esalen will be spent utilizing a variety of art media, which may include: painting, pit-firing, working in Big Sur clay, drum-making and drumming, dance and movement, structural mask-making, ritual, and creative group work.

Join the Arts Center staff as they help you experience the delight of moving from observer to participant – become the musician, the dancer, the actor, the painter, and the sculptor. Let your imagination get the best of you.

No previous art training is necessary. $740

Weekend of January 6-8

Experiencing Esalen

Experiencing Esalen Staff

Contact is the appreciation of differences.

– Fritz Perls

And the recognition of similarities.

– Richard Price

This workshop is designed to introduce the various practices of Esalen to first-time participants or to those renewing their acquaintance with Esalen. Emphasis is on finding those approaches to self-awareness that work most effectively for the individual participant. Sessions may include: meditation, sensory awareness, gestalt practice, group process, art, movement, and massage. There is also time to explore the natural magnificence of the Big Sur coast.

$380

Somatics: Mastery of Muscles and Emotions

Eleanor Criswell Hanna

This workshop will explore the neuromuscular responses to emotional states – the somatics way to internal mastery of muscles and emotions – and the joy that comes with the body's renewed awareness and freedom. Guided somatic exercises and individual sessions with practitioners trained by Thomas Hanna will give participants the opportunity to experience this wonderful work. Dyad practice is included.

Recommended reading: Hanna, *Somatics; The Body of Life*; and *Bodies in Revolt.*

C.E. credit is available: see pages 60-61. $380

Embrace Tiger, Return to Mountain: Tai Ji Intensive

Chungliang Al Huang & Living Tao Staff

This workshop offers New Year renewal with fundamentals of Tai Ji practice. Chungliang Al Huang will share the crystallization of his most essential learnings. He will lead participants in sunrise movement meditation, five elements form, Chinese Chi Gong breathing, and life force revitalization exercises. There will also be Taoist philosophical and aesthetic dialogues and discourses.

Join the music, dancing, and celebration!

Recommended reading: Huang, *Quantum Soup: Fortune Cookies in Crisis* and *Embrace Tiger, Return to Mountain*; with Watts, *Tao: The Watercourse Way.* $380

Reinventing Love

Robert Solomon & Heather Maycock Ogilvy

"Reinventing Love" is an interpersonal probe into the most highly valued of all passions, its promise and its disappointments. The workshop will emphasize the essential creativity of love and the need to express and "reinvent" an emotion that is not torn between defensive individualism and independence. The group will explore the myths of love in order to find out why love goes wrong, why we choose the wrong partners, and how to choose the right one in order for love to succeed.

Participants will examine the connection between intimacy and anger, and the fragile connection between love and dependency. Individuals will be encouraged to explore their own experience and discuss the myths and images that have contributed to our most intimate (and sometimes most dangerous) feelings. Above all, the aim will be to understand why love is so important to us and why it cannot be abandoned. $380

Rituals of Transformation

Paul Rebillot & Audrey Savage

People are continually approaching thresholds, transition points from one state to another. To live is to change. Unfortunately, we have a tendency to resist change, to cling to the familiar, to remain stuck at the threshold. This resistance eventually causes us much stress and pain.

Rituals can prepare people for change and help heal the passages that were not completed in the past. A ritual awakens within the psyche the archetypal patterns of change – it teaches the participant how to change. By acting out the ritual, people learn, not only in their minds but in their hearts and the movements of their bodies, the process of transformation.

Participants will look at what they want to transform in their lives, what they need to say good-bye to, and what new steps they need to take in order to cross their present threshold. Small groups will work together to design and enact individual rituals to support this healing process.

Just as the body can move from one position into another, so can the full being; hearts can move, minds can move. Joseph Campbell said that when someone discovers his or her authentic path, the way seems blessed with magic. To find this way is the work of "Rituals of Transformation." $380

Week of January 8-13

Body Poetry East and West

Chungliang Al Huang & Brother David Steindl-Rast

The first Esalen workshop that Chungliang and Brother David gave together turned into a feast of aliveness. This year, these two bridgebuilders between East and West will lead participants through the basic sequence of the great Taoist *Book of Changes*. Through both Tai Ji body movement and poetry, participants will explore the flow of Tao in the I Ching as a power to transform and to heal mind and body.

Esalen provides a unique environment for this weeklong celebration of life: ocean, garden, hot springs, ancient trees, and human companionship all help us to find once again the hidden springs of deep joy and to release the powers of creativity. $740

Accepting Life's Transitions: Letting Go — Moving On

Mary Goldenson (Devarani) & Gustavo Rabin

The only certainty in life is change, yet we often resent our transitions because of patterns of fear and self-denial. Old beliefs keep us stuck in our resentments, unsuccessful marriages, friendships, and careers, and can cause illness, sorrow, and the inability to forgive. Transitions are crossroads in our lives that give us the opportunity to take time out and reconnect with our truth. It is never too late to change. Transitions are doors to the renewal of our passions, courage, and commitments.

This workshop will present you with ways to help complete the past, be open to the present, and create a future. Participants will experience a safe, supportive environment that includes taking risks, intense body work, gestalt imagery, dance, and meditation, in order to support the transitions that keep us committed to the process of discovering ourselves. $740

Drawing on the Right Side of the Brain

Lynda Greenberg

In order to draw, previous art training is *not* needed and manual dexterity is *not* required. All that is necessary to draw is to *learn to see*. This workshop teaches basic strategies of seeing with an intensive combination of lectures and studio exercises that pack a semester-long art course into five days.

Following the lesson plan of *Drawing on the Right Side of the Brain* by Dr. Betty Edwards, the lectures explain the principles of visual perception and creativity that allow the student to successfully master the studio exercises. The studio exercises in turn lead to the integration of perceptual skills and the ability to produce high-quality finished drawings. Since it is the right side of the brain that processes spatial information, exercises are presented to "trick" the left – domain of linear data like language, naming, and categorizing – into surrendering control.

In a carefully sequenced process, participants are taught ways of seeing that enable them to skillfully draw their perceptions. More important, these new strategies of thinking are useful in general problem-solving. Consequently, the workshop does not teach "techniques of drawing" in a narrow sense; it teaches how to see in the broader sense, and how to record one's perceptions in drawings. $740

The Art of Talking and Listening

Mudita Nisker & Dan Clurman

Every day we swim in an ocean of words, talking and listening. Yet many people can barely tread water with their communication skills. Making yourself understood and understanding others is a subtle and precise art, yet it is often a neglected part of our education. Fortunately, you don't have to be a born communicator; it's a skill you can learn.

This workshop will teach you new ways to deal with many situations, from negotiating with your partner, boss, or associates to engaging your child's cooperation. Using discussion, demonstration, and role-playing, participants will explore ways to:

- Give and receive criticism skillfully
- Send clear, concise messages which invite cooperation
- Share difficult to express feelings and still maintain good will
- Improve listening skills even in tough situations
- Identify key assumptions and their effect on communication patterns
- Develop nonverbal skills to enhance spoken messages
- Experience more delight in being with others

This work draws from cognitive psychology, critical thinking, systems theory, and Eastern philosophy. The objective will be to help each individual cultivate the ability to identify communication hot spots and work them out constructively. In the process, you can discover your own truth and honor the truth of others.

C.E. credit is available; see pages 60-61. $740

Toward an Embodied Wisdom

Brita Ostrom & Staff

The significant problems we face cannot be solved at the same level of thinking we were at when we created them. — Albert Einstein

The growing field of somatics – from *soma*, the experienced body – can help individuals to identify and open new sources of personal guidance. Rather than abide by the old adage "Use your head!", this workshop focuses on the body/mind reservoir of experienced knowledge to find creative solutions and direction in life.

Group members will move toward access to somatic wisdom by educating their senses to once again feel and respond. The aim is to identify attitudinal blocks in the body which can lock the mind into familiar patterns that keep new data out. Through this work, dreams can unfold and lead to a new way of being. Finally, participants can discover that "environmental awareness" dwells within each person as a source of spiritual renewal, as well as within the mountains, sea, and land.

The group will use the tools of meditation, personal awareness work, guided massage, non-strenuous movement, and the Big Sur environment. This workshop is suitable for individuals seeking creative growth or healing, bodywork students, and those looking for ways to bring a sense of embodied wisdom into their work and daily life.

C. E. credit is available; see pages 60-61. $740

Weekend of January 13-15

The Further Evolution of Human Nature

Michael Murphy & George Leonard

This weekend seminar will be a wide-ranging discussion of universal and human evolution, based upon Michael Murphy's *The Future of the Body* and George Leonard's *The Transformation.* Among the topics to be explored:

- The relations between this evolving universe and world-transcendent realities
- Human capacities for extraordinary life
- The elements of transformative practice

The leaders will explore their latest ideas about our possibilities for growth and radical transformation. Suggestions for practice, as well as theoretical material, will be presented. $380

The Awakened Mind: Brainwave Training

Anna Wise

Inside each person lives a wealth of knowledge, capacities, and power rarely transmitted to the conscious mind. Brainwave training, combined with meditation and biofeedback monitoring, can help develop these deeper resources, allowing access to greater creativity, reduced stress, and a deeper awareness and understanding of the inner self.

After assessing the brainwave patterns of hundreds of unusually highly functioning people, C. Maxwell Cade of London's Institute for Psychobiological Research began to see similarities in the patterns of optimal states of mind. Drawing upon Cade's work, Anna Wise has developed a training program to help access these optimum states.

Different methods of meditation, visualization, and psychophysiological relaxation affect our brainwaves in particular ways, as do specific acts such as tongue, eye, and body positions.

In this workshop you will learn techniques for brainwave development and management, and begin to determine which methods of practice are best for your particular brainwave pattern. You will also address how you can use these optimum states for your own creativity, mental flexibility, self-healing, problem solving, and spiritual development.

The Mind Mirror EEG will be used to demonstrate brainwave patterns, and each participant will be able to use an Electrical Skin Resistance Meter to measure the depth of arousal or relaxation of the nervous system.

C. E. credit is available; see pages 60-61.. $380

Introduction to Gestalt Practice

Eric Erickson

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear –
And when used – is inexhaustible. – LAO TZU

Gestalt practice is a form – nonanalytic, noncoercive, nonjudgmental – evolving out of the work of Fritz Perls. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that awareness is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization.

It is explicitly understood that participants are not patients but persons actively consenting to work (or play) in awareness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure, or accomplishment. Much of the power of the practice is brought forth by concentrating attention on the seeming simplicity of our moment-to-moment experience.

Through group exercises, meditations, and open seat work, this workshop will introduce participants to the gestalt practice approach.

Recommended reading: Perls, *Gestalt Therapy Verbatim*; Lao Tzu, *Tao te Ching.*

C. E. credit is available; see pages 60-61. $380

Noble Visions: The Committed Life

Bill Puka

What is required to follow our sense of right work and right living, to live inspired lives as inspiring people? This seminar seeks to affirm and rekindle the commitment to living our values and pursuing our ideals.

The group will share its visions of personal integrity – what it means to live up to oneself, to do worthwhile work, to treat all people with respect and concern. Participants will discuss how to enhance and pursue these visions in everyday life, sharing their own practical methods. The group will also draw pragmatic lessons from such exemplary models as Gandhi, M.L. King, Mother Theresa, and Dorothy Day, plus a host of obscure "local heroes" who put extraordinary ideals into "mundane" daily practice – and love it. There will be videos of many of these models, known and unknown.

In addition, the group will consider spiritual and conceptual views of personally inspiring values, nonjudgmental ethics, and graceful "character" development. Psychological research on moral development across the life cycle will be presented.

Bring any personal dilemmas being faced at work, at home, or in self-explorations that the group might address together. $380

Week of January 15-20

There are no five-day workshops scheduled during this period.

January 15-27

Advanced Training in Shamanism and Shamanic Healing

Michael Harner & Sandra Ingerman

For workshop description see Special Programs, pages 56-57.

C. E. credit is available; see pages 60-61.

Weekend of January 20-22

Intimate Connections

Mariah Fenton Gladis

Creating stable and fulfilling relationships is a challenge that everyone faces. To be successful, human relating must be understood and accepted as an activity, an ability that requires movement, purpose, emotional capacity, and extensive contact skills. People often believe that good relating evolves naturally, but they discover in the routine of living with families, friends, and lovers that, in truth, they have not been adequately prepared to meet the demands of loving relationships.

This workshop will focus on the nature and basic requirements of healthy relationships. It will offer participants opportunities to assess their abilities and disabilities, to develop awareness, and to practice risking positive action with others. It is for anyone who has "hit the wall" in a relationship or who has experienced being stuck at some seemingly impenetrable contact boundary and wants to break through. Particularly helpful for adult children of dysfunctional families, ACAs, and human relations professionals, this experiential and didactic workshop will blend individual and group gestalt work, spiritual healing, bodywork, and personal metaphor. $380

Vipassana Meditation and the Teachings of Thich Nhat Hanh

Christopher Reed

How is it possible to live with the awareness of what is happening in our society and to our world? This is an extraordinary time to be alive on Earth. Either we destroy ourselves or we awaken together to our true nature, our profound interconnectedness – our *Interbeing*, as Thich Nhat Hanh calls it.

For many there is a deep grief, for all of us a nagging malaise. We are destroying our environment, our own home, and neither denial nor activism can fully address the pain and discontent of it.

The practice of Buddhism is a way of transforming old notions of *self* and *self-interest* so that we may truly live. Vipassana means "looking deeply." When we truly look we see that we are a part of life, that it is ours, that we also belong to it. We have the capacity, the right, even the obligation to respond to its call, rather than to just react out of fear, anger, loneliness, compulsivity.

JOYCE LYKE

This practice is an invitation to engage with life, to break down notions of separation. The workshop will include instruction in sitting and walking meditation as well as interactive exercises and dialogue.

C. E. credit is available; see pages 60-61. $380

Finding Inspired Work in Midlife

Peller Marion

At the age of 93, as he was accepting the American Comedy Award, George Burns said, "The first half of my life has been good, and I look forward to the second half being even better." While most people don't live to the age of 93, some, like George Burns, remain charismatic and magnetic. Others are drawn to them, largely because their life seems effortless, playful, and meaningful.

How we define ourselves and what success means is important to what kind of individuals we grow into as we age into the second half of our lives. Participants in this workshop will explore these issues through structured exercises and open exploration of topics such as, "What am I dissatisfied with? Who am I? What's my definition of success?" The leader will coach participants to create a vision for the second half of their lives based on internal values that are meaningful and significant.

What this workshop offers is a playful and rich way to reevaluate one's work and relationships to gain clarity, focus, and direction. It is recommended for professionals in diverse areas who want to revitalize and renew their vision.

C. E. credit is available; see pages 60-61. $380

Week of January 22-27

Creating Exact Moments of Healing

Mariah Fenton Gladis

Adult children of alcoholic, dysfunctional, or abusive families (ACAs) must walk a road of recovery that requires determination, lifelong commitment, and the creation of specific moments of healing. This workshop offers participants an opportunity to take a major step toward health, helping them define a plan for necessary moments they must create so they can move forward, transforming their personal history from one of liability to one of strength and wisdom. Focus will be on the promotion of healing in four fundamental relationships:

- With oneself – developing awareness, freedom from addictions, and healing of the body and soul from the residual effects of trauma
- With others – improving one's capacity for moving out of isolation and into direct, open communication and trust; expanding intimacy skills while securing healthy boundaries

- In the world – moving away from chaos and deprivation toward stability and abundance
- Spiritually – searching for the meaning of one's history and accessing that part of the self that can utilize universal blessings

This workshop will be experiential and didactic, blending individual and group gestalt work, music, spiritual practices, and bodywork. A step-by-step recovery process developed by the leader will be incorporated throughout the workshop. The atmosphere will be one of trust and mutual support. This workshop is also appropriate for professionals who work with ACAs.

C.E. credit is available; see pages 60-61. $740

Life Energy Process

Stephano Sabetti

The Life Energy Process (LEP) is a spiritually-oriented approach to self-development and professional growth based on Eastern and Western energy dynamics. Specially designed subtle and intensive movements (microments) can increase energy flow and lead to the discharge of nonessential processes in the body (repressed emotions, chemical toxins, etc.). Each of us has an energy frequency that can be felt when attuned through LEP. This unique vibration helps to center and ground, as well as to find clearer direction and meaning in daily life. Each participant will have a chance to feel her/his unique energy process and explore it through a step-by-step process inquiry.

Life Energy Process includes: dance, theater, massage, pool work, and various other forms. The workshop is of particular interest to professionals and laypersons who are excited by the integration of theory, pleasure, and hands-on application of energy concepts. $740

Song of the Soul: A Workshop for Singers and Musicians

William Pennell Rock & Arthur Samuel Joseph

Is there a way to make music with the freedom of a child at play while expressing the very depths of the soul? Here is a multi-faceted approach that answers this question with a resounding "Yes!"

Participants will receive vocal training using Vocal Awareness, taught by its creator, Arthur Samuel Joseph. This method approaches voice as a metaphor for life, so that participants can not only have a profound vocal/musical experience, but can also learn how to begin to unlock the door to the self – to self-expression, to self-esteem, to the core of who we are and how we express it through voice.

William Pennell Rock will lead participants through structured exercises designed to enable individuals to express themselves musically without censoring or inhibition. Participants will then be guided on an adventure in which they will sing their various subpersonalities – the hero, the monster, the magic helper.

This blend of gestalt, archetypal psychodrama, and vocal technique will culminate in an opportunity for each participant to bring together the subpersonalities and sing the story of her/his life essence in a short improvised "psycho-opera."

This experience is designed to benefit the most experienced singers as well as those who have never sung before. All musicians interested in improvisation are welcome and should bring their instruments.

Please note: Participants are required to bring a tape recorder. $740

Weekend of January 27-29

Ritual and Sacred Space

Malidoma & Sobonfu Somé

Malidoma Somé was raised in the village of Dano in Burkina Faso, West Africa, and initiated in the ancestral tribal traditions of the Dagara culture as a medicine man and diviner. His name means "seeks friendship with strangers," which is his assignment from the tribal elders. Sobonfu Somé is also an initiated member of the Dagara tribe. She has experienced being invited and embraced into womanhood, as the Dagara welcome each girl upon her first menstruation in an ancient rite of passage. Village elders sent Malidoma and Sobonfu to the West to carry on the teachings of their culture.

The Dagara practice ritual to connect with the hidden ancestral realm, with the vibration of nature, with oneself, community, and Spirit. It is the presence of Spirit and one's connection with it that distinguishes between true ritual space and mere ceremony.

This workshop offers practical experiential work that serves to open participants to the art and craft of ritual practices common to the indigenous world of Africa and elsewhere. Group members will be shown how to be ritual-alert, how to heal with ritual, and how to design and perform it.

This is an experience for all who would like to strengthen their sense of community through the design and enactment of ritual. $380

Powerfully Presenting Yourself

Mary Goldenson (Devarani), Paula Shaw & Robert Corff

Why are some people so inspiring and impactive when they speak? What inhibits us from delivering our message? This workshop will explore the inhibitions to self-expression and communication, and help participants move beyond them with more freedom in both personal and professional life. It is designed for people who want to develop a more powerful personal and public presentation, and better professional and business communication skills.

The workshop leaders combine their expertise in the fields of psychology and the performing arts to guide you through this exciting adventure. The focus will be on self-exploration through individual and group work. Participants will use voice and body to express themselves with more power and passion.

Courage, passion, and clarity need not be restricted to rare moments in life. Learn to express yourself more fully and experience the satisfaction of being more authentic and self-assured. This process can help awaken your dreams and invigorate your life.

C.E. credit is available; see pages 60-61. $380

Intuition and Perception: Extending the Boundaries

Keith Harary & Darlene Moore

Most of us have had experiences in which we appeared to be aware of information that was not immediately available to our five familiar senses. Such experiences usually emerge spontaneously and can range from simple hunches, to feeling in touch with a loved one at a distance, to premonitions in which we seem to be inexplicably aware of impending events. Labeling these experiences "psychic" does not explain them, but makes this fundamentally normal aspect of human awareness appear to be some sort of occult or supernatural process. Yet such experiences most likely emerge from a deep interconnectedness between consciousness and the physical world that is entirely natural and independent of any single philosophical or religious system.

This workshop will teach specific techniques of extended perception to allow this capacity to become a consciously available resource in everyday life, rather than a strictly spontaneous phenomenon. Starting with the basics of learning how to manage mental impressions, participants will practice separating their most relevant feelings and images from various forms of "mental noise" in a variety of extended perception scenarios. The workshop will also present a more advanced technique that involves using one's own "mental noise" to help guide intuition so participants can develop their own inner language for processing intuitive information. In addition, a specialized series of exercises will also focus on combining extended perception with focused relaxation to induce out-of-body experiences.

C.E. credit is available; see pages 60-61. $380

A Massage Workshop for Women

Ingrid May & Ellen Watson

This is a weekend massage workshop for women of all ages and backgrounds who wish to learn in a nurturing and supportive setting how to give and receive massage. The workshop will enable participants to master some fundamentals of bodywork as developed by Esalen massage practitioners, including grounding, movement, and breath awareness. This is an invitation for women to rediscover the innate wisdom of the body and to honor and celebrate being female. $380

Week of January 29-February 3

Gender Conversations: Pleasure, Intimacy, and the Search for Wholeness

Gina Ogden & Terry Hunt

Pleasure is essential for healthy relationships. Add the erotic element and the potential for pleasure grows exponentially. But the reality of sustaining delight in each other over time is all too often a mystery and a struggle, both with opposite gender partnerships and within the same gender. Old avoidance patterns may substitute for intimacy as we play out the myriad "good girl" and "super guy" roles we developed during traumatic childhoods and nightmarish adolescences. Or we may repeatedly act and react out of old gender-based fear, sadness, and rage, keeping our relationships locked in the cultural missionary position.

The leaders write, "This workshop will help both individuals and couples to identify myths that block the flow of joy. Together we will redefine the role of pleasure in our lives and create updated images of our sexual, sensual selves. The workshop will include cathartic work about family of origin, psychodramatic exploration of conflicts in various kinds of relationships, careful investigation of how to manage physical and emotional boundaries, and visualization techniques that tap our deepest longings for intimacy. We will encourage each other to approach the gender gaps in our lives with intention rather than fear, with assertion rather than suspicion. We will allow time to follow our instincts for pleasure into enriching and creative moments of wholeness."

Recommended reading: Hunt & Paine-Gernée, *Emotional Healing*; Ogden, *Women Who Love Sex*. $740

The *MAX*: Stretching the Limits of Your Self-Expression

Paula Shaw

"The MAX" is an outrageous voyage through your own humanity – a journey to turn yourself inside out and explore the extent of your self-expressive power. It employs a variety of acting, observation, and communication methods designed to expand your limits "to the max" and move you into a new arena of personal creativity and self-expression.

Formerly offered only to Esalen's in-house community, "The MAX" is extremely challenging. Participants must commit to a rigorous exploration of the sources of their emotional limitations. Seminar hours will be longer than usual early in the week (and shorter later in the week). Participants will work individually in front of the room, playing to and with other members of the group. There will be exercises that use raw emotion, role-playing, and "dress-up" assignments.

This workshop is an opportunity to experience yourself in a way you may have dreamed about but never imagined possible. The game is risk, the premise: You're either daring or dead, and the most unsafe thing you can do in life is to play it safe. Clearly, this course is not for the faint of heart, but it is full of heart, humor, and irreverence, and is constructed with the understanding that this kind of risk-taking requires a very safe workspace.

"The MAX" is a thrilling celebration of who you are – light side, dark side, all of you. If your heart beats faster when you think of taking this workshop, then maybe it's just the thing to do. Come play!

Please note: Due to the intense and sequential nature of this workshop, attendance at all sessions is necessary. $740

Dzogchen — Awakening the Buddha Within: A Silent Meditation & Self-Inquiry Retreat

Lama Surya Das

Buddhism teaches awareness techniques for awakening to inner freedom. Dzogchen directly introduces the inherent freedom, purity, and perfection of innate Buddha-Mind. Dzogchen – Tibetan for "the Natural Great Perfection" – is considered the summit of all Buddhist teachings: swift, easy, joyful, and direct.

Through meditation, chanting, energy exercises, self-inquiry, and personal instruction (including talks and individual interviews), this quintessential Vajrayana path will be introduced and practiced according to the nonsectarian way of the Practice Lineage of Tibetan Buddhism, relying on authentic Tibetan texts, meditation manuals, oral tradition, and personal experience. Constant themes of this nondual awareness practice include appreciating the true joy of meditation, the incredible lightness of being, and opening to effortlessness.

This silent meditation retreat offers a unique opportunity for experienced practitioners of meditation as well as beginners to better know themselves through the timeless wisdom of this ancient Tibetan teaching. Much of the day will be devoted to sitting practice, interspersed with both guided and walking meditations, chanting, self-inquiry, question-and-answer periods, and breath/energy relaxation exercises.

Please note: This retreat will be conducted in silence. $740

Self-Empowerment and Purification: The Farther Reaches of Gestalt

Julian Silverman

"We badly need a new orientation, a new perspective," wrote Fritz Perls. "We have graduated from the infant's, 'I can't help myself,' to the adult's, 'I can't help myself because. . .' But psychology and psychiatry were never meant to be after-the-fact justifications for continuing

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neurotic behavior, behavior which does not permit the individual to live up to the maximum of his capacities."

In his autobiography, Perls speculated that a new form of psychotherapy would emerge and that it would entail some kind of cleansing or purification process. He was not clear, however, how it would work. In actuality, he had prepared the way quite well for the next form.

In this workshop the boundaries of the "next form" are defined and examined using both didactic and experiential sessions. Two interrelated processes are emphasized: the first, a purification process, has the purpose of "wiping the slate clean" of mental debris; the second has the purpose of identifying a personal center from which to act with power.

Introductory Workshop Principle #1: Take responsibility for every emotion, every movement you make, every thought you have.

Recommended reading: *A Course in Miracles*.

C. E. credit is available; see pages 60-61. $740

The Joy of Working from Home: Making a Life while Making a Living

Jeff Berner

Aware business and professional people are making the transition to corporate telecommuting, and some are earning a living entirely where they live: at home – many by choice, others for career and emotional survival.

In this workshop, Jeff Berner becomes your home office "personal trainer," helping you balance the practical nuts and bolts of working from home with the larger lifestyle issues of managing and enhancing the quality of your personal, family, and leisure time.

For the entrepreneur, the workshop covers marketing your service, product, or skill, selecting equipment, negotiating, money management, and everything that makes "the rubber meet the road." And for those telecommuting for a corporation, the workshop teaches the politics of remaining "in the loop" while out of sight.

The emphasis for both the independent contractor and the "flextime" employee is on the human factors that bedevil everyone, whether starting out or already working part- or full-time at home: controlling space and time; helping family and friends understand your new way of life; if, when, and how to work with a spouse; avoiding workaholism – or sloth; and reaching customers and clients.

This workshop is for anyone interested in taking advantage of the more independent "workstyle" that was the traditional American way of life until just a few generations ago. You can call Jeff Berner to discuss the workshop at 707-878-2000, weekdays, 9 a.m. to 3 p.m., Pacific Time. $740

Weekend of February 3-5

Acupressure Energy Workshop

Pauline Kirby

Traditional acupuncture is a healing art and science that teaches one how to see the entire human being in relationship to the body, mind, and spirit. It is a form of healing that emphasizes balance and harmony, focusing on health rather than disease.

This workshop will explore the five elements used in traditional Chinese medicine, following the metaphor that the body is like a garden rather than a machine. The group will look closely at the body's energy system and discuss how these meridian pathways can enhance one's health. Concepts of traditional acupuncture and acupressure will be demonstrated and discussed, including pulse diagnosis, the flow of meridian pathways, point location, an in-depth study of the five elements, and special application for stress reduction and health maintenance.

C. E. credit is available; see pages 60-61. $380

Fire in the Earth: Poetry, Silence, and the Heart's Desire

David Whyte

This is a workshop concerned with remembering the half-forgotten and neglected desires that are central to our personal creativity and destiny. Fire has been an abiding image for creativity throughout human history, but the first steps into that flame depend upon our ability to rest in the silence present in our own bodies. These disciplines of silence are a way of understanding desire at a level deeper than we ordinarily experience.

Much of modern life distances us from our bodies, presenting the body as a problem to overcome rather than the center of our experience. In hard times we often find it more difficult to remember rest and silence, and it's during these times that we need them the most. This will be a time to remember, through poetry, silence, voice work, and movement, the priorities closest to our heart's desire.

Ability or knowledge of poetry is welcomed, but not the least bit necessary. $380

The Sexually Abused Male: Life Transitions and Healing

Alan Schwartz

This workshop will be a point of departure for men who have been sexually abused as children or adolescents, either by other men or by women. It will introduce and implement a healing design known as RDH – Reveal, Deal, Heal – in which men are invited to reveal the "secret," deal with emergent feelings around the revelation, and begin to heal fragile physiologies to form the foundation for further strengthening of damaged identities.

To help this healing, the workshop will focus on:

- How such experiences have shaped responses to normal life transitions
- How to avoid significant dangers caused by "ruptures" in the ability to handle issues of self-worth, intimacy, and work relationships
- How happiness and pleasure are not beyond any survivor's reach

Gestalt will provide the ground for this workshop while neo-Reichian and 12-step elements will help to facilitate the kind of awareness that can jump-start courage. Partners or spouses are also welcome to attend this workshop.

C. E. credit is available; see pages 60-61. $380

Weekend Massage Intensive

Char Pias Brenner & C. J. Bradbury

Participants will be instructed in basic methods used in giving a pleasurable and beneficial massage. Fundamental elements of bodywork, such as breath awareness, grounding, movement, quality of touch, and stress reduction will be introduced. The workshop is available to beginners as well as those who wish to brush up on their massage skills.

C. E. credit is available; see pages 60-61. $380

Surfing the Internet: On the Digital Frontier

Douglas Rushkoff

The computer is more than a tool: it is a gateway to entirely new realms of experience. Immersion into the data ocean need not be cold, impersonal, or confusing. In fact, for over 25 million people worldwide, cyberspace is as comforting as sitting around a campfire telling stories, as liberating as embarking on a shamanic vision quest, and as engaging as forming a grassroots network of like-minded community members.

Douglas Rushkoff believes there is only one prerequisite for taking the leap into "virtual community": a willingness to take part. In two short, user-friendly days, he can bring even the most rigid technophobes to a theoretical and practical understanding of the way computers can provide access to facts, ideas, social action, and spiritual insight. No former computer knowledge is necessary; beginners and "power" users alike can delight in this refreshingly organic approach to the datasphere.

By the end of this "hands-on" workshop, participants can be proficient with computer equipment and online networks. Further, as newly active members of the online community, they will have gained a deeper understanding of how technology serves to forge new connections between people, promoting a Gaian sensibility, a less hierarchical social order, and a new renaissance of spirituality.

$380

Week of February 5-10

Cross-Cultural Shamanic Practices

Angeles Arrien

Participants in this workshop will be introduced to shamanic tools from diverse cultures in order to access and empower their inner teacher, healer, visionary, and warrior. The universal healing salves of singing, storytelling, dancing, and silence will be engaged to rekindle the spirit and retrieve any soul loss.

Group members will work individually and collectively to honor ancestor spirits by releasing limiting family patterns, enhancing personal and professional power by speaking with "spirit tongue" (truth-telling), and experiencing shamanic practices that reveal internal mythology, help heal wounds, and adjust imbalances.

This week qualifies as a foundational training for the Four-Fold Way, a cross-cultural shamanic training program by Angeles Arrien. $740

Simple Truths about Struggle vs. Suffering

Alan Schwartz

When the human potential movement was transformed into New Age commerce, its simple truths were transformed into purchasing concepts. Example: Hundreds of millions of dollars are spent for foods and machines that will give the illusion of health. Example: We immerse ourselves into anything labeled "transpersonal" to locate some apex of self.

This week will be a return to the simple truths of the human potential movement. To get there is to recognize that struggle equals freedom and suffering equals bondage. There is pain on both paths! The difference is that struggle provides the freedom of enhanced contact with the universe, unfathomable though it may be; suffering leaves us in the bondage of futility if we choose to surrender to the commerce of fear-based lives. Struggle is characterized by movement, suffering by none.

Participants are asked to bring some thoughts about the following:

- Is my continual life process fueled by an active spirituality?
- Do my emotions eventually strengthen me or do they cause me continual pain?
- Does my physical movement ground me to contact with all living things?

Hoped for: as much risk as you can muster to produce as much honesty as you can. The workshop's spiritual/gestalt base will include connecting the physical with the emotional to produce a strengthening of that substance we call soul. We might even locate some pleasure in the struggle.

C. E. credit is available; see pages 60-61. $740

Weekend of February 10-12

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 6-8.

$380

Introduction to Vipassana Meditation

James Baraz

Vipassana (insight) meditation is the practice described by the Buddha for developing wisdom, compassion, and peace. Vipassana, "to see things clearly," means being mindful of what is actually happening in the present moment. Using the breath, body sensations, thought, and emotions as objects of attention, we can learn to be fully awake and bring a balanced awareness to all aspects of our lives.

Through vipassana meditation we experience the nature of reality as continuous change. When we see that all phenomena are impermanent, we can begin to let go of clinging to the pleasant or avoiding the unpleasant. We are then more capable of meeting each situation with spontaneity, fearlessness, and love. Meditation also teaches us to see in each moment the interconnectedness of all things. Our hearts open to a natural expression of compassion and kindness.

Participants will be introduced to this method of meditation practice and the principles on which it is based. There will be periods of silent sitting and walking meditation, as well as discussion. As attention is brought to all activities at Esalen, individuals will continue to develop mindfulness through the weekend. This will provide a foundation for applying vipassana practice to everyday life.

C. E. credit is available; see pages 60-61. $380

Intuition and the Dance of Attention

Anne Armstrong & Randy Cherner

At the still point of the turning world,
Neither flesh nor fleshless;
Neither from nor towards; at the still
point, there the dance is,
But neither arrest nor movement. And
do not call it fixity.
Where past and future are gathered.
Neither movement from nor towards,
Neither ascent nor decline. Except for
the point, the still point,
There would be no dance, and there is
only the dance.

– T. S. Eliot, *The Four Quartets*

Intuition is a gift that everyone possesses. It takes many forms. The foundation for intuitive practice is the process of shifting one's attention in very precise ways to lead to enhanced awareness. Anne Armstrong's intuitive opening came through the psychic intuitive process, Randy Cherner's through movement and touch.

The aim of this workshop is for participants to reclaim their intuitive powers in all areas of their lives – personal, professional, and spiritual. Group members will learn to develop their intuitive styles through meditations, sensing practices, refined touch, aikido, and Feldenkrais exercises. This workshop is unique in its attention to intuitive style in both its psychic and somatic dimensions.

$380

Crazy Wisdom: A Weekend of Philosophy and Laughter

Wes "Scoop" Nisker & Paul Krassner

Seriousness is the only refuge of the shallow.

– Oscar Wilde

This is an opportunity to spend a weekend having a real good time while exploring your own sense of humor and ability to play. Through the use of improvisational theater games, writing exercises, leader presentations, and group discussion, participants can become clowns, jesters, tricksters, and fools as they examine the lighter side of their life and times.

Workshop presentations will include coyote stories, Taoist and Zen humor, the writings of Mark Twain, as well as audio and videotape excerpts from great humorists such as Charlie Chaplin, Lenny Bruce, Nichols and May, Robin Williams, and Richard Pryor. Participants will also work in groups to develop a humorous theatrical presentation for our traditional Saturday night gathering.

You don't have to be funny to join this workshop, simply open to the playful possibilities of the moment. At least one belly laugh is guaranteed. $380

Writing About Our Lives: A Workshop for Women

Ellen Bass

The leader writes: "The philosophy behind this workshop experience is best expressed by Martha Graham who said, 'There is a vitality, a life-force, an energy, a quickening that is translated through you into action. And because there is only one of you in all time, this expression is unique. And if you block it, it will never exist through any other medium, and be lost. The world will not have it. It is not your business to determine how good it is, nor how valuable, nor how it compares with other expressions. It is your business to keep it yours clearly and directly, to keep the channel open.'

"This workshop will help keep the channels open. It will be a supportive place to share our lives and work, our voice, our creativity. There will be time for writing and time for sharing and feedback. From beginners to experienced, all women writers are welcomed. Whether you are interested in poetry, fiction, nonfiction, journal writing, or just jotting down your thoughts, this workshop can help you open up and expand your world through writing."

Note: Although Ellen Bass in known for her work with survivors of child sexual abuse, the focus of this workshop will not be on healing from trauma. Rather, it is a creative writing workshop in which women are free to write on any subject they choose. $380

Week of February 12-17

CranioSacral I

Robert Harris & Alix McLaughlin

CranioSacral Therapy is a gentle, non-invasive, hands-on technique that helps detect and correct an imbalance in the CranioSacral System, which may be the cause of sensory, motor, or intellectual dysfunction. It is used to treat a myriad of health problems including headaches, neck and back pain, TMJ dysfunction, chronic fatigue, motor coordination difficulties, eye problems, endogenous depression, hyperactivity, and central nervous system disorders.

Participants will learn the detailed anatomy and physiology of the CranioSacral System, its functions in health, and its relationship to the disease processes. Approximately one half of the class time will be "hands-on," developing the sensitive palpatory skills needed to detect subtle stimuli in the human body.

Class material will concentrate on palpation and its potential range as an evaluative and therapeutic process; fascial and soft tissue release techniques; and the pressurestat model which explains the mechanism of the CranioSacral System. Participants will learn a concise 10-step protocol for evaluation and treatment of the entire body. By the end of this intensive program, participants will be able to discover and localize significant restriction and imbalances in the CranioSacral System.

C.E. credit is available; see pages 60-61. $740

Playing the Edge

David Schiffman

In the early stages of growth, success seems to be its own reward. Excitement, vitality, and the willingness to face life boldly are often characteristics of those who are involved in new and successful ventures. To keep this spirit alive is not easy. The enormous pressure, the grinding routines, and the demands of substantial involvement can dispirit even the healthiest people. To listen to one's heart and know what's real requires the courage to pause. In this willingness to stop and listen to the deeper self live the true resources that guide and protect us.

The purpose of this week is to create a mood of sanctuary for people who are in transition and facing major changes in career, relationship, or matters of the spirit; those in need of a break from demanding stressful responsibilities; and individuals interested in breaking new ground in the areas of self-nurturance, intuitive functioning, and problem solving.

The process will be gently restorative, illuminating, and enlivening. The group intention will be to create a community based on trust and goodwill with emphasis on individual freedom. Traditional methods of self-inquiry (gestalt practice, bioenergetics, psychosynthesis) will be combined with innovative methods using music, meditation, poetry, and prayer to foster this spirit of living fully and comfortably. $740

The Dance of Tennis

Jena Marcovicci

How can we grow and expand our consciousness through athletics? The tragedy of sports in the West is that winning too often overshadows personal growth and the simple pleasure of playing. The participant is constantly bombarded with messages like "You won't be loved if you don't win." Nothing interferes with the joy of the athletic experience more than constantly focusing on the score while being totally at the mercy of the mind's inner critic.

In this workshop, participants can learn to break through the illusions and conditioning of our culture's win-lose syndrome. A supportive environment, gleaned from Eastern and Western meditative practices and sports psychology, will help participants access that state of mind called "the Zone," a state of grace, rhythm, and flow full of joy and clarity.

Through music and dance, yoga and Tai Chi, and using transformational psychology, participants will turn inward to their own authentic sense of rhythm and movement. Strokes and volleys will be practiced to drums and recorded music. This experience serves to alter one's perception of the person on the other side of the net – from opponent into dancing partner. Freed from the need to dominate and control, students can slip into the natural flow of the game. Each stroke becomes a rhythmic response, and the game itself becomes a celebration of movement, self-expression, and life. $740

Un Viaje Interior

Gustavo Rabin & Sara Szpektor

Muchas veces emprendemos un viaje como una expresión metafórica de nuestra necesidad de un cambio interior. Es el momento en el que buscamos en el afuera, la respuesta que yace en nuestro interior. La claridad nos llega cuando tenemos el conocimiento, y con el conocimiento buscamos la comprensión. Asi encontramos la armonía entre nuestro ser interior y el mundo exterior, lo aprendido y nuestra propia verdad.

En el conocimiento de uno mismo se encuentra la puerta por la cual salir de nuestros programas inconcientes, para relacionarnos desde un estado de libertad. Este workshop proveerá a los participantes la oportunidad de recorrer un proceso de exploración y crecimiento personal, afirmando la base sobre la cual ejercemos esa libertad y construimos nuestra vida, nuestros vínculos, nuestro ser.

Con este workshop, Esalen abre sus puertas a la comunidad de habla hispana para ofrecer el marco en el que recorrer ese viaje interior. A traves de ejercicios gestálticos, proceso grupal, meditación y trabajo corporal, crearemos el medio adecuado y protegido en el cual transitar el sendero interior. Habra tambien tiempo de explorar la espectacular Naturaleza que rodea a Esalen, los bosques y la costa de Big Sur.

Creando un puente con la comunidad de Esalen, invitados especiales presentaran diferentes ideas y técnicas de desarollo personal. Este workshop tendra lugar totalmente en español, las presentaciones de los invitados seran traducidas simultaneamente. $740

Weekend of February 17-19

The Fire in the Dragon: On Being a Person in a Violent World

Stuart Twemlow and Ron Alexander

To survive and grow in this increasingly complex and violent world requires new skills, especially for leaders. This workshop will introduce those skills – in theory and in practice.

This is a program developed from a variety of successful projects designed to improve the quality of life and reduce violence in communities. These studies distilled two factors that enabled people to control violence and improve the quality of personal interactions: 1) an appeal to altruistic instincts, and 2) physical and attitudinal training similar to that of medieval warriors. This training enabled individuals to experience the truth of such concepts as the transience of phenomena, the basic similarity of all human beings, and the idea that "there is no enemy," i.e. all conflict is the externalization of an internal state. These concepts form the core of this workshop.

Elements from meditative arts and martial arts, both hard and soft, will be used to develop focus, integration of body/mind/spirit, enhancement of *ki* energy, self-defense, and attitudinal sets derived from Eastern and Western thought.

There will be intensive group work to highlight insight and reflection, to release outmoded concepts of self, and to better appreciate the present moment as the place to live. The workshop will also utilize gestalt practice, meditation, and deep music to help release powerful emotions and create more strength, vitality, and fearlessness within the mind/body process. $380

Learning the Craft of Dreamwork

Stephen Aizenstat

Dreams can be imagined as looking-glass parables, each a complex story that reflects the personality and soul of the dreamer. This weekend's program will emphasize the healing potential of dreamwork. In so doing, the leader will review methods of dreamwork that consider both the personal and the collective unconscious.

New methods of dreamwork that take into account the world unconscious will be described. The world unconscious is seen as a deeper and broader dimension of the psyche and is imagined to contain the subjective inner natures (and subtle body) of all phenomena. It is believed that these inner subjective properties are reflected in the images of dreams and are, at an essential level, interrelated. It is at this level of the psyche that dream images provide access to an interconnected source of healing energy. This view, grounded in modern research and ancient wisdom, has practical implications for the use of dreams in physical and psychological healing.

Participants will learn how to employ specific methods of dreamwork which honor and actualize the healing potential of the psyche. Common dream themes, nightmares, lucid dreaming, archetypal imagery, and the recurring dream will all be discussed. $380

Chaos, Gaia, Eros: The New Biospheric Mentality and the Evolution of Consciousness

Ralph Abraham & William Irwin Thompson

This seminar will be a series of dialogues on the shift from the earlier *Modern-Oceanic* cultural ecology articulated between London, Paris, and New York, to the new *Gaian-Biospheric* mentality expressed in the emerging global consciousness, in which art, science, and religion converge. In this shift from the Galilean Dynamics of modernism to the Chaos Dynamics of the present, old oppositions such as mysticism and technology interact to create the evolutionary architecture of posthuman worlds. Join us for the first public dialogue of these well-known figures, chaos mathematician Abraham and cultural historian Thompson, on the most significant events of our time.

Recommended reading: Abraham, *Chaos, Gaia, Eros*; Thompson, *Imaginary Landscape: Making Worlds of Myth and Science.* $380

Relationships: Letting Go—Moving On

Mary Goldenson (Devarani)

For one human being to love another: that is perhaps the most difficult of all our tasks, the ultimate test and proof, the work for which all the other work is but preparation. – Rilke

The fabric of our lives is made up of relationships. All of life's relationships will be the focus of this workshop: family, friends, lovers, co-workers, partners.

Often beliefs, defenses, fears, and emotions about past relationships continue into our present relationships and keep us from spontaneous feelings of love, trust, and joy. The goal of this workshop is to experience these patterns and create new ways to relate in the moment to ourselves, others, and our work. This workshop can help you:

- Find out how your relationships mirror you
- Get a clearer picture of what you want and how to get it
- Examine ways you sabotage yourself
- Learn more about how others see you
- Learn practical tools and knowledge that will help create empowered relationships

$380

Freeing the Poetic Imagination: Poetry Writing at Esalen

David Richo

Since ancient times, poetry has been associated with healing and intuitive wisdom. Poetry remains the soul's language and everyone is capable of speaking it. It has the power to render immediate feelings in compelling rhythms of the imagination.

In this workshop, the group will use Jungian active imagination methods to locate personal metaphors and to visit the unopened rooms of the psyche. Images will be revealed – some that have lain dormant for decades, some that are lively in this moment.

The group will work with images that visualize – not words that conceptualize – in order to access the full spectrum of our inner colors. These images will be fashioned into a poetic diction faithful to our unique needs, visions, and goals. Participants will see how their story and especially its present chapter fit into a vaster volume of destiny. As Jung wrote: "Whoever speaks in primordial images evokes the beneficent forces...behind them."

No previous experience is necessary. Please bring ample paper. Your journal or dream journal may be helpful as a resource. No one will be obliged to share what he/she has written, but everyone will be welcomed to do so. We will write together, read aloud, receive feedback, and, most of all, follow our poet guide.

$380

Week of February 19-24

Tantra: The Art of Conscious Loving

Charles Muir & Caroline Muir

Few of us have been blessed with healthy childhood conditioning and education regarding the mysteries of sexual love and sexual energy. This can leave many individuals less aware and conscious about their sexuality than they are in other aspects of their lives. Tantra can transform sex into a loving meditation, putting more consciousness, energy, intimacy, joy, and love into sexual exchanges.

Participants will learn and discuss various ways to increase intimacy and passion in their relationship. Tantric meditation and ways to exchange sexual energy in a safe, nonsexual manner will also be taught in the workshop. These methods can then be practiced in a sexual way in the privacy of your own home.

This workshop is open to couples only. $740 per participant

Your Deep Mythology: Tap Into Its Mystery and Magic

Stanley Krippner & David Feinstein

Neither Carl Jung nor Joseph Campbell showed how to use myth for personal and societal growth. This workshop can teach you how to understand your life story as an unfolding mythology and how to reach into unconscious realms to resolve conflicts and find potent new visions.

Each of us operates out of a deeply personal mythology, a guiding theme that shapes our

JOYCE LYKE

lives. This mythology functions largely outside of our awareness, yet with uncanny accuracy we choose the characters and create the scenes that correspond to our deepest visions. Some of these visions serve us well, but others, created perhaps in response to parental or other childhood limitations, inevitably become outdated and lead to inner conflict and self-defeating behavior.

One of the most powerful steps we can take to increase our happiness and enhance our effectiveness is to bring about constructive changes in this inner mythology, this invisible force that subliminally directs what we think, what we feel, and what we do. Drawing upon methods from a spectrum of systems, including Jungian psychology, ancient spiritual disciplines, and modern clinical practice, you will be led through a sequence of experiences designed to discover the strengths of the mythology you are living and transform those aspects that are not serving you. Participants are invited to bring a journal and record any dreams they recall prior to the workshop. $740

Spiritual Healing: Laying-on-of-Hands

Maria Lucia Sauer Holloman

This workshop will present practical methods for using the hands as instruments of physical and spiritual healing. The emphasis will be on intentionality and personal clarity as fundamental tools in any healing art.

Maria Lucia studied and lived at Esalen for nine years. She currently studies with healers in Brazil and has a private practice in Rio de Janeiro where she applies Brazilian and North American approaches to healing.

C. E. credit is available; see pages 60-61. $740

Creating is a Joy

James Fadiman

The body and mind screen and reveal the light blazing inside us. Creating is always self-healing. Real freedom allows real creativity.

James Fadiman writes: "Together we will strive to maintain an open flow between ourselves and our creative projects. Mornings we will uncover what inspires you, interrupts you, defeats you, and sustains you. When we need it, we will use teaching stories and beauty-finding exercises. Afternoons we will work on our own projects, alone or together. Evenings we will share, support, and help one another pry our jewels out of our stones."

Bring projects you are stuck on, working with, or starting. Include whatever you need to do your work, be it paints and canvas, word processors, or carving tools. You just might have a breakthrough. $740

Weekend of February 24-26

Introduction to Gestalt Practice

Christine Stewart Price & Guest Leaders

The Way, when declared
Seems so thin and flavorless.
Nothing to look at, nothing to hear –
And when used – is inexhaustible. – Lao Tzu

Gestalt practice is a form – nonanalytic, noncoercive, nonjudgmental – evolving out of the work of Fritz Perls. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that awareness is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. This form is similar to some Reichian work as well, in that emotional and energetic release and rebalancing are allowed and encouraged.

The emphasis is *intra*personal rather than *inter*personal. It is explicitly understood that participants are not patients but persons actively consenting to work (or play) in awareness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure, or accomplishment. Through group exercises, meditations, and open seat work, this workshop will introduce participants to the gestalt practice approach.

Recommended reading: Perls, *Gestalt Therapy Verbatim*; Chodron, *The Wisdom of No Escape*.

C. E. credit is available; see pages 60-61. $380

Psyche and Cosmos

Stanislav Grof & Richard Tarnas

During the ten years they worked together at Esalen, Richard Tarnas, former director of programs, and Stanislav Grof, onetime scholar-in-residence, repeatedly encountered an extraordinary correlation between specific planetary positions and a wide range of psychological states. These planetary synchronicities not only provided invaluable insight into both the timing and the specific archetypal character of psychotherapeutic transformations, but also suggested that the relationship between the cosmos and human experience was very different from that assumed in the disenchanted, mechanistic worldview of conventional modern science.

In this workshop, Grof and Tarnas will present both the practical applications of this research and its larger philosophical implications, with special attention to the analysis of birth charts and transits. Specific topics will include:

- Precise descriptions of the psychological correlations observed
- Instructions for calculating and evaluating one's own transits
- A look at major present and upcoming planetary alignments
- The specific planetary correspondences with Grof's stages of birth and psychospiritual transformation
- The relevance of this work to the larger depth psychology tradition (psychoanalytic, archetypal, transpersonal)
- An overview of the evolution of the Western mind as illuminated by this recovery of the intimate relationship between the human being and the cosmos – "the return of the soul to the world."

Though useful, prior background in astrology is not necessary. Participants should bring a copy of their birth chart.

Recommended reading: the epilogue to Tarnas's *The Passion of the Western Mind*; any book by Grof. $380

Rx Massage: For Health Care Practitioners

Sherry Sanders Galloway & Dean Marson

The American health care system is changing profoundly as more "high touch" approaches are being integrated into a very "high tech" medical industry. Hospitals are beginning to implement massage programs with verifiable success. As an adjunct to medical treatment, massage brings a humanistic balance necessary to the will to survive and thrive.

This workshop is designed for nurses, physicians, physical therapists, massage practitioners, and others directly involved in bedside patient care. The focus will be on promoting wellness in an environment predominantly involved with illness and injury. Participants will have hands-on experience, with a focus on furthering patient comfort, reducing anxiety and pain, and learning self-care practices for staff. Didactic material will include the benefits of massage to the bedridden, health precautions, guidelines for ethical conduct, and appropriate use of bedside massage for specific conditions. This last concern recognizes that many massage techniques are designed for relatively healthy people and must often be modified for those who are debilitated.

Recommended reading: *Massage Therapy Guidelines for Hospital and Home Care* by Marion Williams, c/o California Pacific Medical Center, Pacific Campus, P.O. Box 7999, San Francisco, CA 94120.

C. E. credit is available; see pages 60-61. $380

Feldenkrais and Musical Improvisation: You Don't Have to Suffer to Sing the Blues

Phil Cardillo

The Feldenkrais Method is becoming well-known throughout the world as a subtle and powerful tool for growth. Its usefulness is wide-ranging. It is extremely effective for dealing with back and neck pain, for children with learning disabilities, for athletes or dancers who want to move more elegantly and gracefully, for artists who want to stimulate their creativity, and for anyone who wants to increase sensitivity and kinesthetic awareness. The work is effective in all these settings because of a process that it stimulates in the nervous system: a process of *learning*.

This workshop will focus this powerful learning method on the art of musical improvisation. In a safe, supportive environment, we will explore simple jazz standards, blues, and modal improvisation. Players of all instruments (including voice) at all levels are welcome, especially beginners. We'll spend lots of time singing and jamming, tuning into our bodies, allowing music to flow through us – music that will surprise and delight us with its beauty and passion. Come prepared for two days of deep work, cleverly disguised as lots of fun. $380

Week of February 26-March 3

Gestalt Practice

Christine Stewart Price & Guest Leaders

For workshop description see February 24-26.

In this weeklong workshop, each participant will have the opportunity to do open seat work with the leaders.

C. E. credit is available; see pages 60-61. $740

Language of the Drums: African Percussion, Chanting, and Dance

Babatunde Olatunji & Friends

Nigerian musician Babatunde Olatunji has been bridging the gap between American and African culture for thirty years. In this workshop he will show how drum sounds and rhythms communicate, stimulate, and pace the activities of traditional African life. He will teach the consonants of the Yoruba language, reproducing its sounds on drums and through chants, body percussion, and dance. This workshop is for dancers, percussionists, musicians, and anyone who wants to speak the language of the drums. Drummers can experience the dance and dancers can experience the drums. Bring a drum if you have one.

Please note: This has always been a popular workshop, with lots of people drumming and dancing in a small area. The energy runs high – be prepared for a crowded, exuberant atmosphere. $740

Living with Chronic Back Pain

Don Hanlon Johnson

This workshop is exclusively for people with unspecific chronic back pain, i.e. pain which has recurred for over two years whose specific causes are unknown or only suspected (not, for example, originating from a recently fractured vertebra).

The vast body of research into the causes and treatments for this affliction offers little promise. But the picture is not totally dark. Several studies point to multi-modal approaches encompassing exercise, nutrition, physical manipulation, psychological counseling, and workplace adjustments. There is promise from homeopathy, acupuncture, yoga, Rolfing, and meditation, to name a few. Using such approaches, many have been able, if not to cure, to move the pain from the foreground of daily awareness to the background, changing its role from debilitating tyrant to stern but clear teacher.

This workshop will be based on using various awareness practices to locate the history of the pain in the context of one's life, with the goal of developing an individualized approach to self-care. Each day the group will explore various forms of movement, hands-on work, visualizations, and storytelling. Participants will reflect on the relation between work, personal relationships, and the cycles of pain. There will be some didactic material on studies of back pain and various therapies. By week's end, each participant should have gained tools to help develop a daily practice to deal with back pain, and to discern the kinds of therapies that might be useful.

C. E. credit is available; see pages 60-61. $740

Enneagram of the Passions

Helen Palmer

Each of the Enneagram personality types is centered in one of the passions described in sacred tradition. It is the passions that unite the thoughts, feelings, and motives of each personality, usually with the effect of creating a systematic bias about life. We think that we're seeing the full picture, but our perceptions are influenced by our passion. The Pride type sees that people are in need of help, the Envy type sees that something is missing, and so on through all nine types. Attention migrates to information that supports each bias, effectively focusing attention on one sector of a 360 degree picture of life.

Although named in the negative, the passions are a primary source of energy for spiritual liberation. They are the raw material, the qualities of human nature that link personality to aspects of the human essence.

Good self-observers can describe their passion and their key behaviors. They are living experts about the hidden forces that direct their lives. Their insights are presented in the oral tradition, with a panel of speakers for each of the nine types. The conversation between teacher, panelists, and audience highlights both the many ways in which the passions are acted out and how the passions can provide an access point to the dimensions of higher consciousness.

Emphasis will be on inner material rather than personal process work. This intensive can be applied as one of the prerequisites for the Enneagram Professional Training Program.

Recommended reading: Palmer,*The Enneagram in Love and Work* and *The Enneagram: Understanding Yourself and the Others in Your Life*. $740

Writing through Loss

Nancy Bacal

To write from the heart is to heal the heart…

One of life's unavoidable realities is that we all experience loss. Whether it be with love, death, youth, health, marriage, work, or a moment of pure grace, we are all subject to

JO CORBETT

the rules of impermanence. Loss inevitably involves pain. Pain becomes suffering when we shut down and resist the natural rhythms of mourning and change.

A time of loss is a time of vulnerability. It can also be an opportunity to awaken to a new perspective of life. This workshop is intended to help participants reopen to joy through surrender and the expression of our deeper feelings. Rather than feel diminished by what is gone, we will utilize it as material for writing. Even the cruelest tragedy can be transformed through the practice of writing and the telling of story. As we write, we come to know ourselves; as we share, we move out of isolation. As the dark riches of our lives are released, they deepen our emotional and creative lives and inspire the journey of our companions.

Meditation and movement will be included, but our primary tools will be pen and paper. More than skill, enthusiasm for the writing process and a desire for change are the main requirements.

Recommended reading: Beck, *Everyday Zen*; Goldberg, *Writing Down the Bones*; Chodron, *Start Where You Are*. $740

Weekend of March 3-5

The Language of the Drum: Intermediate Level

Babatunde Olatunji

This workshop is designed for those who would like to further explore the polyrhythmic aspect of African music. It will include exploring varying combinations of rhythmic patterns, the ability to play rhythmic patterns on two drums, rhythmic exercises to help develop stamina and dexterity of the hands and fingers on the drum, and the use of sticks in playing. Participants will also be introduced to different styles of playing the agogo (cow bell), shekere (African maracas), and body percussion.

There will be time devoted to open discussion of the healing power of the drum through history. The group will learn how to meditate with drumming and chanting. No special dancing is involved in this class except for occasional movements conducted by the leader.

Please note: This class is open to those who have taken at least two full workshops with Babatunde Olatunji or a professional percussionist.

Things to bring: one or two drums, congas, djembes, or ashidos; shekere (African maracas); agogo (cow bell); and djun-jun (not required). $380

Weekend Massage Intensive

Peggy Horan & Arthur Munyer

This workshop is designed for individuals who want to explore the art of touch. Participants will be instructed in the basic methods for giving a pleasurable and beneficial full-body massage. Fundamental elements of bodywork, such as breath awareness, grounding, quality of touch, movement, and stress reduction will be included.

This workshop is designed for beginners as well as those who wish to brush up on their massage skills.

C. E. credit is available; see pages 60-61. $380

Keeping a Good Relationship Alive

Gerald Smith

How can we be close and vulnerable as partners, yet separate and free to grow as individuals? The dilemma of merging and yet still maintaining a strong sense of individuality is never completely resolved, because each partner is continually changing. But it can be dealt with in ways that add to the aliveness in the relationship. This workshop will focus on the necessity of dealing with this issue in order to keep a good relationship alive.

Much of the participants' time during this weekend will be spent with their partners, separate from other couples. The workshop will use verbal, nonverbal, and written exercises to enhance openness, support, and affection, as well as skills to resolve differences in ways that do not produce "scar tissue." Also, since play is an essential part of keeping a relationship alive, there will be experiences to spark the imagination and willingness to play together.

Enrollment is limited to 12 couples. $380 per participant

You Don't Have to be Good

Kim McCourt

You do not have to be good.
You do not have to walk on your knees
for a hundred miles through the desert, repenting.
You only have to let the soft animal of your body love
what it loves. – MARY OLIVER

By listening to our bodies we can know what is right for us, rather than what we "should" do. We knew this as children but were encouraged to ignore our inner truths and obey the critic. Always having to be "good" restricts and censors the richness of who we are. Buried beneath all the "should's" and "don't's" is a true, wise self that longs for expression.

To get there, the group will play with different doorways to somatic knowing: emotional, visual, auditory, kinesthetic, olfactory, or general sensing. The intention will be to identify which doorway opens up our personal intuitive self, and then go on in.

Using movement and meditation, play and process, art and journal writing, participants will explore the indomitable aliveness beneath the censoring critic and conditioned tendencies. The focus will be: listening, accepting, and expressing what is true. The atmosphere will be nonjudgmental and lighthearted. Come and discover what feels so "good" about being "bad." $380

Stoneware and Wetware

Terence McKenna & Rudy Rucker

This is a unique chance to spend a weekend with two of the Archaic revival's most hyperactive minds: Rudy Rucker, the swashbuckling science fiction superstar and take-no-prisoners mathematician who made "cellular automata" a household phrase; and Terence McKenna, the eschatological botanical ambassador from the Absolute Other, cunning linguist, altered statesman, and psychedelic crusader. Lively discussion of the approaching exfoliation of the human species into a collectivity should be anticipated. Bring a friend, Bopper or Meatie. $380

March 5-17

Emotional Healing: From Codependence to Aliveness

Terry Hunt & Hazel Solk

For workshop description see Special Programs, pages 56-57.

C. E. credit is available; see pages 60-61. $1795

Week of March 5-10

Play, Spontaneity, and Performance Art

Nina Wise

The leader writes: "I read once that rats were put in a maze with one path leading to a small room with food, another leading to a room charged with an electrical current, and a third path leading to a room with playthings. The rats learned to avoid the electric shock, but the food room and the play room were equally popular. Play, it seems, is as essential to rats as nutrition.

"Play is also an integral part of human culture. In tribal societies, people sing, make music, drum, dance, and tell stories as part of their daily lives. With the advent of technology and specialization, we modernized folk have forgotten how to play together. Singers sing, dancers dance, actors act, while the rest of us sit and watch.

"This workshop is about remembering how to dance, how to sing, how to tell stories about our lives, how to make it up as we go along, how to be together in a way that is lively, spontaneous, and creative. The workshop will include meditation, chanting, relaxation, movement, singing, writing, drawing, and theater games. We will also do spontaneous performance with and for each other in a safe and supportive environment.

"Everyone is afraid of performing, even professionals. Don't let your fear stop you. It's fun, challenging, and rewarding." $740

The Future of Leadership: Integrating Creativity, Value, and Accountability

Bruce Gregory

Bruce Gregory writes: "In the future, leaders will work creatively to transform climates of exploitation, frustration, and discomfort with climates of accountability and value."

This workshop is for executives, managers, and other people who are committed to improving their leadership skills. The focus of the workshop will be on:

- Developing skill to respond with creativity – as opposed to reactivity – to communication of blame, defensiveness, manipulation, and intimidation
- Developing skills to transform blame into accountability when facilitating conflict resolution
- Assessing personal needs to stay grounded and focused on the achievement of goals and visions
- Exploring internal resources via creative use of unconscious processes for the purposes of expanding availability and trust of these resources

Some of the processes used will include: giving and receiving feedback on communication and leadership styles; role-playing; and mind/body exercises for learning to creatively use the unconscious. Some didactic information will also be covered.

C. E. credit is available; see pages 60-61. $740

Gates to the Natural Ecstatic Ground

Julie Henderson

Julie Henderson writes: "Effort fails. Good news or bad news? Certainly we fear the news is bad. We work very hard at feeling good, forcing ourselves into aggravating postures of body, energy, and mind in search of escape from suffering.

"The good news is that our original state – forgotten between effort and collapse – is inherently pleasurable. To rejoin this ground – to let life live us, to trust the pulsation which is our aliveness – brings us inevitably into pleasure. Despite our expectations and habits, this is more easy than difficult, and relies more on play than work.

"If you are willing to 'get over your self' – to loosen your conviction that you *are* your limiting postures of body, energy, and mind – you can open the gate and walk through to well-being as your 'ordinary' state.

"The risks you take are humming, rocking, jiggling, and laughing, brought together in a meld of body awareness, skillful relationship, and meditative presence."

Julie Henderson has developed a form of work which emphasizes direct movement to well-being with only secondary attention to our habits of misery. She calls this work *Zapchen*, after the Tibetan word for a salubrious, mind-changing naughtiness. $740

The Lover's Journey: Beyond "Letting Go—Moving On"

Mary Goldenson (Devarani)

O God, let me not be cured of Love, but let my passion grow! Let me love for Love's sake!... Make my love a hundred times greater than it is today!

This workshop is for those individuals who have completed Mary Goldenson's "Letting Go – Moving On" workshop. It is also for those who know that being hostage to the past is not living. Writes Mary Goldenson: "The Lover's Journey is to a place of intimacy and spirituality, expressed in a connection and interdependency with our Higher Power, our heart, friends, family, nature, and our life's work."

The workshop will be devoted to exploring new ways to be in relationship with others, to keeping an open heart, to learning how to respond positively to the hurt and anger that inevitably accompany intimacy, and to loving others despite our fears.

The workshop will use gestalt, movement, Reichian work, imagery, dyadic exercises, and group participation in a supportive environment. Participants will be taught new tools to assist in any relationship goal.

This will be a time for couples and singles, friends and families, sons and daughters, fathers and mothers, for anyone wanting to begin to enhance their Lover's Journey. $740

March 10-April 7

28-Day Massage Practitioner Certification Program

Brita Ostrom & Oliver Bailey

For workshop description see Special Programs, pages 56-57.

C. E. credit is available; see pages 60-61. $3325

Weekend of March 10-12

A Workshop for Couples

Daniel Brown & Marushka Glissen

This is a workshop for couples who want to improve their communication skills and increase their understanding of each other. It will teach ways to resolve conflict and practical methods for becoming both self-assertive and self-transcending in a partnership. Some of the work will address how family of origin and past conditioning contribute to the bonding as well as to the conflicts. Time will also be devoted to learning how to find satisfaction, mutual support, relaxation, solitude, and play in day-to-day living as partners. The overall emphasis will be on helping couples to discover the wider purpose of being together through a sharing of values, love, and, perhaps, a spiritual vision. $380

Yoga Works: Tools for Well-Being

Chuck Miller & Maty Ezraty

Yoga is an ancient system that uses the body, breath, and mind to energize and transform all aspects of living. It is not only an excellent source of physical exercise, but a unique and powerful tool for self-realization. The practice of yoga can help release blocks that cause mental and physical pain and prevent us from knowing our divine nature. It is also a great way of dealing with the stress of daily living.

The invigorating effects of yoga become readily apparent as the body opens and stretches. Breath is the link between mind and body, and various breathing methods will be taught to help reduce tension and cleanse the system. The serenity and clarity that is the goal of yoga will be sought through meditation exercises that can calm and focus the mind. Yoga philosophy and theory will be discussed, as well as nutrition and its role in overall physical health.

All levels are welcome and no prior experience is required, only an adventurous spirit. For further information contact the leaders at 310-393-5150. $380

The Future of the Self

Bruce Gregory

"In the future," writes Bruce Gregory, "the self will represent those resources aligned with the rhythms of nature, resources which reflect the natural cycles of the unconscious and the natural rhythms of learning. These rhythms will honor the integration of the child's curiosity and joy, the hero's archetype, and the forces of nature – sun, wind, and water – which reflect the role of time."

This workshop will first help participants to recognize and explore the skills necessary to address and disengage from self-defeating patterns of the false self and traumas of the past. Following this, participants will explore aligning with the principles of time, their own natural circadian rhythms, by contacting and developing a trusting relationship with the unconscious in order to access the resources of the core self. Adds the leader, "This alignment to the natural rhythm of time, without which we fight our own being, is the essence of healing."

The tools used to support this process include metaphor, gestalt, role-playing, and music; curiosity to engage the unconscious and the resources of the core self; and challenges to the patterns of the false self which facilitate a realignment with the natural rhythms of time.

C. E. credit is available; see pages 60-61. $380

Week of March 12-17

Continuum

Emilie Conrad-Da'oud

This workshop explores the idea that movement is something we *are* rather than something we *do*, that what we call a "body" is actually life expressing itself.

Using deep rhythms and intrinsic motion, participants can discover a sensitivity to movement at all levels – not just familiar movements, but what the leader calls the "dance of intelligent life." Both individually and in rapport with a partner, participants will explore the subtleties of breath and tissue, the undulation of the spine, and the effect of being witnessed by others. The goal will be to experience a visceral, neuromuscular connection to all life, celebrating a richness and depth that go far beyond social or cultural connections.

Emilie Conrad-Da'oud writes: "As we enliven ourselves from the inside, our dynamic expressions in the world increase. This remarkable oscillation from intrinsic to extrinsic, this elegant movement of creativity from cell to action, this flow of life urging itself into new creative channels – this is Continuum."

As a movement specialist at UCLA, the leader has contributed to a study demonstrating that primary movement is essential to mediating disease and aging. Her work is incorporated into the fields of physical therapy, massage, and psychoimmunology. This workshop can give participants a deeper awareness of the body as a system where change, growth, and innovation are possible.

No dance or movement experience is necessary. $740

The Path of Transformation through Meditation

Daniel Brown

This workshop is designed both for beginners wishing to establish a solid foundation in meditation and for experienced meditators wishing to refine their practice. Participants will explore how the path of meditation unfolds from the very beginnings of practice to the stages of enlightenment. The workshop will be practice-oriented, presenting a wide range of meditations in order to determine the best match for each individual. The fundamentals of both concentration and awareness styles of meditation will be stressed. Emphasis will be on establishing a sound basis in posture and mental stabilization.

Meditation is not just a means to sit quietly. Its purpose is to gain fundamental insight into self, reality, and time. A form of standard insight meditation (examination meditation) will be taught, as well as some of the more subtle "quick path" instructions, such as meditating on the movements of the mind and "awareness of awareness" meditations. Specialized meditations for transforming bodily states, affect, and thought will also be presented.

Daniel Brown draws upon twenty-five years of meditation practice in various Eastern traditions, ten years of translating meditation texts from Sanskrit and Tibetan, and ten years of scientific research on meditative states. $740

Change and Self-Esteem

Phyllis Shankman

Change is an ever-present aspect of living which must be accepted and used creatively if one is to sustain a healthy, interesting, and exciting life. Many individuals talk about wanting change while actively or passively resisting it. Self-esteem, which includes self-acceptance, self-appreciation, and self-confidence, enables one to confront resistance and fear, and increases the willingness to change and take risks.

This workshop includes an in-depth process for finding and allowing self-acceptance and for creatively confronting opportunities for change and growth. Group activities include gestalt process work, discussion, massage, meditation, music, dance, art imagery exercises, and whatever else happens spontaneously.

C. E. credit is available; see pages 60-61. $740

Weekend of March 17-19

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 6-8. $380

Sensory Awareness

Charlotte Selver

Some seventy years ago Charlotte Selver's teacher, Elsa Gindler, began exploring the natural potential of the human being. The work that evolved was an approach through a disciplined practice, involving the person as total organism. Gindler's innovative methods very often unearthed, liberated, and cultivated abilities and sensitivities which her students had never been conscious of possessing.

To "awaken" means that one's energies – neuromuscular and perceptive – become altered, leading to greater movability, both psychologically and physically, and to a fuller use of the senses and intuitive powers. In order for this to occur, a deeper peace is needed so that sensations become clearer, and rigidities, pressures, and preconceptions can gradually dissolve. In becoming "tuned in" by another person, or by a task or given situation, powers arise and come into play which correspond exactly to the demands of the occasion. This calls for permissiveness, subtle reactiveness, and openness to the moment.

With the cultivation of these functions, our lives can unfold in a far richer and more responsive way than what we are used to. We can restore the delight of ever-new experiencing which was our birthright in childhood, but lost in the course of our education into adulthood.

Recommended reading: Brooks, *Sensory Awareness*. $380

Clinical Program for Professionals: Treatment of Post-Traumatic Stress Disorder and Dissociative Disorders

Daniel Brown

This workshop is for clinicians actively treating patients with post-traumatic stress disorder (PTSD) or dissociative personality disorder who wish an overview of the assessment of PTSD and DD and a detailed account of treatment. The workshop includes a model for assessing simple and complicated post-traumatic sequelae and an integrative phase-oriented treatment plan.

As a treatment-focused workshop, the course will cover in depth specific psychotherapeutic strategies for each stage in the overall treatment course: stabilization, systematic uncovering of traumatic memories, integration of fragmented representations, self development, attenuating physiological reactivity, and self/affect integration. A rationale will be given for systematic treatment selection from a wide range of interventions (psychodynamic, developmental, behavioral, hypnotherapeutic, systemic, somatic, and cultural), according to the specificity of PTSD or DD sequelae and the stage of recovery.

The format will be both didactic and experiential and will include: lectures, group discussion, demonstration and practice of therapy methods, verbal and video case presentations, and selected consultation on case vignettes by participants.

C. E. credit is available; see pages 60-61. $380

Ritual, Ecstasy, and Women's Spirituality

Margot Adler

This workshop for women explores the ideas, rituals, and celebrations that spring from the women's spirituality movement. Margot Adler uses chants, songs, and sacred circles as ways for women to explore the healing power, joy, and ease that comes from doing rituals with women. The basic philosophy informing this workshop is neopaganism and goddess spirituality. The perspective is non-hierarchical and begins with the idea that we, ourselves, are sacred, flowing with potential.

Ritual is a tool that can end our alienation from nature and from each other. The workshop explores paths to reclaim the vitality and mystery of ecstatic religions without the dogmatic and patriarchal attitudes that have caused so many women to leave their own religious traditions.

The workshop will combine joyful exuberance (chants, laughter, songs, and drumming) with time for quiet meditation, including a voyage to meet the Goddess within. This should be two days filled with joy and fun. Please bring drums, rattles, instruments, plus one or two personal items of special significance to place on a community altar as a way of sharing your own stories. $380

Week of March 19-24

Presence

Tandy Beal

Presence is the gift that the performing arts can give us, whether we're bankers, teachers, naturalists, or just plain humans. Being present — in the body, in the moment, in the action — is the foundation of this workshop. Participants will use tools gleaned from years of work in dance, theater, music, and circus to develop the ability to sense the creative spirit and possibility in each moment. Starting with the panoply of experiences sensed in the body, this work can open up new avenues for focusing and playing, for increasing observation and communication skills, and for rediscovering the joy in moving. Working with presence seamlessly and organically unites our bodies with our minds and spirits.

Jon Scoville, percussionist and composer, will accompany some of the exercises and will also lead the group in rhythmic and listening practices. $740

Couples Workshop

Jack Rosenberg & Beverly Kitaen Morse

Most couples are reluctant to seek help in their relationships. Instead they wait, hoping that the relationship will improve. If couples approached medical help the same way they approach marriage counseling, many of them would visit the doctor when they ought to be lining up at the mortician.

Designed on a preventive model, this workshop will deal with the underlying structures and defenses in relationships before they surface as terminal problems. It will also examine attitudes and beliefs about sexuality and how to make sex better.

Recommended reading: Rosenberg, *Total Orgasm* and *Body, Self, and Soul: Sustaining Integration.* $740

Bodywork Intensive: Strategies for Healing Post-Traumatic Stress

Carolyn Braddock & Christian Hendricks

Someday the body will present its bill, for it is as incorruptible as a child who, still whole in spirit, will accept no compromises or excuses, and it will not stop tormenting us until we stop evading the truth.

— Alice Miller, *Thou Shalt Not Be Aware*

Awareness of the effects of sexual trauma is growing among massage practitioners, bodyworkers, and other helping professionals. The body was the scene of the crime , and this is reflected directly in the way a survivor breathes, speaks, and moves. When a bodyworker places hands on a survivor, memories may flood in and body sensations may be blocked, resulting in rigid holding and movement patterns. Releasing these patterns allows the body to unravel and expand, freeing the individual.

This workshop will focus on working with post-traumatic stress, particularly in sexual trauma survivors. It is an invaluable course for massage practitioners, bodyworkers, medical professionals, and anyone interested in learning specific body-oriented intervention techniques.

The workshop will present an understanding of victimization and specific strategies for the different embodiments of trauma, strategies which do not revictimize the survivor. The instruction is designed to heighten awareness of and sensitivity to all of the psychological and physiological manifestations of post-traumatic stress, including dissociation, flashbacks, energy blocks, and breath patterns. Special emphasis will be placed on establishing safety, trust, and choice in the client/practitioner relationship. There will also be a presentation of martial arts techniques that can help survivors move through difficult, intense feelings.

This will be primarily an experiential week with extensive video analysis and practical hands-on experience. A training manual is included.

Please note: This workshop is applicable for Braddock Body Process™ Training hours for certification.

Recommended reading: Braddock: *Body Voices: Using the Power of Breath, Sound, and Movement to Heal and Create New Boundaries.*

C. E. credit is available; see pages 60-61. $740

Making Crucial Life Choices and Major Life Changes

Michael Broder

Achieving fulfillment is a lifelong process which involves both recognizing and making many choices along the way. Taking the risks that make major life changes possible is the essence of the personal growth experience. Relationship transitions, career changes, and new lifestyle options all challenge us to choose between our comfort zone and a new level of fulfillment. Using self-assessments, visualizations, and meditation practices, as well as both group and individual work, this workshop will present each participant with the opportunity to identify the next major step along his or her path. Then participants will be encouraged to explore the risks that could potentially become blocks to their change processes. This workshop is especially recommended for anyone in the process of transition or desiring to sharpen their risk-taking skills.

C. E. credit is available; see pages 60-61. $740

Weekend of March 24-26

The Embodied Life: Feldenkrais® Movement and Zen Meditation

Russell Delman

The embodied life refers to our natural condition when mind and body are unified. Moving beyond cliché, what does it mean to have body and mind functioning in coordination? How can the habits of both muscular tension and incessant internal chatter be worked with so that an essential unlearning and relearning can occur?

Moshe Feldenkrais created hundreds of ingenious movement experiments that allow us to rediscover the grace and ease inherent in a well-organized brain. Zen meditation offers a sophisticated, simple practice for the movement toward our "original nature." Together these approaches help us to more fully embody life.

The group will practice Awareness Through Movement® (ATM) lessons, mindfulness meditation, and mental imagery designed to connect the learning to everyday life. This workshop is valuable for both active, mobile people and those with injuries. Beginning and experienced explorers can learn at their own level.

C. E. credit is available; see pages 60-61. $380

Self-Empowerment for Trauma Survivors

Carolyn Braddock & Christian Hendricks

This is a workshop for trauma survivors (emphasizing sexual trauma), designed to facilitate integration of body, mind, and spirit into a healing journey. The tools will be breath, sound, movement, and selected centering and martial arts techniques. The intention is to assist survivors in expressing their voice, the source of their power, while encouraging release through movement. The martial arts techniques foster self-expression and self-empowerment, and can help survivors to move through difficult, intense feelings.

Participants will work with the three main embodiments of trauma (rigid, collapsed, and inanimate), and explore how each manifests in the body, mind, and spirit. They will learn ways to move through body memories, flashbacks, intensive feelings, and other aspects of their trauma, while physically grounding and integrating.

This process can help to break the anguished silence and barriers to voice and growth by releasing the pain, allowing more space for healing and creating new boundaries.

The goal is to honor the body and empower the survivor. The work is presented through experiential exercises and group process, physically empowering the survivor and helping to bring the cycle of trauma to completion.

Recommended reading: Braddock, *Body Voices: Using the Power of Breath, Sound, and Movement to Heal and Create New Boundaries.*

C. E. credit is available; see pages 60-61. $380

Our Ways: For Women Who Love Women

Jean McLendon & Carol Holcomb

Write the leaders, "Few opportunities are available for lesbians to dialogue with each other about our unique challenges and joys. Even fewer opportunities exist for us to get down to real sharing and deep work at the level of our soul's longings. In this workshop the leaders will facilitate processes and exercises using family of origin, communications, and psychodramatic methodologies of the late family therapist Virginia Satir. Participants can increase their awareness about the power of early learnings to shape how we care about ourselves, how we deal with others, and how we cope with the world around us.

"The goal will be to enliven and enlarge our sense of choice and possibility. When we allow ourselves to truly and courageously know our vulnerabilities, we are on a path to authoring a different tomorrow. The leaders will work to create the necessary safety and support for participants to enter the exciting, sometimes frightening arenas of change, healing, and learning.

"If you want to be with others of us who want more fun, intimacy, power, peace, sex, and community, then come home to this group. The leaders have been together in a committed relationship for more than thirteen years and are eager to respond to a diverse group of adventurous women. Expect to be supported and challenged!" $380

'Tis a Gift to be Simple

David Schiffman

This weekend is intended as a gift for people who would like to return to the simplicity of the values we treasure most. Its aim is to create a climate of mutual support and encouragement for exploring how we can best cultivate the spirit of real generosity and faith in dealing with ourselves and others.

This timely gift will embrace the following elements:

- Sanctuary – the opportunity to step away and pause, to create a mood of peace and personal clearing without haste or interruption
- The company of kindred spirits – a chance to be met with honesty, empathy, and wisdom in an atmosphere of soulful, clear-eyed support
- The emotional freedom to be – the right to let down and be sad or mad in order to clear the air and move on, making room in our hearts for new possibilities
- The right to feel free and alive in our bodies – the use of innovative ways of moving and touching in order to restore the vitality of feeling truly alive and physically at ease

The approaches utilized will be drawn from a wide variety of practices, both traditional and nontraditional, all aimed at restoring our gratitude and appreciation for being alive. $380

Week of March 26-31

The Joseph Campbell Foundation: A Mythological Toolbox

Coordinated by Robert Walter

In *Memories, Dreams, Reflections*, Carl Jung tells us that he had hardly finished writing *Symbols of Transformation* when he suddenly realized "what it means to live with a myth, and what it means to live without one." When he asked himself by what myth he was living, he found that he did not know; and so, he writes, "I took it upon myself to get to know 'my' myth, and I regarded this as the task of tasks."

How do you come to know the myth that has shaped your life, the myth that governs it? How can you nourish, enrich, or, when necessary, transform that myth?

This workshop will explore various mythological tools – storytelling, movement, journalizing, life maps, masks, mandalas – that you can use to examine and answer questions about the myths that shape your life. There will be slide lectures, experiential exercises, and shared play to awaken the mythic imagination. Participants will survey some of Joseph Campbell's essential ideas – including the hero's journey, sacred space, and metaphor. Participants will chart their personal rites of passage.

The group will be joined by Tai Ji dancer and philosophical entertainer Chungliang Al Huang; architect Mimi Lobell, a scholar of myth and symbol; architecture professor/author John Lobell; and other special guests who were close associates of Joseph Campbell.

Each participant is asked to bring a journal and a favorite story, poem, or childhood memory. All are asked to read the Foundation's publication, *Joseph Campbell: The Man and His Ideas*, which will be sent to registered participants prior to the workshop.

Recommended reading: Any book by Joseph Campbell, including: *The Hero with a Thousand Faces, The Mythic Image*, and *The Transformation of Myth through Time.* Recommended viewing: "Joseph Campbell and the Power of Myth" with Bill Moyers, and "The Transformations of Myth through Time."

Recommended audio: any Joseph Campbell audio tape from New Dimensions or Dolphin/Big Sur Tapes (ordering information on page 65). $740

Painting and the Art of Perception

Margot McLean & Laura Sewall

Thinking is more interesting than knowing but less interesting than looking
– GOETHE

What stands between you and painting what you see? Going deeper, what are the veils between you and really seeing what you're looking at? This course combines painting in the studio, the latest theories of perception, practical exercises, and excursions into the Esalen grounds. The workshop will explore the influence of perception on our experience of the natural world. By practicing "ways of seeing," and allowing the landscape to reveal itself, the group will explore ways of translating the resulting experience into image-making and art.

How we perceive, both as artists and as humans, plays an inestimable role in the creation of culture. With an emphasis on developing an ecologically sensitive culture, the workshop will ask: How do our perceptual choices affect nature? How can we engender a radical re-visioning of the landscape, so that image-making becomes a collaboration with the natural world rather than an appropriation of it?

This course is open to anyone interested in painting, perceptual practice, and a desire to re-perceive the landscape and the human relationship with it. The only requirement is a willingness to grapple with the uncertainty inherent in new ways of seeing. $740

Exorcising the Demon "Should"

Paul Rebillot & Audrey Savage

Within each of us there lives a demon – our own personal critic – whose greatest joy comes from criticizing, denigrating, and destroying every experience we have. We're either too old or too young, too fat or too thin, too early or too late. When we fall in love, we're never good enough.

This demon, who commands us to be who we aren't in order to satisfy someone we can never satisfy, is the demon this workshop will seek to exorcise. This will be an opportunity to profoundly explore the images behind the "should's," to recognize the stranglehold both of ideal images and of the unpleasant aspects of ourselves that we want to cast out.

Writes Paul Rebillot, "How do we face what we want to hide? Why not take the chance of looking inside ourselves to find the completeness of who we are instead of trying to limit ourselves with who we think we should be and who we hope we are not? It is my impression that when we discover the truth about ourselves, our natural response is to want and to work for the best that we can be."

People in the helping professions who have experienced this form have found it adaptable and useful in their own work. $740

Weekend of March 31—April 2

Essential Tai Ji: Body-Mind-Spirit in Action

Chungliang Al Huang

Tai Ji is a philosophy of life, a living Tao, and an effective tool for self-cultivation that promotes health, wealth, and spiritual well-being. Chungliang Al Huang will combine structure, discipline, and creative exploration for beginners and longtime practitioners in this weekend of joyful movement meditation.

Recommended reading and viewing: Huang, *Embrace Tiger, Return to Mountain*; *Tai Ji: Beginner's Tai Ji Book*; *Quantum Soup: Fortune Cookies in Crisis*; *Thinking Body, Dancing Mind*; Tai Ji videos from Living Tao Foundation (217-337-6113). $380

The Healing Power of the Dream: A Dreamwork Seminar for Professionals

Joyce Frazee

This seminar will reveal how simple approaches to the art and artfulness of dreams can reveal the healing power of the dream.

Joyce Frazee writes: "As health-care professionals, we receive many questions from clients about their dreams. Also, we ourselves wonder about our dreams. Who are these strangers and acquaintances, friends and lovers who come to visit us at night – often bizarrely different from their daytime roles? Who are these monsters and attackers?"

This weekend workshop will focus on techniques for working with dreams, including how to use dreamwork for therapeutic intervention and how to use dreams to uncover body memories. Storytelling, role-playing, drawing, dancing, meditation, and gestalt will also be used to learn how the dream itself – and the understanding of the dream – can be the healer.

Please note: Nonprofessionals are welcome. $380

The Way of Passion: An Exploration of Rumi

Andrew Harvey

Rumi, the Sufi spiritual genius who lived, taught, and died in Southern Turkey in the 13th century, is considered by many to be the greatest mystic poet who ever lived, and a crucial guide to the mystical renaissance that is now sweeping the planet. His profoundly inspiring message of universal tolerance, adoration, divine love, and spiritual action transcends all dogma and theology, and speaks to our dangerous contemporary situation with urgent and poignant authority.

Drawing on material from his three books on Rumi, *Love's Fire*, *Speaking Flame*, and especially *The Way of Passion*, Andrew Harvey will focus special attention on four essential themes of Rumi's work and of the mystical journey: longing for God, adoration of the divine Beloved, passion, and ecstatic union. All participants will be encouraged to use the inspiration of Rumi's vision and imagery to write their own meditations and poems, and periods of time will be given over to prayer, music, and movement to ensure that this exploration of Rumi is as rich, varied, and "embodied" as possible. $380

Week of April 2-7

The Subtle Art of Meditation

David Streeter

The experience of insight, tranquility, inner strength, and aliveness can be found within our everyday life through the ancient art of meditation.

This workshop will approach traditional meditation practice in an unusual way. In our retreat atmosphere participants will prepare the body/mind for silent listening with fluid movement from the martial arts and yoga. The workshop will incorporate breathing methods (Prana-Yama) and energy work with Zazen (sitting meditation). Other activities will include a silent listening hike in the wilderness, group meditation in a nearby contemplative monastery and Zazen at our new meditation center nestled close to a waterfall.

This approach to the subtle practice of meditation through the body can inspire the student to discover his or her rich interior life and that crystal clear still point described so well in every spiritual tradition.

C.E. credit is available; see pages 60-61. $740

TA KE TI NA: The Forgotten Power of Rhythm

Reinhard Flatischler

Everyone of us is deeply rhythmical: hearts beat, lungs breathe, cells pulsate – we *are* rhythm. Illuminating this, TA KE TI NA, a synthesis of the rhythmic knowledge of many cultures, goes back to the primal rhythmic knowledge that lives within every human being. TA KE TI NA connects musical rhythms with the rhythms of daily life, the rhythms of the body, the rhythms of consciousness.

The principle underlying the TA KE TI NA experience is the simultaneous performance of several different rhythms with basic stepping, clapping, vocal rhythms, and chanting. The workshop takes on the quality of a ritual as participants, standing and moving in a circle, clapping and chanting rhythmic syllables, gradually create a group unity.

For many of us, the knowledge that we are naturally connected with rhythm has disappeared. TA KE TI NA reestablishes the connection with this "forgotten power of rhythm," revealing a new range of qualities to life, enhancing the development of human potential. Natural confidence can grow through increased abilities in movement, rhythmic competence, and musical creativity. The skills presented in TA KE TI NA can be applied to daily life as well as to all musical fields. $740

Courage

Joyce Frazee

In the mouth of the dragon there are many jewels.
— Buddhist proverb

For some of us it takes courage just to live our daily lives. Every day we awaken to face the demons in our lives — demons that come in many forms: perfectionism, guilt, avoidance, shame, despair, failure. Time passes and we become skillful at living despite the constant awareness that these demons are preventing us from experiencing the fullness of life. Their existence drains our energy and limits our joy and freedom. But getting close to them, allowing ourselves to confront them, is very difficult to do.

This week will give us an opportunity to find the courage to face our demons. Participants will be encouraged to look at the things in their lives that are difficult to face and will be given support to help recognize and confront them. This will be done through gestalt practice, dreamwork, and bioenergetics. Drawing, dance, and meditation may also be used to recover the jewels from the dragon. $740

Weekend of April 7-9

Journey to a Conscious Partnership

Harville Hendrix & Helen Hunt

Intimate relationships between men and women are a source of emotional healing, psychological growth, and spiritual evolution. In contrast to traditional views of healing that focus on the individual, this workshop views the intimate male/female relationship as a more effective path to healing and personal self-completion. Exploring the thesis that the purpose of the unconscious in a relationship is to complete one's childhood, participants will be introduced to Imago Relationship Therapy and guided through exercises that will enable them to:

- Reinterpret conflict as an unconscious attempt at self-healing
- Use their relationship to achieve personal wholeness
- Create a conscious partnership characterized by safety and passion.

Harville Hendrix and Helen Hunt are a husband and wife team who developed the idea of the "conscious marriage." $380

Embodiment: Theory and Practice

Don Hanlon Johnson & Candace Pert

In many quarters of the healing arts, there are struggles to overcome the mind/body split, which, despite all efforts, remains deeply embedded in many therapies which strive to be holistic. In this seminar, Don Johnson will introduce practical exercises to explore a truly unified experience of self in breathing, moving, touching, and sensing. Candace Pert will lecture and lead discussions on the scientific implications of these experiences and on how modern advances in the neurosciences, of which she is a pioneer, can facilitate a more holistic understanding of the person. A particular focus of both the experiential and theoretical work will be on the implications of this unitary approach for healing.

C.E. credit is available; see pages 60-61. $380

Week of April 9-14

Gestalt Practice

Christine Stewart Price & Guest Leaders

For workshop description see February 24-26.

In this weeklong workshop, each participant will have the opportunity to do open seat work with the leaders.

C.E. credit is available; see pages 60-61. $740

Arica Protoanalysis: The Nine Ego Fixations

Michael Kramer & Christian Intemann

This workshop introduces the Arica theory and method of protoanalysis as authored by Oscar Ichazo, founder of the Arica Institute and original source of the enneagon of the

SHARON THOM

nine ego fixations. In the Arica theory, the ego fixations are revealed by muscular tensions in the face, and Oscar will determine each participant's fixation from photographic slides submitted prior to the workshop.

The ego fixation is the area of the psyche in which a person is most sensitive. We defend this over-sensitivity with a cluster of reactions which becomes a fixated pattern during childhood. These nine fixations distort our perception of reality and veil our natural, spontaneous, essential natures. Once we recognize our fixation and begin to detach from our habitual identification with one subjective point of view, we enormously enrich the rest of our psyche.

An understanding of the fixations enneagon is vital for opening the process of self-observation. The transcendence of one's fixation provides an opportunity for the realization that we are One Humanity, and it is this experience of the oneness of the human spirit which is one result of the Arica work.

The group will study enneagons which are harmonic with the enneagon of the nine fixations. The workshop will also include meditation, diakath breathing, essential movement, and theater exercises designed to nourish our natural personas.

Please note: Four 35mm transparencies of each person's face must be received by March 8, 1995. A letter of explanation about lighting and photography of the slides is available from Esalen. $740

Comedy, Chaos, and the Dharma

Robin Menken

Writes Robin Menken: "Comedy is a centuries-old healing. The expression of the Comic Spirit (in a group context) is one of hope, solutions, the tribe, Utopia, a doorway into a world of impossible, improbable solutions. Even the blackest comedy reveals everyday victories wrestled from a sometimes dark world.

"In this workshop (a synthesis of theatre, psychology, and trancework), we spend time together in deep syntony, in a place of heightened consciousness. While practicing Dharma, we're practicing art – finding forms. This approach focuses the mind, frees the spirit, and orchestrates heightened collaboration. The warm-ups, a series of moving meditations, split the awareness into two paths. The mind, craving distraction, is fed with technique. The technique, calming the mind, (simultaneously) produces clear, focused comic theater. The calmed mind becomes the Watcher, the Allower, as the Actor pours him/herself into the Moment. Freed of ego, the Actor becomes shamanic, the audience proxy, a vehicle for their energy. The result is group-'discovered' material, revealing the poignancy of humanistic comedy, the playfulness of satire, the charged arena of family 'scripts,' the mystery of archetypes.

"The process is not abstract. It is a concrete working model, a rehearsal for life. Comic Theatre is a collage of specific human traits and situations, a laboratory of observation, and a doorway to the Universal. It is an invitation to the Clown in each of us."

Please note: No previous experience is necessary. $740

Weekend of April 14-16

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 6-8. $380

Harmonizing with the Spirit of the Universe: Introduction to Aikido

Erik Van Riswold

In his book *The Future of the Body*, Michael Murphy writes that "certain martial arts facilitate a many-sided integral development of human nature. Some, such as Aikido, are superior to modern sports in their reliance upon spiritual principles, and superior to quiet meditation in their cultivation of stillness in action."

Aikido is a strong self-defense art, yet is nonaggressive, noncompetitive, and does not rely on muscular strength. It is a way of being as well as doing. This workshop offers the opportunity to experience this unique martial art that helps foster grace, flexibility, power, and overall awareness. You will learn to sense and direct the flow of energy, locate and move from center, relax under pressure, and use alternative ways of dealing with conflict.

The workshop is designed for people with little or no martial arts experience as well as those who would like to broaden their practice. The class will be physically active, but not overly strenuous.

And finally, the group will follow the injunction of Aikido's founder, Morihei Ueshiba, to "always practice in the spirit of joy." $380

From the Congo to Dreamtime

Titos Sompa & Ione

Titos Sompa, master dancer, choreographer, and percussionist from the Congo and psychotherapist/author/director Ione recently collaborated on Ione's internationally acclaimed play *Njinga the Queen King*, which premiered at the Brooklyn Academy of Music's Next Wave Festival.

Together they have created a special workshop that teaches Congolese movement and rhythms while accessing participants' deepest dream themes. A vocabulary of ancient Congolese movement will be created to assist participants in expressing the most important aspects of their inner journeys, discovered through overnight dream incubations and shamanistic journeying.

The workshop is open to all levels of experience. $380

Co

Kathleen Riordan Speeth

This is a workshop for people helpers. Everyone has seen duets in ballet in which the male dancer follows the prima ballerina, supporting her leaps and turns. Many human dyads are similar. One person is in the foreground while the other, the "co," accepts the background position. The concerns of the focal person come first. They define the relationship either by explicit agreement, as in psychotherapy and medicine, or implicitly, as in many marriages.

The focus acts; the co tracks. The focus makes a movement and the co, like a dance partner, adjusts. What the focus needs, the co provides. The co is receptive, responsive, attentive, enabling, facilitating.

Cos can be found nurturing the young and the frail elderly, ministering to the disturbed, nursing the sick, designing houses for the wealthy, and in many other situations throughout society. Sometimes these co relationships are a vocational choice and charitable way of life. Sometimes, as with codependencies and co-alcoholics, they are dysfunctional and harmful.

The group will spend the weekend studying, through experiential exercises and discussions, when, where, why, and how to co, and the politics of both entering into and refraining from such relationships.

C. E. credit is available; see pages 60-61. $380

The Visionary Life: The Quest of Your Life

Robert Maurer

In the past, psychology's usefulness has traditionally been limited by its focus on people with problems. Recent studies, however, have centered on those who have succeeded in the major challenges of life, from vocation to relationships. How did they achieve and sustain success? Current research has provided surprising insights into the pursuit of success.

This weekend program explores one of the key attributes common to all successful people: vision – the clear sense of purpose that guides and sustains actions and emotions, particularly during times of crisis. During these challenging times, people of vision and commitment are extraordinary and essential. What are the skills of the visionary and how are these skills developed and maintained? This program will not only provide the remarkable research findings but will demonstrate these qualities in filmed and live interviews.

The quest for a visionary life is a journey that each of us is capable of. The focus of this workshop will be on creating vivid dreams, discovering the path to get there, and finding the courage to travel the road.

C. E. credit is available; see pages 60-61. $380

Week of April 16-21

The Nature of Movement

Steven Harper & Wendy Palmer

In this workshop, participants will work indoors with energy awareness and principles derived from aikido, and outdoors on short day-hikes into Big Sur's backcountry to explore the movement that nature inspires. Both aikido and hiking are moving meditations which, when done well, require the individual to be in harmony with the natural world. There will be an opportunity to take what is learned on the aikido mat out into the natural world and bring what is learned from nature onto the aikido mat. Participants can then begin to integrate what they learn from both aikido and nature into their lives.

All evenings and most meals will be at Esalen. Participants need not have previous experience in aikido or hiking. $740

Enhancing Communication Hypnotically

Paul Lounsbury & Nancy Winston

Embedded in a world of our own constructions, we easily habituate to conversations that come from a personal framework and unique make-up. We are often unaware of how deeply identified we are with the patterns that recursively tune our perceptions, color our emotions, shape our ideas, and inform our actions. If we act with courage to break out of these roles, a magical new world can appear, bringing with it a fresh and inviting quality of relatedness. This workshop is for people who would like to go beyond their current thresholds of awareness to develop more original, vital, and effective communication.

To help participants increase their flexibility and control in interpersonal communication, the leaders will use methods developed from their training in hypnosis and psychotherapy with Milton Erickson, conceptual tools crafted from Gregory Bateson's communication research, and advances in cognitive neuroscience and the "New Cybernetics."

Through group interaction, playful experiments, and hypnotic inductions, the leaders will guide participants through various dimensions of the communication process. Special attention will be given to the hypnotic relationship, recognizing individual uniqueness, utilizing conscious and unconscious awareness, and examining the dynamics of induction, influence, and suggestion. Participants will explore ways to be more willing to enter unknown territory and more capable of extending the range and flexibility of sensory motor, emotional, and mental controls in their communication behavior.

Prerequisites include tolerance for a modicum of confusion, willingness to be a group member, a sense of humor, and a desire for novel experience.

C. E. credit is available; see pages 60-61. $740

Expressive Drawing and Painting

Leigh Hyams

Artwork comes straight through an open mind and adventurous spirit. With it come clarity of vision, increased awareness of oneself in relation to the environment, and a deepening understanding of the world of art and its meaning in one's life.

Leigh Hyams's unique teaching methods help students to work fearlessly, exuberantly, sensitively, and observantly from the very first session. Using a wide variety of art materials, many techniques and ideas about image-making will be explored. Participants will work from Esalen's natural landscape, still lifes, models, dreams, myths, fantasies, and memories.

Demonstrations, slides, and discussions of art from many cultures will be used to give the group a broader understanding of visual language. Participants will complete portfolios of their own drawings and paintings and work toward developing a new sense of themselves as artistic, creative human beings.

This is a workshop for people who want to revitalize their connection with art and their environment – to develop fresh eyes – as well as those who have had no previous experience. The only prerequisites are curiosity about the creative process and a willingness to explore the rich possibilities inherent in the act of making marks. $740

(plus $45 materials fee paid directly to the leader)

Soul Dramas: Past-Life Regression and Spiritual Healing

Roger Woolger

Soul dramas are the daily emotional patterns, roles, and scripts we get stuck in and habitually act out. Some believe that although the soul first staged its dramas around childhood trauma, it had already rehearsed them *in utero* and had written them long ago from the ancient store of past-life melodramas we all carry.

Soul dramas can be tragic, pathetic, humorous, or banal, and when left unrecognized can cause anxiety, depression and rage, or a deep sense of dissatisfaction or alienation. The leader's unique method of releasing and transforming these compulsive dramas involves regression to buried memories and past lives, as well as profound after-death encounters in the spirit realms called "bardos" by Tibetan Buddhists. Participants will be taught simple methods for body release, healing catharsis, and the reintegration of lost parts of the soul.

Through his experience in psychotherapy and bodywork (Jung, Reich, and Gestalt), Roger Woolger can help bring people through deep transformative experiences with great compassion, creating an atmosphere that is safe and contained. He can also help illuminate the broader spiritual picture, everything from Sufism to Western mysticism to Shakespeare — teaching with humor through poetry, music, story, and meditation. $740

Polarity Massage Intensive

Deborah Anne Medow & Esalen Massage Staff

Polarity massage is a system of balancing the currents of life force which naturally flow through the body. It is a holistic approach to healing in which the practitioner and recipient work with thoughts and attitudes, nutritional needs, polarity yoga exercises, and the polarity treatment itself.

Participants in this workshop will be instructed in the basic concepts of the polarity system as applied to the human energy field through the medium of massage. Emphasis will be on theory, polarity points and counterpoints, energy balancing methods, nutrition, and polarity yoga. Three-hour class sessions will be held in the mornings and afternoons. Evenings will be for practice and occasional group meetings.

This workshop is designed for interested laypersons, professional bodyworkers, and health care providers, and serves as a good review for anyone who has previously taken a polarity workshop.

C. E. credit is available; see pages 60-61. $740

Weekend of April 21-23

A Weekend with Marianne Williamson

Writes Marianne Williamson: "As we enter the final stages of the millennium, we turn our attention to the relationship between personal and global transformation. We will focus this weekend on increasing our capacity to receive God's grace and impart it to others."

Please note: This is the only workshop at Esalen this weekend. It is expected to have an extremely large enrollment. $380

Week of April 23-28

New Maps of Abyssal and Paradisiacal Mindforms

Terence McKenna

Submits Terence: "Join the usual band of suspects in celebration and anticipation of the psychedelic hyperfuture, its perils and promise. We will review the past thousand years with an eye to trends and opportunities that the future may bring.

"Western Civilization is caught in a phase transition to the first planet-wide, species-wide civilization. Does the emergence of a shared set of universal values, democracy, and free markets have to mean the end of diversity and pluralism? What does human self-imaging through technology portend for each of us? Is the human race down for the count, or on the brink of its greatest adventure? Topics for discussion will be psychedelics, virtual reality, rave culture, and the transformative power of magic and language. This is a unique chance to experience consciousness as an informational creature loose in an environment of meaning.

"Join the unfolding drama of the human family's long-postponed entry into hyperspace. Our global culture is preparing to depart for the stars — learn what you should pack for the trip. We will discuss what a long, strange trip it has been, and is bound to be. Come tour a growing zoo of strange futures, chaotic attractors, and the fractal language elves of the phase-space of happenstance. Discussion of Timewave Zero is certain to be a part of the fun."

Please note: Although participants will be arriving on Sunday, April 23, this workshop will begin on Monday, April 24, at 10 a.m. $740

Healing the Heart

Julie Bowden & Richard Balaban

This workshop will be a journey into the vulnerable, tender part of the self that carries childhood traumas. Experiencing and integrating the pain from our past allows us to live more fully in relationship to ourselves and others, and helps us to acknowledge and nurture our inner voice. Enhancing intimacy and relationship skills is an important part of this work. Issues specific to both men and women will be explored.

We welcome adult children of alcoholic and dysfunctional families, people with a history of unfulfilling relationships, recovering alcoholics and addicts, codependents, and treatment providers. Participants are asked to forego alcohol and other mood-altering, nonprescription drugs for these five days. This will help create an atmosphere of safety, care, and respect for core issues to emerge, an environment to facilitate transformation.

If there is unresolved pain from your past or relationship issues in your present, this workshop is designed for you.

C. E. credit is available; see pages 60-61. $740

Golf in the Kingdom: An Exploration of the Inner Game

Stephen Cohen, Fred Shoemaker & Brian Bergstrom

Ye'll come away from the links with a new hold on life, that is certain if ye play the game with all your heart. — MICHAEL MURPHY (as Shivas Irons), *Golf in the Kingdom*

The game of golf provides many opportunities to enhance the journey of self-discovery. It can be experienced not only as an athletic endeavor, but also as a metaphor for the way one lives. Just as in life, issues of self-confidence, fear, trust, discipline, and awareness emerge in the conflict between the ego's desire for success and the inner self's ability to achieve.

During these five days, teaching methods gleaned from a study of the inner game will be utilized, as well as principles from psychosynthesis and gestalt, to explore the inner self and how one interferes with its emergence. Two days will be spent on field trips to the Monterey Peninsula where participants will practice and play in some of the most beautiful golf country in the world. On other days there will be time to relax and enjoy the natural pleasures of Esalen and Big Sur.

Recommended reading: Murphy, *Golf in the Kingdom*; Gallwey, *The Inner Game of Golf*.

$740
(plus greens fees paid directly to the leader)

A Week with Seymour Carter

Everyone has unused capacities for further personal development. When these capacities are recognized and given attention, a natural force is released which, like a tide, can carry the individual to a higher level of ability and action. Fritz Perls taught how to recognize the force of avoided issues in dealing with blocked energies. When unfinished issues are confronted and assimilated, it is possible to feel potent and in charge of one's life.

In this workshop, participants will deal with these issues by examining the influence of the inner dialogue on thoughts and the nature of impasse, as well as tendencies within themselves toward psychological completion and well-being. The basis of this work is the gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, and aikido. Each participant's process of development will be honored, encouraged, and treated as unique. $740

Wild Heart Dancing

Elliot Sobel

It requires enormous courage and vulnerability to resurrect one's innate creative flow once it has been stifled in early childhood. Heavy clouds of fear and self-consciousness prevent access to the joyful, spontaneous expressions which at one time were native to all of us.

"Wild Heart Dancing" will explore the expressive arts – singing, dancing, writing, and painting – as vehicles of healing and conduits for the expression of the unfolding self. Against a backdrop of contemplative silence, the workshop will generate an atmosphere of safety necessary for participants to risk stepping forth, be it through a gentle, poetic fragment, an explosive, primitive dance, a poignant, heartfelt love song, or a childlike, impressionist painting.

Very few two-year olds have ever been known to say, "I can't carry a tune," or "I can't draw." On the contrary, the crudest scribblings of children are proudly displayed on refrigerators across the land! And with good reason – they reflect a freshness of vision, unfiltered by the painful inhibitions of a rigid, adult personality. We will explore the origins of these inhibitions and develop tools for defending against them and their source, the inner critic.

It is possible for the hidden artist to reemerge; for the careful, constructed grown-up to give way to the passionate, unrehearsed outpourings of the soul. The elements required for such a transformation are a quieting of the mind and inner critic, gentle permission, and curiosity. "Wild Heart Dancing" will provide an opportunity for these qualities to arise and rekindle the very heart of creativity and authentic self-expression. $740

April 28- May 6

Big Sur Wilderness Journey: From Esalen to Tassajara Zen Mountain Center

Steven Harper & Steven Waldrip

For workshop description see Wilderness Programs, page 58. $740

Weekend of April 28-30

Joy is the Journey: Hatha Yoga and More

Lilias Folan

Join Lilias Folan, host of the PBS series "Lilias, Yoga & You," for a weekend of yoga and relaxation. In her unique and compassionate teaching style, Lilias will guide participants in learning fresh ways to move, meditate, and breathe – with special focus on the art of relaxation. There will be time for stillness and time for high play.

Open your heart, mind, and spirit with a journey through your closest natural environment, your own body! Lilias will share with you her spiritual journey and practical ways to weave yoga practice into your daily life.

All levels of expertise are welcome. Please wear comfortable clothes and bare feet, and bring your own mat. $380

Relationship in the '90s

Hal & Sidra Stone

We walk the path of relationship with all the people in our lives – with family members, friends, the people at work, lovers, and spouses. Our relationships can be a source of great joy or much discomfort. Hal and Sidra Stone have created a simple way to look at relationships that helps to better understand them and to walk this path with greater ease.

Some of the questions explored in the workshop are:

- What destroys intimacy in relationships?
- Why are we drawn to certain people and why do others turn us off?
- What makes passion die in relationships?
- Where do these patterns come from and what can we learn from them?

Through discussion and experiential exercises participants will discover what different parts of themselves – the critic, the judge, the good mother/father, Aphrodite, the playful child – are activated by children, spouse, parents, lover, or boss; learn new, powerful, and fun tools for happy relationships; and find out how to deal with two common "ifs" – "if you think the problem is them, it's not!" and "if you wish certain people would just go away, they won't!"

The workshop is open to couples and individuals. $380

The Art of Leadership: Excellence in Business, Management and Communication

Ron Alexander

> *In the beginner's mind there are many possibilities*
> *While in the expert's mind there are few.*
> – SUZUKI (*Zen Mind – Beginner's Mind*)

This workshop is for entrepreneurs, executives, managers, and others committed to improving their communication and leadership skills. It is especially intended for those open to doing deep personal work with a commitment to transform the self and thereby become more effective and productive in leadership style. Some of the major areas of focus will be:

- Resolving conflict
- Dealing with blocks that prevent leaders from feeling secure and clearly articulating their vision
- Developing trust with those who feel threatened or intimidated
- Discovering and addressing blind spots in self-esteem
- Addressing and healing blocks in accessing creativity
- Developing creative strategies to build support systems that facilitate the transformation of vision into reality

The format of the workshop is primarily experiential and includes the following:

- Gestalt open seat work
- Group processes to give and receive feedback on communication and leadership styles
- Role-playing, problem-solving exercises for real-life work situations
- Exercises for learning to use the unconscious to creatively solve problems

Recommended reading: Depree, *Leadership is an Art*; Wing, *The Tao of Power*; and Crum, *The Magic of Conflict*.

C. E. credit is available; see pages 60-61. $380

The Subtle Self

Judith Blackstone

All spiritual traditions refer to an essential dimension of existence, calling it unity consciousness, emptiness, universal consciousness, and many other names. This dimension is not an abstract concept. It is the core of our own true nature and can be experienced by anyone who is willing to approach it with patience and openness. Unity consciousness is experienced as clear, mirror-like space, pervading our body and our environment, transcending the duality of self and object. It is deeper than the physical and energetic levels of our being and beyond our psychological defenses, projections, images, and archetypes. Subtle Self work is a precise method of attuning to the clear space of unity consciousness.

In this workshop participants will explore how to relate to others in this clear space, how to commune with nature, how to experience and live in the inner depths of the body, and how to integrate the body, authentic self, and unity consciousness. Group members will use the Subtle Self Work attunement exercises, daily sitting meditation, and sound, breath, and movement exercises to stimulate the channels in the vertical core of the body and expand the sense of unity consciousness. In this essential dimension of ourselves, we can find the source of our love, clarity, vitality, and peace.

Recommended reading: Blackstone, *The Subtle Self.* $380

Week of April 30-May 5

An Insight Meditation Retreat

Mary Orr

Insight (vipassana) meditation, taken from the teachings of the Buddha, is a practice of cultivating peacefulness in the mind and openness in the heart. It is learning to live in the present moment, to ride more easily with the ups and downs of our lives.

This workshop will be a week of alternating periods of sitting and walking meditation, talks, instructions, and interviews. It is an ideal retreat for people beginning practice as well as for experienced meditators. $740

Dreams and Intuition

Carolyn Conger

This is an experiential workshop designed to develop your dreamwork and intuitional skills. You will be guided to enter the mystery of the unconscious through psychological modalities, symbology, meditation, movement, energy work, drama, writing, and art. The group process — sharing, witnessing, ritualizing — will serve to amplify your understanding of dreams and intuitional skills, which lead to the development of inner wisdom and creativity. The work is profound, intellectually stimulating, spontaneous, and fun.

Bring your dreams and psychic/mystical experiences — or be prepared to have some — and an open mind. Also bring a notebook for dreams and journalizing, and a pad of art paper with crayons, felt-tips, or colored pencils. In addition, there will be tribal ceremonies, so bring a drum or other instrument if you have one.

Participants at all levels of development are welcome — the group will benefit from the freshness of beginners and the experience of advanced students. $740

T'ai Chi Ch'uan: An East/West Approach

Kenn Chase

This seminar will present a demonstration form of t'ai chi ch'uan, a shortened version derived from the classical Yang style, which contains 54 balanced, fluid, and graceful postures. Also included will be mind/body alignment methods, chi kung Taoist breathing methods, and hours of practice and refinement of the traditional t'ai chi movements. Practiced five to ten minutes daily, this gentle martial art can calm the mind and aid the student in achieving a centered perspective for daily living in a busy world.

Recommended reading: Cheng Man Ch'in, *Cheng Tzu's Thirteen Treatises on T'ai Chi Ch'uan.* $740

Emotional Elimination: The Pathway to Self-Respect

Michael Barnett

We ingest the experiences of our lives through our senses. We digest the experiences of our lives with our bodies. How can we absorb just what nourishes us and eliminate the waste?

In our culture, we suffer from a lack of self-respect, a devaluation of our internal experience. Instead, cultural expectations define what we're supposed to be and supposed to experience. We sit in judgment of our own experience, trying to alter it to conform to institutional generalizations. How can we remain aware of what our internal experience is so that we can accept it and be true to it?

This workshop aims to increase awareness of the emotional ingestion, digestion, absorption, and elimination processes from a natural point of view, in order to enable participants to experience that which our emotional blockages protect: our spirits.

The workshop will use didactic presentations to create a vocabulary for communication and semi-hypnotic relaxation methods to generate material to process. Eclectic group techniques to process and understand the material will be used.

This workshop is for everyone who eats, feels, and lives in a culture. Come with an agenda or allow an agenda to evolve. As you can see from this workshop description, a Western medical psychiatric approach will not be employed. $740

Weekend of May 5-7

Rekindling the Spirit in Work

Howard Schecter & Barbara Lee

"Rekindling the Spirit in Work" is about reconnecting with yourself and the work you do. Through creative exercises and sharing with the group, you can gain clarity about your goals in work, the skills required to reach those goals, and a deeper awareness of your strengths. The process can help you to confront and dissolve major blocks to rewarding work and to integrate who you are with what you do. This process is far more effective than narrow vocational perspectives. The emphasis is on the question "Who is working?" From an identification with our highest self, what we do can flow more easily and be a direct expression in the world of who we are inside.

This workshop is for people who are beginning new careers, in transition, dissatisfied, or simply bored with their work. Participants often come away with a sense of clarity and purpose, and seldom feel the need to make radical shifts in job or profession. Rather, the subtle inner adjustments of identity, attitude, and perspective create greater job satisfaction and offer direction for taking the next steps in work.

C. E. credit is available; see pages 60-61. $380

An Introduction to the Living Brain

Bonnie Bainbridge-Cohen
& Seymour Levine

As the infant's brain develops *in utero*, corresponding basic patterns of movement appear. Gaps in these movement patterns can affect many aspects of brain function, such as perception, organization, sequencing, and movement.

In this workshop Bonnie Bainbridge-Cohen will cover the embodiment and repatterning of the brain and spinal cord in relation to cellular awareness and basic developmental patterns of movement. Seymour Levine will discuss basic principles of brain organization and neuroanatomy. Participants will explore experientially how movement can repattern the brain and how the brain in turn can support the development of movement.

C. E. credit is available; see pages 60-61. $380

Euclid's Voyage

Ralph Abraham

Euclid's *Elements*, the second most popular book in history after the Bible, traveled a circuitous route from Alexandria to London, a journey of 2,000 years through ancient Greece, medieval Islam, and Renaissance Europe. Euclid's voyage also moves from the soaring mysticism of Pythagorean sacred mathematics to the rigid formalism of Aristotelian modern mathematics. Board the train for this thrilling intellectual tour, with Euclid as a guide. $380

The Tree of Life: Regaining the Tribal Mind

A Workshop for Women

Pamela Colorado

How can we regain the experience of wholeness known by our ancestors? How can we touch again our ancestors' roots?

In this workshop for women only, you can explore through ancient natural ways the experience of group process. Explore from a spiritual perspective the impact of our history and culture on our identity and how we live today.

Following a Native American psychological and spiritual process, participants can experience, at least momentarily, what it was like to be in the minds of our ancestors.

Using ceremony, prayer, star-gazing, group process, and discussion, the group will embark upon a journey to regain tribal consciousness.

Participants are asked to bring an object that expresses their family tree or represents their cultural identity. $380

Week of May 7-12

Yoga: A Week of Learning and Rejuvenation

Ganga White & Tracey Rich

Presenting East/West teachings in a way that is contemporary, humorous, and applicable to modern living, the leaders will offer a week of physical, mental, and spiritual rejuvenation. Days will begin with instruction in an ancient Hatha yoga movement series that is new to this country and combines grace and flow with posture, pranayama (breath), and meditation. Participants will be shown a 45-minute balanced, aerobic yoga practice they can continue at home. Afternoons and evenings will be for group discussion and exploration into the teachings and principles of the art of enlightened living.

Topics will include diet and nutrition, how yoga works, aligning and restructuring the body, and awakening subtle energies. Through Jhana (the yoga of wisdom and perception), participants will begin observing the thought processes and patterns that dictate their lives. They will look at the areas of love, responsibility, relationship, freedom, and death.

Participants at all levels are welcome; no previous experience is necessary. For additional information, contact the leaders at 805-964-1944. $740

Self-Hypnosis: Methods, Practice, and New Learning with Brainwave Feedback

Marc Lehrer & Guest Leaders

This workshop will present a wide variety of approaches to self-hypnosis, which can be perfected and modified to suit particular needs. The sessions will include: the teaching and practice of methods, group trance experiences, demonstrations, and discussions about applying the learning to everyday situations and problem areas. Special emphasis will be given to issues of perfecting performance skills, habit control (such as smoking and weight control), improving self-image, executive stress management applications, dream programming, and pain reduction and pleasure enhancement.

Participants will have the opportunity to experience some of the most recent computerized brainwave stimulation and biofeedback equipment to help deepen trance states. Native American healing trances, such as the use of the sweat lodge and preparation for vision quests, may be introduced. The leaders will also share information on ways to teach self-hypnosis classes and create self-hypnosis tapes.

Meetings will be in the mornings and evenings with afternoons free. Marc Lehrer will teach some of the sessions and will select experienced hypnosis teachers to teach their favorite methods in other sessions.

C. E. credit is available; see pages 60-61. $740

Five-Day Massage Intensive

Kathleen O'Shaughnessy & Robert Helm

This workshop is designed for those who are just beginning to explore Esalen massage as an avenue for deep communication. Participants will be introduced to Esalen's traditional long-stroke, integrative style. Incorporated into this, by means of demonstration and partner exchange, will be detail related to specific areas of the body.

There will be discussion to offer insight into the various approaches to bodywork and how they address physiological well-being as well as the senses. Light yoga stretches, Continuum movement awareness, and Zen meditation will be presented as a means of balancing personal energy. Participants are asked to wear loose, layered clothing.

C. E. credit is available; see pages 60-61. $740

Endarkenment and Beyond

Will Schutz

Will Schutz writes: "The Endarkenment Workshop began as a semi-humorous (half-witted?) reaction to spending years searching for enlightenment, making progress, but falling woefully short (references: my wife). There must be alternate ways, I thought. Why not invert everything: Seek out the imperfections, look at them, make contact with them, exaggerate them to the point of ridiculousness, and go beyond. Over the past several years this evolution has been growing to the point of convergence with the paths to enlightenment, but with more fun and less pain. This workshop will continue this odyssey through appreciating the seriousness of problems by taking them beyond seriousness to humor, and appreciating the fair witness humor allows." $740

Vision Painting

Helen Jerene

Trust your creative spirit. Vision Painting is a form that can enable you to move beyond the rational mind to deeper levels of motivation, intention, and desire. It is playful, creative, and expressive. It is also fun and profoundly educational.

Vision Painting is a form of active meditation. Through guided visioning participants can witness a flow of images through which inner yearnings are prompted from the feeling centers, through the hand, and onto paper. The vision painting becomes a meditation and affirmation of areas in the participant's life that desire expression, change, or healing.

Vision Painting is a way to acknowledge your creative spirit and open a channel for the images to flow. Self-expression is evoked through feelings, color, music, movement, and dream images. The creative impulse is explored as an opportunity to play, take risks, face fears, and suspend judgment. Painting from creative spirit is a sacred journey into self.

What we focus upon, conscious or unconscious, continually creates the life we experience. This is a transformative adventure recreating aspects of your life spiritually, professionally, and physically. Through the visioning process, a vision of the future you intend may be crafted from its highest potential. $740

(plus $30 materials fee paid directly to leader)

Weekend of May 12-14

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 6-8. $380

May 12-19

Gestalt Practicum

Christine Stewart Price & Gail Stewart

This workshop is designed for people who would like to further explore the gestalt practice form in theory as well as through personal experience. It is especially appropriate for those in the helping professions, such as counselors, bodyworkers, and teachers who are interested in integrating this approach into their current practice. The format will include open seat sessions with the leaders, structured exercises where participants work with each other, didactic presentation, and discussion.

The prerequisite for admission into the workshop is previous participation in a workshop specifically in gestalt practice led by one of the Esalen gestalt staff (Eric Erickson, Christine Price, or Joyce Lyke). Persons without this previous experience can fulfill this requirement by attending one of the gestalt practice workshops offered throughout this catalog. Others may send a letter of application to Christine Price, 31 Onyx Street, Larkspur, CA 94939, and will be considered if there is space available.

Recommended reading: Perls, *The Gestalt Approach* and *Eyewitness to Therapy*; Heider, *The Tao of Leadership*; Ram Dass & Gorman, *How Can I Help?*.

C. E. credit is available; see pages 60-61. $1110

The Painting Experience

Michell Cassou & Stewart Cubley

It is rare for most people to use painting for its qualities of inner adventure and self-discovery, to paint purely for the process of exploration, not for the result.

The purpose of this workshop is to provide a setting to explore the self through painting -- to discover in form and color a powerful tool for uncovering and dissolving blocks to emo-

JOYCE LYKE

tional and spiritual expression. Participants will be given the support and stimulation to develop a natural way of painting based directly upon feeling. The work takes place in an authentic studio setting with large white surfaces to confront the creative void, along with a rich spectrum of colors and brushes. The workshop may be of interest to persons involved in a wide variety of disciplines, including art, education, counseling, and meditative practices. No prior experience in painting is necessary. Please bring a smock.

Please note: Portions of this workshop will be videotaped for the leaders.

For further information about this workshop, contact: The Painting Experience Studio, 2101 20th Avenue, San Francisco, CA 94116, 415-564-8515. $1110
(plus $30 materials fee paid directly to the leaders)

Cortical Reeducation* and the Feldenkrais Method*

Harriet Goslins & Patti (Lawrence) White

The habitual way a person sits, stands, or moves reflects patterns that are "wired in" to the nervous system. This information can be erased or changed. By reeducating the brain-muscle connection, restrictions in movement are freed, freeing also the lifetime habits that have organized around that movement.

This work is a relearning of the ease and fluidity taken for granted as a child and lost somewhere along the way. Physical injury, emotional trauma, or ongoing stress all evoke a protective response from the body. These patterns, necessary at the time, remain when no longer needed, outside of awareness, and continue to cause discomfort and unnecessary limitations. Freeing them results in relief of chronic pain or tightness, a more restful sleep, and a higher energy level. By changing muscular holding patterns, the entire protective posture is altered, deeply affecting the body's habitual defense system. Thus, new movement possibilities mean new self-image possibilities.

Fears and anxieties have corresponding muscular habits. Verbal information, no matter how brilliant, or spiritual practice that fails to extinguish these muscular habits may fail to totally eliminate the toxic behavior.

This workshop is for those who are physically active and fit and want to increase their skills while learning to reduce risk or injury; for the sedentary or those dealing with after-effects of injuries; for the athlete, the dancer, and those who "live in their heads;" for individuals who feel chronically tired and stressed and want to learn how to take better care of their neck, shoulders, and back; and for those who want to improve their posture and breathing and live with more flexibility and comfort.

C. E. credit is available; see pages 60-61. $1110

Week of May 14-19

Creating Health Through Imagery

Jeanne Achterberg & Frank Lawlis

The power of the imagination has historically been recognized as a vital key in determining whether people stay well, become ill, or respond positively to a diagnosis of disease. Currently, an impressive and expanding body of clinical and research evidence supports its use in a broad range of treatment settings, for many medical disorders, and as a preeminent factor in the psychological, emotional, and spiritual issues confronted in the wake of crisis.

This program will focus on imagery as a health care tool for the seriously ill. The common threads of imagery in ancient rituals will be related to modern settings; new research on the physiological and biochemical pathways of the imagination will be discussed. Imagery will be demonstrated as mental rehearsal for challenging events or treatments, diagnosis, and as an adjunctive treatment procedure for catastrophic and chronic conditions such as cancer, AIDS, autoimmune disorders, and injuries. A major section will deal with methods for enhancing immunity.

The discussion material will be accompanied by demonstrations, experiential sessions, case studies, and role-playing. Participants will view slides and two important films, have the opportunity to ask questions, and network.

This program is designed primarily for the helping professions, although health consumers who take an active role in their treatment and recovery will also find it useful.

Recommended reading: Achterberg, *Imagery and Healing: Shamanism and Modern Medicine.*

C. E. credit is available; see pages 60-61. $740

The Practical Art of Creative Risk Taking

David Schiffman

To make effective, creative choices, you need courage, imagination, and the willingness to know your heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set – the choice to move against the powerful grain of old fears, habits, and the constant pressure of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of our natures, befriending rather than suppressing or denying the sexuality and power out of which initiative and enthusiasm spring.

During this week we will focus on how to develop a more adventurous, resourceful, and buoyant way of living. In an atmosphere based on warmth and humor, we will explore our capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as nontraditional innovative approaches in bodywork, kinesthetic retraining, music, and guided imagery. $740

Weekend of May 19-21

Creative Arts Center at Esalen

Arts Center Staff

For workshop description see January 1-6. $380

'Tis a Gift to be Simple

David Schiffman

For workshop description see March 24-26. $380

The Ultimate Yes

George Leonard

Life has one ultimate message, "Yes!",
repeated in infinite number and variety.
Human life, channeled for millennia by Civilization,
is only just beginning to express
the diversity and range of which it is easily capable.
— EDUCATION AND ECSTASY

The ultimate "Yes" is to life itself in its every moment, whatever that moment might bring. The ultimate gift to any friend or loved one is to be totally present for him or her. This gentle May weekend will be dedicated to saying "Yes" to life and the present moment. Through breathing, chanting, meditation, imaging, and movement, this seminar will seek to affirm our oneness with nature, the cosmos, and one another, to remind ourselves of the brevity and vividness of the miracle of existence. Bring a friend or a loved one or come alone. All that is needed is a generous spirit and a willingness to participate wholeheartedly.

Recommended reading: Leonard, *Education and Ecstasy*, *The Silent Pulse*, and *The Transformation*. $380

Recovery

Howard Kornfeld

Recovery from addiction and depression encompasses different stages. After acute detoxification and pharmacotherapy, the recovering individual often faces the most difficult hurdle: the restoration of a sense of beauty and meaning in life.

The Esalen/Big Sur environment symbolizes the earth's beauty in all its fragility and splendor. The link between personal and planetary healing becomes coherent in this setting. The restoration of beauty and meaning may become possible after a pattern of chronic somatic pain is released through massage therapy and exercise. Or meaning may be restored during an experience of meditation or gestalt awareness.

This workshop is for those professionals or members of the general public who would like to experience how established recovery can be integrated with the beauty and ambience of the Esalen environment and curriculum. The workshop will also explore the interface between modern addiction medicine practice and a recovery philosophy based not only on the venerable 12-step surrender process, but also on several further sets of principles. These include those of ecopsychology, as articulated by Theodore Roszak, and those of the ecology of the mind, as developed by Gregory Bateson.

C. E. credit is available; see pages 60-61. $380

Time-Shifting: Creating Time for Your Life

Stephan Rechtschaffen

As we constantly strive to be "on time" in our fast-paced, over-scheduled lives, we lose touch with living in the flow of time. We are a society plagued with time-sickness. Caught up in the stress of running to work, home, recreation, or other responsibilities and interests, we don't have time for the important things. Anxious about the future, regretful of the past, we miss the fullness of the moment.

This workshop will help participants understand their own attitudes toward time and how those attitudes affect their lifestyle, health, and longevity. It will introduce methods that move perception away from societal time pressures and into the often unexplored territory of freedom-within-time. The workshop will also offer meditation, visualization, time-evaluation, and planning (not scheduling).

From this vantage point, participants can explore how dysrhythmic, hurried schedules affect their relationships, work, and creativity; use their newly expanded sense of time to define what they really want in their lives and what their real priorities are; and enjoy the simple power and pleasure of being present in each moment.

C. E. credit is available; see pages 60-61. $380

May 21-June 16

Certification in Clinical Hypnosis

Marc Lehrer with Norman Katz, Adam Burke, Art Dann & Rainya Dann

For workshop description see Special Programs, pages 56-57.

C. E. credit is available; see pages 60-61. $3150

Week of May 21-26

Lomi Somatic Intensive: An Active Exploration of Presence

Kathryn Lydecker, Johanna Putnoi & Robert Sanoff

You have slept for millions and millions of years.
Why not wake up this morning? – Kabir

Write the leaders: "The awareness we bring to each moment is the key to our deep freedom. Most of us get stuck in habits of body, heart, and mind. These habits are unconsciously formed in our family of origin and become etched onto our essential infrastructure. This matrix imprints on our body language, our emotional climate, and our state of mind, ultimately creating our worldview. Unexamined belief clouds the reality of each moment, and we become prisoners in a body/mind cell.

"In this workshop, awareness, presence, and practice will be our lanterns. We will use meditation, conscious movement, breath awareness, informed touch, and principles from aikido and gestalt as ways to experience ourselves richly and to participate with integrity, courage, and gentleness.

"The Esalen environment and our group experience there, however, are only a beautiful laboratory in which to practice interrupting our habits and expanding our capacity to tolerate deep feeling. The greater our commitment to the process, the more intrinsic the change. But the real challenge of our time together is to discover how to bring our embodied insights home."

The leaders are dear friends. They have been teaching together for more than a dozen years and bring their sense of community and affection for one another to the group process. $740

Intuition, Perception, and Altered States of Consciousness: Extending the Boundaries of Human Experience

Keith Harary & Darlene Moore

Most of us have had experiences in which we appeared to be aware of information that was not immediately available to our five familiar senses. Such experiences usually emerge spontaneously and can range from simple hunches, to feeling in touch with a loved one at a distance, to premonitions in which we seem to be inexplicably aware of impending events. Labeling such experiences "psychic" does not explain them, but makes this fundamentally normal aspect of human awareness appear to be some sort of occult or supernatural process. Yet such experiences most likely emerge out of a deep interconnectedness between consciousness and the physical world that is entirely natural and independent of any single philosophical or religious system.

Specific techniques of extended perception will be taught in order to allow this capacity to become a consciously available resource in everyday life, rather than a strictly spontaneous phenomenon. Starting with the basics of learning how to manage mental impressions, participants will practice separating their most relevant feelings and images from various forms of "mental noise" in a variety of extended perception scenarios. A more advanced technique that involves using one's own "mental noise" to help guide intuition will also be taught so participants can develop their own inner language for processing intuitive information. Additional exercises will focus on exploring specific techniques for inducing lucid dreams and out-of-body experiences, and for consciously connecting with the broader transpersonal continuum that lies just beyond the threshold of ordinary awareness.

C. E. credit is available; see pages 60-61. $740

CranioSacral II

Suzanne Scurlock-Durana

This workshop further explores the CranioSacral System and its function in relationship to other patho-physiological body systems. The course will begin with the study of cranial base dysfunctions as perceived, diagnosed, and treated by Dr. William Sutherland, the father of cranial osteopathy. In this course students will learn how to integrate Sutherland's techniques for identifying and evaluating lesions into our "10-step protocol" and how to apply individual correction treatments when needed.

Evaluation and treatment processes of the hard palate, the mandible, and temporomandibular joint will be presented and practiced to complete the exploration of the masticatory system. Emphasis will then be directed to whole body evaluation, as discussions will center on various "physiological phenomena" that occur within the body.

The SomatoEmotional Release process will also be introduced with discussion and demonstration of an "energy cyst." Before participating in this course, students must complete CranioSacral Therapy I, either at Esalen (see February 12-17) or elsewhere.

C. E. credit is available; see pages 60-61. $740

Pottery at Esalen

Noel Mapstead & Keiko Suga

The Big Sur coast is uniquely endowed with numerous deposits of raw clays which have been decomposing from granite rock for millions of years. In this workshop we will come to the Big Sur clays to create form and metamorphosis.

The group will explore parts of the Big Sur coast to gather clays, make pottery, and bake the clay in open-pit fires using cow dung. Participants will be taught to identify natural clays, process and work clay, and fire by traditional methods using Esalen's natural surroundings as an open studio. Other sessions will include clay hot baths and a sweat lodge. This workshop will demonstrate how to transform ostensibly valueless natural materials into treasured objects. No prior experience is necessary. Emphasis will be on completing handmade works to take home and give to loved ones. $740

Weekend of May 26-28

African Dance: Expressions of Spiritual Energy

Yao Tamakloe & Sarah Abukutsa

Yao Tamakloe is a teacher of dance, drumming, and ethnology. He is a third-generation jazz performance artist and has danced and taught with Babatunde Olatunji and Katherine Durham for over ten years. Along with his wife, Sarah Abukutsa, one of Kenya's most celebrated singers who has also studied West African dance, Tamakloe will teach the exciting forms of African dances and the symbolic stories they tell.

Participants will experience the dynamics of war, harvest, and initiation dances, as well as the subtle healing funeral and recreational dances.

Live drumming will accompany this joyful marriage of power and fluidity inherent in dance. The different movements that relate to various roles in society will be presented. Drumming to accompany dances will be taught using Babatunde Olatunji's Gun GoDo PaTa method. Bring a drum if you can. $380

Relationships: The Sacred Path of Love, Sex, and Passion

Mary Goldenson (Devarani) & Gustavo Rabin

Where in life did we stray from our path as *lover*? How do we return to that path and connect to our own love, sex, and passion?

Many of us spend a lot of time looking for satisfaction in relationships, often to give up in despair or anger. We are all, in some form, battle-scarred veterans, wounded by failed romances and marriages, ex-husbands and -wives, alienated sons and daughters, lost friends. Opening our hearts and creating emotional safety in all our relationships is essential to our spiritual awakening.

First, we must look within at the walls that separate us from loving. Then we can discover new ways to free, connect, and come to peace with our own love, sex, and passionate energy. We can begin to do that by reflecting upon the male and female roles we play, our fears of one another, our limits to intimacy, and the gifts we can bring each other by ending the "blame game."

In this workshop participants will learn new ways to communicate needs and desires, deepening the ability to love and transform personal, social, and work relationships. The group will work with imagery, movement, gestalt, Reichian work, meditation, and writing. The workshop is appropriate for individuals, couples, relatives, and friends who want peace and harmony, intimacy and mutual pleasure. $380

Refilling the Chalice: Time Out for Healers

Joan & Myrin Borysenko

The leaders write: "We are offering this workshop as much for ourselves as we are for you. Several times each year we retreat in a solitary or protected group setting to enjoy nature, open to the still small voice within, and refill the chalice of caring and love from which others sip throughout the year. Esalen is a wonderful setting for such a retreat. We will schedule time for group meditation and yoga, prayer, silent mindful walking in the beauty of Big Sur, dreamwork, listening to sacred music, and discussing the nature of healing. This is a time to nourish ourselves and to honor the sacred trust we have been given by taking time to welcome and thank the Spirit that we serve."

C. E. credit is available; see pages 60-61. $380

The Story of the Tasaday: Learning What is Essential

John Nance

Can you imagine life without agriculture or the wheel, engines or indoor plumbing? Suppose there were no mirrors and you'd never seen your own image. Most of the time humans have walked the earth such things did not exist. So what *is* essential to survival and well-being?

Answering this question is the aim of this workshop, which explores the story of the gentle Tasaday people of the Philippines. The workshop offers an intimate glimpse into the Tasaday's way of life — described as "as close to nature as any people known in modern times" — and an appreciation of who we may have been in the distant past and who we have become today.

The Tasaday's incredible journey of the last twenty-three years has taken them from cave

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dwellings in a tropical rain forest to the teeming city of Manila. Their determination to survive in the wilderness and adapt to the modern world offers an inspiring demonstration of the strength, love, and flexibility of the human body, mind, and spirit.

John Nance has been documenting the Tasaday since 1971, when they came to their edge of the forest, looked into the tree-harvested flatland beyond, and called it "the place where the eye sees too far." Through a collection of stories, photographs, and films, you are invited to explore the truths and metaphors of the Tasaday's world – and to find meanings in your own search into who you are. It may even help you get in touch with your soul, which the Tasaday described as the "part of you that sees the dream." $380

Week of May 28-June 2

Big Sur Wilderness Experience

Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. With this natural reserve as the primary teacher, the group will walk into the Los Padres National Forest. Drawing on various traditions, this wilderness experience will help participants develop the quality of their awareness and open to the natural world.

Weeklong workshops will venture out on five hikes (4-10 miles long). Weekend workshops will take two hikes (3-6 miles long). Using Esalen as a base camp, the group will explore the different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each hike will begin after breakfast and conclude in time to enjoy the hot springs and dinner each evening at Esalen. Basic outdoor skills such as map reading and minimum impact concepts will be practiced. Participants will be taught enough skills to begin exploring the wilderness on their own after these outings. More information will be sent upon registration. $740

Making It Float

Robert Hall

There is no fixing a damaged childhood. The best you can hope for is to make the sucker float. – CONROY

Robert Hall writes: "And so it is. This workshop is about making it float. How to. If you're willing to spend some time with meditation, gestalt group process, making sounds, and experimenting with moving your body to your own rhythms, if you're interested in how body awareness, psychotherapy, and meditation work together to loosen your identification with who you think you are, and if you still have your sense of humor, we'll not only make it float, we'll take a ride in it."

C. E. credit is available; see pages 60-61. $740

Pilobolus: Collaborative Creativity Method

Michael Tracy

Pilobolus Dance Theatre, the company that pioneered a unique collaborative method of choreography, has performed worldwide for nearly twenty-five years, and has taught widely in universities and institutes around the country.

This workshop, taught by Pilobolus's co-Artistic Director Michael Tracy, will offer a unique opportunity to see into the choreographic method of this innovative company, and to learn how to use this method as a means of developing your own creative ideas.

The workshop will begin each day with an introduction to this collaborative method. A part of each day will then be devoted to guided movement experimentation: another part will be dedicated to developing collaborative ideas into short choreographic pieces. The workshop will provide a lively, supportive environment in which to develop your creative skills, and guidance and feedback as you refine your ideas into a more powerful dramatic form. There will be daily opportunities to create new work, and a dynamic sharing of artistic ideas. By the end of the week, you may be surprised by your creative work.

This workshop is open to people of all ages and levels of experience. Come prepared to move. $740

Awakened Mind: Five-Day Brainwave Training Intensive

Anna Wise

The Awakened Mind is a state of consciousness that releases deep inner resources, capacities, and powers that often lie dormant and inaccessible. This workshop will help you develop the intricate combinations of brainwave frequencies that underlie optimum mental states. Biofeedback monitoring, combined with different methods of meditation, visualization, "sensualization," and deep psychophysiological relaxation, will help you learn how to master your own brainwaves.

The workshop will present methods for accessing repressed memories and creating a bridge between your conscious and your unconscious mind. Bridging this gap and making this connection with your innermost self allows you to begin a process that encourages healing and integration. Emphasis will also be on the importance of the interrelationship between brainwaves and the human energy system, specifically the kundalini process.

Throughout the workshop, the Mind Mirror EEG will be used to demonstrate brainwave patterns, and Electrical Skin Resistance Meters will be used to measure the depth of arousal and relaxation of your autonomic nervous system, illuminating the interrelationship between your body and your mind.

C. E. credit is available; see pages 60-61. $740

Weekend of June 2-4

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 6-8. $380

Introduction to Vipassana Meditation

James Baraz

For workshop description see February 10-12.

C. E. credit is available; see pages 60-61. $380

Conscious Loving: A Body-Centered Approach to Relationship Transformation

Gay & Kathlyn Hendricks

Relationships are the primary arena in which our deepest selves are either concealed or revealed. This workshop is designed for couples, professionals, and singles who are interested in the ability of a close relationship to catalyze the creativity of each person. It has two major purposes: 1) to expand the experience of love past previous limits; and 2) to learn to rest in the essence that underlies persona.

Based on the leaders' experience with over 1500 couples, they will present breath and movement practices that can accelerate the process by which people in close relationships can attain their goals. Participants will work on the transformation of present relationships while exploring the three key principles of conscious relationship: living in integrity, claiming creativity, and embracing life. Group members will be given methods designed to make it easier to tell the truth and take healthy responsibility for feelings and issues.

Among the tools to be used: videotapes, movement processes, breathwork, and dyadic communication activities.

Recommended reading: G. & K. Hendricks, *Conscious Loving* and *At the Speed of Life*. $380

Medicinal Herbology: An Esalen Garden Workshop

Jeanine Pollak

This weekend workshop will present in-depth coverage of forty useful plants growing fresh in the Esalen garden. It will include how to identify, prepare, and formulate these plants with respect to the medicinal, nutritional, and cosmetic aspects of each.

Using the garden as a classroom, participants will learn to make fresh infusions, sun teas, liniments, and tinctures. The group will discuss safe and effective formulas for common colds, flus, sore throats, headaches, and digestive/respiratory systems. The workshop will draw from modern scientific research and herbal pharmacology, as well as from tradition and folklore, as the uses and energetics of each plant are explored. Participants will also be given detailed knowledge of many other common plants and the safe and effective use of herbs in daily life.

C. E. credit is available; see pages 60-61. $380

Week of June 4-9

Mountains and Waves

Susan Harper & Steven Harper

Nature is a primary teacher of movement, creativity, and awareness. Being outdoors in the richness and beauty of the natural world awakens our outer senses. Continuum movement takes us inward, heightening the awareness of our inner senses. These five days will combine both practices, integrating the subtle inner explorations that Continuum movement inspires with the activity of day-hiking in the magnificent Big Sur backcountry.

The day-hikes will introduce participants to basic and increasingly refined awareness practices to enhance their sensitivity to all that wilderness and being out-of-doors offers. In doing so, not only will there be contact with the natural world, but it will be an opportunity to reawaken those elements of wilderness within.

In the indoor sessions, participants will explore movements which express and embody what they have taken in during their walks, enlivening their ability to feel what they see in nature, as well as their own inner nature. Engaging with this sensual environment, the group will play with movement, breath, sound, dreams, and ritual.

This is a time for contact with nature and wilderness, inside and out. Participants need not have previous experience in hiking or dance. $740

Opening the Feelings

Dale Cummings

Participants will employ Radix® and neo-Reichian methods of emotional release, the most important of which is the Radix® intensive, a period of individual work within a small group setting which can provide emotional support among participants. Grief, pain, fear, and rage that have been held in since childhood can emerge. As the participant accepts and works through these negative feelings, he or she may discover a new capacity for pleasure, trust, and love. In time, the sexual experience may change as feelings of tenderness and sexuality intensify and merge.

C. E. credit is available; see pages 60-61. $740

Dreaming: The Magic Mirror that Never Lies

Jeremy Taylor

The basic language of dreams is symbol and metaphor. Dreams address everyone in essentially the same way, regardless of the uniqueness of our individual lives and circumstances.

Participants will share and work with their dreams, drawing on the mythological/archetypal images that shape our contemporary individual and collective lives. Although the focus will be dream interpretation in a collective context, the methods are designed to give participants the ability to engage in their own dreamwork upon returning home.

Everyone is welcome – those who are just beginning to explore the world of their dreams, as well as professionals who work with dreams. As the leader comments: "Only the dreamer can say with any certainty what meanings his or her dreams may hold, and dreamwork is one of the few activities that puts beginners and experts on an equal emotional footing from the outset."

Recommended reading: Taylor, *Dream Work* and *Where People Fly and Water Flows Uphill*.
$740

Weekend of June 9-11

A Weekend with Seymour Carter

For workshop description see April 23-28.
$380

Weekend Massage Intensive

Carl Chase (C.C.) *& Laurie Schutz*

Participants will be instructed in basic methods for giving a pleasurable and beneficial full-body massage. Fundamental elements of bodywork, such as breath awareness, grounding, movement, quality of touch, and stress reduction, will be introduced. This workshop is open to beginners as well as those who wish to brush up on their massage skills.

C. E. credit is available; see pages 60-61. $380

Optimum Health: Theory & Practice

Nick Hall & Jim Loehr

The effects of stress on the body are still largely unknown, but research over the past decade has indicated that it may be linked to various diseases. This workshop will explore the theoretical and practical issues relating to stress and outline a training program for optimum health and stress reduction.

Nick Hall, a pioneer in research exploring the relationship between the brain and the immune system, will review the practical issues concerning stress and psychoneuroimmunology. He has published over 100 articles on psychoneuroimmunology and has been featured on "60 Minutes" for his work using imagery with cancer patients. Participants will explore behavioral-based techniques such as relaxation, guided imagery, conditioning, and nutrition as anti-stress interventions.

Jim Loehr will demonstrate his Toughness Training System, which evolved from his work with world-class tennis players, including Gabriela Sabatini and Martina Navratilova. Strategies for toughening physically, mentally, and emotionally will be explored. His method for calculating units of stress, units of recovery, and markers of overtraining will be experienced by each participant. The importance, function, and timing of recovery in terms of sleep, diet, active and passive rest will be reviewed in the context of Life Toughening.

Participants need not be extremely athletic or highly conditioned, only interested in increasing their level of fitness.

C. E. credit is available; see pages 60-61. $380

Yoga for the '90s

Deborah Anne Medow

Today, more than ever before, many people are overwhelmed by the stresses and tensions that they experience in their daily lives. Yoga, the oldest science of life, utilizes body, mind, and breath to bring stress under control by revitalizing energy on physical, mental, and spiritual levels.

On the physical level, asanas (yoga postures) tone the muscles, joints, and nerves, massage the internal organs, increase circulation, and improve digestion, making the body strong, flexible, and proportionate.

On the mental and spiritual level, the regular practices of asanas and breathing methods not only cleanse the system and energize the body; they also help to calm the mind and develop an awareness of self. Meditation can then become a vehicle for focusing this awareness, allowing the spirit to flourish.

During this weekend, asanas, breathing exercises, integral movement, and meditation will be taught and practiced, with particular emphasis on the yoga postures (stretches). Participants will be assisted in building a solid basis for the further development of yoga practice. Yoga philosophy and theory will be presented. A healthy diet will also be discussed and encouraged. $380

Week of June 11-16

Golf in the Kingdom: An Exploration of the Inner Game

Stephen Cohen, Fred Shoemaker & Brian Bergstrom

For workshop description see April 23-28. $740

Sexual Trauma Survivors: Specific Strategies for Body, Mind, and Spiritual Healing

Carolyn Braddock & Guests

The body remembers sexual trauma because the body is the scene of the crime. It expresses these memories in how one breathes, moves, and speaks – or doesn't speak. Consequently, body sensations may be blocked and a protective body belief system may develop. The child learns early *not* to have a voice to express the anger, sadness, pain, or frustration she or he suffers.

This workshop focuses on body/mind/spirit integration, adding new somatic dimensions to traditional strategies in the healing journey. For example, it will identify three main body types (rigid, collapsed, and inanimate) that illustrate how survivors respond when they revisit the memories of their traumas.

Through eight guided teaching sessions, participants will be shown how to enhance their skills with new intervention strategies to empower wounded individuals to speak in a strong, new voice. Group members will be actively involved in interventions, demonstrations, discussion of legal/ethical issues, and case presentations from a body-oriented perspective. Breathwork, sound, movement, gestalt, bodywork, Tai Ji, role-playing, and creative cognitive work will also be used, creating a balance between work and play.

This approach is applicable for traditional psychotherapists, bodyworkers, and those in the medical profession.

Please note: This workshop is for professionals, those in training, and others who are interested in a new body-oriented approach to working with sexual trauma survivors. It is applicable for Braddock Body Process™ certification hours.

Recommended Reading: Braddock, *Body Voices: Using the Power of Breath, Sound, and Movement to Heal and Create New Boundaries.*

C. E. credit is available; see pages 60-61. $740

Recovering from the Loss of a Parent

Jack Engler

In the mind of a child, whatever the age, it is incomprehensible that parents can die. When they do, especially later in life, we may be surprised by how shocked, unprepared, and overwhelmed we can feel, and for how long. The death of a parent confronts us with issues and feelings we have never faced before.

This is a workshop for those who have lost a parent *in adult life*, and who still find themselves working through related issues. In a safe, supportive setting, the workshop will offer a chance to explore these issues and feelings, identify blocks to grieving and healing, and learn how this painful event can be an opportunity for a deeper understanding and appreciation of life as well as death.

The workshop will address specific issues associated with the loss of a parent: the nature of grief; the process of grieving someone we always assumed would be there; dealing with anger and guilt; the impact on relationships with family and friends, work and home; new attitudes toward death; and our own spirituality and mortality.

The workshop will be based primarily on personal sharing and interaction. It will include written assignments and exercises, as well as guided meditations. Because this work depends on everyone having an opportunity to share and interact, it will be limited to twelve participants. $740

Chakra Integration: A Complete Approach to Health and Healing

Laurie Lioness Parizek
& The Esalen Teaching Staff

The chakras are vital, life-enhancing centers that have their roots in the physical body, along the spine, and deep in the brain. They open into the energy field and are a complete three-dimensional system of the body. When integrated, they refine the mainstream current of energy in the central nervous system, bring balance to the endocrine system, and help to integrate one's physical, spiritual, and energetic life.

This workshop will use movement, sound, awareness exercises, and supportive hands-on work to balance the chakras and mainstream spinal current, and to gently and consciously open this channel that connects heaven and earth through our bodies. Participants will be guided in grounding and breathwork. The workshop will explore and integrate personal healing work, gentle energetic touch, and associated hands-on skills to enable participants to work more consciously with themselves and others. Meditation will be used throughout the week to bring serenity and a deeper personal understanding of the chakras. Participants are invited to bring their favorite musical instrument and/or personal healing tools.

This workshop addresses everyone and is of special interest to health care professionals and those interested in developing a working knowledge of this ancient time-tested way of healing. Please bring warm clothing as some of this workshop will be outdoors.

Recommended reading: Haas, *Staying Healthy with the Seasons*; Brennan, *Hands of Light*.

C. E. credit is available; see pages 60-61. $740

June 16-23

Developing a Fitness Regime for Optimal Well-Being

Carl Chase (C.C.) & Deborah Anne Medow

Everyone wants to feel more flexible, toned, and energized – stronger and more powerful. This workshop can help you develop and practice a daily fitness regime to achieve just those goals.

This seven-day workshop will provide an opportunity to start to unlock your potential and develop the positive thoughts and attitudes that can create health and optimal well-being. The keys will be a combination of meditation, yoga, "ballistic" stretching, movement, dance, and a healthy diet.

During the workshop, participants will practice the above activities to help establish a daily fitness routine – fitness on physical, mental, and spiritual levels. The group support will be especially helpful for those who have a difficult time keeping such a fitness practice going.

There will also be quiet time for reflection, integration, and the peaceful enjoyment of the beautiful Big Sur coast and Esalen property.

Please bring loose, comfortable clothing, tapes and CDs, even musical instruments, an open mind, a good sense of humor, and a warm heart.

Please note: This workshop is not recommended for the seriously ill or the "faint of heart."

C. E. credit is available; see pages 60-61. $1110

Weekend of June 16-18

Meditation, the Self, and Healing

Ron Alexander & Lobsang Rapgay

"Learning to observe experience from a place of stillness enables one to relate to life without fear and clinging. One begins to accept pleasure and pain, fear and joy, and all aspects of life with increasing equanimity and balance. Life is seen as a constantly changing process." – JACK KORNFIELD, *Seeking the Heart of Wisdom*

Meditation helps to cultivate self-regulation through relaxation and the development of attentional skill. Mindfulness training helps develop awareness of self and psychic processes. It can also enhance affective and cognitive states of mind/body awareness to promote insight and individuation.

This workshop will provide instruction in the essential practice and understanding of meditation from both a psychological and spiritual perspective. The focus will be on the practice, experience, and benefits of meditation in daily life.

The meditative techniques of the various Buddhist schools, particularly Tibetan, Kundalini, Vipassana, and Zen, will be explored in detail. Tibetan meditation seeks to use mindfulness, insight, and visualization to activate physiological and psychological energies whose merger can produce powerful states of mind to penetrate into the reality of our being and experience. The principles of Buddhist psychology and Tibetan medicine amplify and integrate the full spectrum of mind/body healing.

This workshop can help participants acquire skills to calm the mind, directly experience affect, and enhance the creative activation of the mind. It is designed for everyone, from beginning to advanced.

Recommended reading: Goldstein & Kornfield, *Seeking the Heart of Wisdom*, and Rapgay, *Tibetan Meditative Experience*.

C. E. credit is available; see pages 60-61. $380

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach

Patrick Douce

The work of Moshe Feldenkrais is based on the natural process by which we learned to move as children. During this workshop, soft, easy, gentle movements will be used to increase awareness of the body and to improve the ease and ability of movement. Special emphasis will be placed on the difficulties in movement that arise from chronic conditions such as lower back and neck pain, tension in the neck and shoulders, and knee injuries. Such conditions can be improved by approaching the difficulties as problems in learning rather than as therapeutic troubles. Situations which were "incurable" become "reeducable." Workshop participants will also be introduced to methods for improving their ability to sense each other's bodies through touch and massage.

Although this workshop is valuable for anyone interested in learning more about his/her body through direct experience, it may be of special interest and benefit to dancers, athletes, doctors, nurses, physical therapists, psychologists, health care professionals, and elderly citizens who may discover new ways of moving with ease and increased flexibility – painlessly and immediately.

C. E. credit is available; see pages 60-61. $380

Songs of Innocence—Songs of Experience

Nancy Kaye Lunney

Singing can be an experience of great joy or overwhelming terror. It can provide illuminating moments of pure expression or a smoke screen of performance camouflage.

"Songs of Innocence – Songs of Experience" is singing about yourself, who you are, what you feel. It is about being yourself in front of other people without judging how well you sing. This workshop is not about performance. It is about making contact, feeling, expressing, and being there, with and for yourself and others.

If you've never sung in front of people, then this workshop can provide you with an opportunity to explore a new avenue of expression. If you and singing are old friends, this workshop can be a forum to expand the limits of that expression. It is a chance to take your singing self out of the shower, out of the car – out of the closet.

If the idea of getting up and singing in front of other people terrifies you more than anything you can think of, this workshop is for you. If you love to sing in front of other people and want to stretch yourself further, this workshop is for you.

Some guided imagery and gestalt may be used. Bring lyrics to songs that express thoughts and feelings you'd like to explore. Accompaniment and lots of music are provided. $380

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EMDR: Treating the Trauma Victim; A Workshop for Psychotherapists

Francine Shapiro & Margot Silk Forrest

The effects of trauma can be disastrous for the client and can lay the cornerstone for a variety of pathologies and presenting complaints. The remarkable success of EMDR (Eye Movement Desensitization and Reprocessing) in the rapid treatment of trauma has caused many to reexamine the assumptions about the nature of pathology. EMDR is an interactional, standardized approach and method that can accelerate the treatment of post-trauma symptomatology.

In this workshop, topics for discussion will be traumatic wounding, the mechanisms of processing, the role of clients in their own healing, and what this means for clinicians. While not constituting a training, the workshop will explore theoretical assumptions, the model, and its discrete elements and clinical applications. $380

Week of June 18-23

The Core Self: Returning to Innocence and Choice

Ron Alexander

Resources for healing, such as spontaneity, curiosity, trust, creativity, innocence, and joy, are found in the Core Self. This workshop will assist participants – including health professionals – in accessing the resources of the Core Self to facilitate personal healing and to acquire new skills in the mind/body healing process. Participants will also work on cultivating a friendly relationship with the unconscious to heal old dysfunctional patterns, and on discovering how to resolve incompletions from the past to become more conscious in the present moment. This process can bring about the healing of pain, fear, grief, and loss, and thereby enable the creation of healthier pathways for new living, loving, working, and relating.

The goals of this work are to enhance self-esteem, to become free of trauma and self-images of the past, to become conscious in the present moment, to communicate more effectively, to become empowered as a leader, and to develop a cohesive personal vision. The tools that will be used include gestalt open seat work, self psychology, insight meditation, breathing practices, mind/body healing, dreamwork, accessing the creative unconscious, deep music, group process, and immersion into nature.

Recommended reading: Heider, *The Tao of Leadership*; Chopra, *Timeless Mind, Ageless Body*; Polster, *Every Person's Life is Worth a Novel*; and Moore, *The Care of the Soul*.

C. E. credit is available; see pages 60-61. $740

Part of the Dancing Heart: The Body as a Map

Sara Shelton Mann

This is an unusual workshop that presents improvisational movement as a disciplined practice that can provide access to and awareness of essential states – those states of trust, joy, vulnerability, curiosity, and openness.

People generally operate out of primarily one physical system – bone, muscle, nerves, fluids. By exploring different physical systems, one's personal experience can expand and become a source through which movement, writing, storytelling, and singing can act as transformative agents. The group will start with balancing the visual, sensing, listening body, then dive into the physical systems that can bring forth essential states – strength, joy, peace – past the ordinary to the extraordinary, revealing our relationship to self and others. Participants can produce a personal body map, which, when viewed objectively, encourages a natural spirit of investigation to arise spontaneously.

The workshop will offer a movement practice designed for all ages and levels of experience. The practice can provide a new map of awareness and physical skills to track personal experience, especially experience of the unnameable. The workshop will also include writing, processing, and contemplation. $740

Evocation of the Deceased in a Latter-Day Psychomanteum

Raymond Moody & William Roll

In ancient Greece, there were institutions known as oracles of the dead, or psychomanteums, where people traveled, so the early historians and poets tell us, to visit with the spirits of loved ones lost to death. Dr. Roll and Dr. Moody will demonstrate how to re-create a latter-day psychomanteum through the use of the venerable technique of mirror-gazing, and how to facilitate vivid apparitional encounters with the departed within that environment.

Dr. Roll will discuss his research with hauntings and poltergeists. Dr. Moody will discuss the history of evoking spirits through mirror-gazing. Together they will explore the meaning of apparitional experiences in general, including angels and transformative aliens.

This unusual workshop will also present other procedures for connecting with the deceased, including the soul dance and psi sessions. $740

Acts of Courage

David Schiffman & Susan Kuttner

This workshop is designed for people who are facing change. It will be a time to pause and step away from the deadlines, demands, distractions, and interruptions of daily life.

These five days will be an opportunity to come back to your own heart in the company of kindred spirits. Participants will work to gather strength and clarity for making simple, effective plans for dealing with changes and uncertainties.

The pace will be gentle and restorative, with ample time to consider each individual's dreams, desires, and dilemmas. The intention will be to see how the process of transition can be approached in a heartful, open-minded, and courageous spirit. Together the group will create a mood of sanctity, balance, and peace for reflecting and acting on each individual's deepest concerns. Resources and influences will be drawn from a variety of traditional psychological approaches, as well as movement, music, ritual, and ceremonial practice. $740

Weekend of June 23-25

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 28-June 2. $380

Body Rejuvenation

Dub Leigh & Audrey Nakamura

The goal of this workshop is to start rejuvenating the body, mind, and spirit. A fast way to do this is to work the body: transform the old, hard, short, nonresilient tissue into soft, lengthy, bouncy tissue free from trauma, stress, and pain; work on changing the despondent, hopeless, negative, grouchy person into an enthusiastic, positive, upbeat person.

The recipe for beginning to rejuvenate the body will be demonstrated in one session to the group, and then experienced and performed by each participant.

This seminar is recommended for anyone and everyone. The older you are, the more stuff you have to work with. Bring a swimsuit – a two-piece for women.

Please note: Since this is a hands-on class using particular methods, participants are asked not to receive bodywork outside of class until the workshop is over.

Recommended reading: Leigh, *Bodytherapy: From Rolf to Feldenkrais to Tanouye Roshi.*

C. E. credit is available; see pages 60-61. $380

Caring for the Dying: What Really Works?

Zoketsu Norman Fischer & Frank Ostaseski

This workshop explores a mindful and compassionate approach to caring for those with chronic or life-threatening illness. Drawing on the experience of the Zen Hospice Project, a nationally innovative model of conscious care, the aim is to demystify the care-giving process, investigate our response to suffering, and clarify our intention in service.

The leaders will introduce traditional meditation practices of awareness, impermanence, and forgiveness; provide exercises designed to explore accumulated grief; and discuss the importance of ritual and memorials. Through silence, writing, storytelling, and the collective wisdom of the group, we will discover ways of encouraging our innate generosity and skillful means to stay present in difficult or impersonal care-giving situations.

The workshop offers renewal and a fresh perspective on service to professionals or individuals caring for friends or family. All are invited, but those caring for people with AIDS or cancer are particularly encouraged to attend. Wear comfortable clothing and please bring writing materials.

C. E. credit is available; see pages 60-61. $380

JOYCE LYKE

Natural Genius: An Authenticity of Being

Elisa Lodge

> *Unleashing the creative spirit will happen only when we recognize that natural genius lies within everything and everybody.* — Buckminster Fuller

Natural genius is a powerful creative force that arises when a deep sense of self-worth and trust is felt. It reflects a wholehearted acceptance of the many facets of our being. We are all geniuses in wonderful and mysterious ways that lie undiscovered within us.

Participants will have an opportunity to explore self-defeating patterns and beliefs that inhibit natural genius and learn practical tools to unleash untapped energy, passion, and creativity.

Individual and group exercises will be used, including a whole-body thinking process to balance right and left brain, stimulate intuition, and support more spontaneous "feeling" aspects of our thinking. By freeing and integrating breath, sound, feelings, energy, and movement as the nonverbal expression of our aliveness, participants can contrast the difference between self-imprisonment and inner freedom, pretense and presence, acting and being.

As we regain the power to dance our unique dance, as we voice the wisdom buried in our bones, we open to the heart of our personal power. $380

Jewish Renewal: Finding and Healing the Jewish Part of Your Soul

Michael Lerner

You don't have to be Jewish to learn from the spiritual and psychological wisdom of the Jewish people. Though Christianity portrayed Judaism as rigidly stuck in legalisms, and the oppression of Jews sometimes caused Jews to revert to a Judaism more aimed at survival than celebration, today the post-Holocaust world is seeing a remarkable renewal of Jewish spirituality and insights. Politically progressive and psychologically sophisticated Jews are reclaiming Judaism from the conservatism, conformism, and spiritual deadness that dominates some segments of the organized Jewish community.

Michael Lerner has been called "America's preeminent liberal Jewish intellectual" after the publication of his book *Jewish Renewal* and been described by the Washington Post as "the guru of the White House" because of his role in developing "the Politics of Meaning," which was adopted by Hillary Clinton. Lerner presents a weekend seminar that combines psychological processes to reclaim the Jewish part of your soul (even if you didn't know you had that part), Jewish religious observance (Sabbath meals and celebrations, reading of the Torah, etc.), and reflections on the Jewish approach to care for the soul, the relationship between spirituality and politics, and the psychodynamics of compassion and transformation. $380

The Group 2000

The Group 2000 is comprised of people who wish to help Esalen fulfill its mission and have contributed $2000 or more in one year. This is a special weekend to inform the Group of the latest developments at the Institute and discuss the plans and possibilities for the future. There will be time with the staff, an opportunity to interact as a group, as well as time to enjoy being at Esalen with some optional planned activities.

For more information, contact Ginger Hart, Coordinator, Friends of Esalen at 408-667-3007. $380

Week of June 25-30

Creative Arts Center at Esalen

Arts Center Staff

For workshop description see January 1-6. $740

Practicing in the Marketplace: The Diamond Approach—A Spiritual Teaching for Our Times

Sandra Maitri & Joyce Lyke

> *God has made non-existence appear solid and respectable;*
> *He has made Existence appear in the guise of non-existence.*
> *He has hidden the Sea and made the foam visible,*
> *He has concealed the Wind and shown you the dust.*
> — Jalal al-Din Rumi

There is something within each of us that cannot be seen or touched with our ordinary senses, yet many of us intuit that this dimension is more important than anything else — it is the fathomless source of who we are. Through our conditioning, opaque inner veils have come to obscure our contact with these depths, leaving us to reside on the surface of ourselves and our lives, in at best a state of discontent, and at worst deep suffering. We look outside of ourselves for happiness and fulfillment, but when we finally recognize that what we long for is really deep within, a great turning begins.

This is the beginning of the spiritual journey. The Diamond Approach evolved as a way of making that journey for those of us leading ordinary lives of work and family in our modern world. Combining traditional spiritual understandings and practices with the most current knowledge of depth psychology, we are able to contact dimensions of reality and of the human potential traditionally accessible only to a very few.

In this workshop, students will be introduced to the fundamentals of the Diamond Approach. Specific practices and exercises focusing on presence, awareness, and inquiry will be taught to encourage participants to sink more deeply into themselves, and the obstacles and barriers that are generally encountered as we make the inward journey to our true Home will be worked with.

Recommended reading: A.H. Almaas, *Essence*, and *Diamond Heart – Book One*. $740

The Body and Zen

Dub Leigh & Audrey Nakamura

The goal of this seminar is twofold: (1) to use bodywork methods and principles for releasing tension, trauma, and toxins from connective tissue, and (2) to circulate the vital energy in an aligned body. The group will draw from Rolfing (structure), Feldenkrais (function), and Zen (energy), to obtain these goals.

This is a hands-on workshop. Participants will give and receive bodywork and learn methods to recognize, work with, and relieve some types of chronic muscle pain. Participants are asked to bring a swimsuit – a two-piece for women.

Please note: Since this is a hands-on class using particular methods, participants are asked not to receive bodywork outside of class until the workshop is over.

Recommended reading: Leigh, *Bodytherapy: From Rolf to Feldenkrais to Tanouye Roshi*.

C.E. credit is available; see pages 60-61. $740

Letting Go—Moving On

Mary Goldenson (Devarani) & Gustavo Rabin

Beliefs, fears, and emotions from the past can continue into present relationships and interfere with spontaneous feelings of trust, love, and joy. The goal of this workshop is to experience and let go of these defenses and create new ways to relate – in the moment – to ourselves, our work, and those we love.

The workshop includes periods of intense bodywork for those who want to let go of past anger, fear, and pain, which are reflected in the body as armor and tension. As armor softens, feelings held in since childhood can be released, and positive feelings can be experienced more fully. By also using dreamwork, massage, dance, and group process, a new capacity for loving can emerge.

This workshop will have no more than thirty participants. $740

Turning on the Light: A Conscious Choice to Live

Laura DeNuccio & Guest Leaders

In the sunlight of awareness, each thought and action becomes sacred. — THICH NHAT HANH

Laura DeNuccio writes: "What would you love to see in your life? In your world? What is meaningful to you? What is truly of value? To live fully, mindful of these questions, is a choice we can make moment-by-moment. This workshop is about honoring, empowering, and celebrating each person as we reclaim our wholeness/holiness as human beings making choices to live fully.

"Through the creative use of breath, sound, music, movement, and visioning, we can explore and discover what our spirit longs to express. Guided meditations will be used to increase body awareness and aliveness, to dissolve and balance energetic blockages, and to quiet, still, and expand the mind.

"Interpersonally, the emphasis will be on cultivating compassion, patience, and understanding as we learn to come into alignment with our own truths in relation to others and the planet. Through attunement with the Earth, we can deepen our capacity to listen to our innate wisdom and intelligence. Nature will become our teacher as we take gentle walks and light hikes in Big Sur.

"Applying the creative use of the Spoken Word, we will explore and expand a vision of possibilities for ourselves and the world in which we live."

Recommended reading: Fields, et al., *Chop Wood, Carry Water*; Chopra, *Quantum Healing*; Hanh, *The Miracle of Mindfulness*.

C. E. credit is available; see pages 60-61. $740

June 30-July 7

Language of the Drums: African Percussion, Chanting, and Dance

Babatunde Olatunji & Friends

For workshop description see February 26-March 3. $1110

Weekend of June 30-July 2

Disarming the Ogre: Recognizing and Transforming the Inner Critic

Sarah La Saulle

The Ogre – also known as the inner negative voice, the committee, the dark and hopeless perceptions, black-and-white thinking – is the voice of old belief systems. Many people experience their Ogre as a feeling of malaise or heaviness. Often it goes unrecognized by posing as the voice of reason, of ultimate reality. The Ogre judges. It counsels by criticism and continually re-inflicts wounds. The fundamental goal of the Ogre is to protect from pain and further loss. Unfortunately, the voice is cruel and distorted in its effort to preserve.

In this workshop, participants will catch their Ogre, illuminate him, and utilize various methods to transmute his negative influence. Writing, drawing, partnering, and group discussion will be utilized to deal with conscious and unconscious self-hatred. $380

The Body of Metaphor: The Craft and Magic of Figurative Language

Jim Dodge

This writing workshop will be a journey into the realm of figurative language, or tropes, and its core expressions – metaphor, simile, image, and symbol. It will concentrate on metaphor-making, emphasizing the craft and art of imaginative associations. Particular regard will be given to the skills and strategies of giving interior forces (emotion/idea/spirit) exterior density in the physical world through what Aristotle called "the art of the likely impossible."

The primary focus will be on group and individual practice in creating and elaborating metaphors – the ancient "alchemical marriage" mediated by the imagination – as well as the skills that bring clarity and grace to that union. Along the way the group will also:

- Consider the history of metaphor and the role of imagination in various cultures
- Explore the notion that an aesthetic (and a culture) is virtually defined by its metaphorical practices
- Discuss writing as a collaborative act of imagination with the reader
- Examine the properties/powers of words and language as a "wild system"
- Consider the intricate relationships (and perhaps the necessary unity) of language, imagination, and the natural world.

In short, we will try to get a firm grasp on the workings of metaphor – and then let go.

$380

Reconnecting Business with its Soul

David Trickett, Anita Roddick, Bill Sechrest & Ron Loeb

Einstein asked the question, "Is the world a friendly place?" In this time of rapid global change and worldwide hostilities, executives, managers, and all other stakeholders in our global business community may wonder why anyone would even pose the query. Yet an affirmative answer can shift our view of the world from an inherited traditional model based on scarcity, disconnection, and alienation to a systems model grounded on abundance and interrelationship with the universe. This shift can give us renewed energy to conduct our business in a manner that is values-based, socially responsible, and integrated with our surroundings. This view is a key not only to survival but also to success in the twenty-first century, wherein productivity, ethics, prosperity, growth, and spiritual wholeness all will be seen to emanate from the same creative source: the conscious human mind.

Participants will be guided through exercises using their own personal stories, selected brief readings, music, meditation, and deep dialogue aimed at a powerful awakening allowing them to see afresh the rich systems context in which business thrives. They will seek to discover the key lying in each of us for answering Einstein's question in a way that can transform our businesses into global change agents capable of providing abundance for all their stakeholders. The workshop will provide practical tools for business leaders to be touched powerfully by Nobel Laureate Ilya Prigogene's insight that "the world is richer than it is possible to express in any single language." $380

Art from the Heart: Communication Beyond Words

A Workshop for Families

Janet Greenwood

For centuries families naturally created and worked together to provide food, clothing, and shelter for survival. This teamwork was also a way for family members to connect with each other, play, talk, and learn to appreciate each other's talents. Today our sophisticated technology has allowed us to lighten our workload but also has reduced opportunities for families to create together and naturally strengthen interdependence, cooperation, and trust.

Through an approach Janet Greenwood calls "Art from the Heart," families will participate in specific art experiences – using drawing, play, collage, and music – that are designed to deepen understanding, communication, and joy in being together. Art creations also become symbols to learn about ourselves and teach each other about what most contributes to our feeling loved and cared about. Symbolic art can be used to heal past wounds. By creating and understanding our personal color and symbol vocabulary, combined with words and psychological understanding, we can become more conscious of behavioral patterns and more intentional in developing loving, healthy relationships.

No prior art experience is necessary. The workshop is designed for families of all configurations, appropriate for most children over age five. Students and professionals in psychology or education may find these processes to be useful personally as well as professionally.

For information on recommended readings and videotapes, contact A+ Relationship School, 3021 Citrus Circle, Suite 110, Walnut Creek, Ca 94598, or call 510-806-8255. $380

(For family rates, see Reduced Rate Options, pg. 5.)

JOYCE LYKE

SPECIAL PROGRAMS

The prices quoted below for these longer programs are for standard accommodations as described in "Reservation Information," page 4. Sometimes bunk bed space is available at a reduced rate. Scholarships are also available; please see "Scholarship Information" on page 5.

January 15-27

Advanced Training in Shamanism and Shamanic Healing

Michael Harner & Sandra Ingerman

Shamanism is the most ancient system known for using the mind, heart, and spirit to heal oneself and others, and to solve the problems of daily living. This 12-day intensive course emphasizes the universal methods of classic, core shamanism, such as shamanic journeying, and their practical application to contemporary life.

Course prerequisite: a previous workshop with Michael Harner or other authorized faculty member of the Foundation for Shamanic Studies, either at Esalen or elsewhere.

Recommended reading: Harner, *The Way of the Shaman* and *Hallucinogens and Shamanism* .

For information, cost, and application, please contact Michael Harner, Foundation for Shamanic Studies, Box 670, Belden Station, Norwalk, CT 06852; 203-454-2825. Early application is recommended.

C. E. credit is available; see pages 60-61.

March 5-17

Emotional Healing: From Codependence to Aliveness

Terry Hunt & Hazel Solk

Children who grow up in alcoholic, abusive, or otherwise unhealthy homes often develop disabilities that last a lifetime unless these disabilities are deliberately addressed. These difficulties can include: an inordinate need to control, an overdeveloped sense of responsibility, fear of authority figures, inability to trust, difficulty having fun, compulsive behavior, fear of abandonment, and chronic lack of self-esteem.

All addictions and codependency are diseases of denial. This includes workaholism and other compulsive activities, as well as substance abuse. Sufferers of addictions and their offspring tell themselves that it really wasn't so bad, and they learn not to feel what they cannot tolerate. As they deny pain, they screen out joy, and their adult lives can be filled with depression and loneliness. These same individuals are also survivors, however, and most have emerged as successful-appearing adults. Yet they often spend so much energy managing and controlling work and relationships that they have little left for themselves and their own fulfillment.

A necessary part of healing is moving from being codependent toward a state of emotional sobriety. Through self-exploration, participants will have the opportunity to access, express, and release blocked emotions that they still carry from childhood, and to tap the aliveness that was sacrificed when they buried their anger, fear, and grief. Points of focus for this workshop will include:

- Emotional sobriety: Having a personal sense of balance and physical boundaries from which to find peace and a capacity for genuine sharing and pleasure
- Pleasure/addictions: Learning that true pleasure is a life-affirming, non-addictive experience
- Sexuality: Separating the unmet needs of the wounded child from adult intimate sexual relationships; learning basic tools for nurturing and sustaining healthy relationships
- Boundaries: Looking at the tendency to alternate between fusing with another and then completely isolating oneself
- Spirituality: Learning to have faith despite the horror experienced in childhood
- Learning new behaviors: Identifying and overcoming old ways of reacting
- Looking beyond the label: Knowing when to stop calling oneself codependent

Recommended reading: Hunt & Paine-Gernée, *Emotional Healing*; and *Secrets to Tell, Secrets to Keep*.

C. E. credit is available; see pages 60-61.

Standard accommodations:	$1795
Bunk bed room, if available:	$1245

March 10-April 7

28-Day Massage Practitioner Certification Program

Brita Ostrom, Oliver Bailey & Esalen Massage Staff

The Esalen monthlong massage program provides instruction in basic massage skills. This training includes anatomy, movement, meditation, gestalt awareness, ethics and business practices, and self-care. The daily lessons consist of lecture, demonstration, and supervised hands-on practice. Bodywork is studied as a pathway to well-being and transpersonal growth.

After the monthlong program, students wishing to fulfill certification requirements have six months to complete and document thirty massage sessions. Upon payment of a $50 processing fee, a California state-approved Certificate of Completion will be issued.

This is a professional training group with limited admission. Please request an application form when making reservations.

C. E. credit is available; see pages 60-61.

Standard accommodations:	$3325
Bunk bed room, if available:	$2350

May 21-June 16

Certification in Clinical Hypnosis

Marc Lehrer with Norman Katz, Adam Burke, Art Dann & Rainya Dann

This course is a synthesis of Ericksonian and Direct Hypnosis, neurolinguistics, and bio-hypnotic monitoring. It satisfies the hypnosis course requirements for the MFCC and complies with the California State Requirement for Hypnosis Certification. It is designed to help develop hypnotic skills for counseling, medicine, nursing and other health areas, education, and bodywork. This program is also an opportunity for personal growth and transformation for anyone interested in hypnotic phenomena and the uses of suggestion in daily life.

Hypnotic suggestion, advanced imagery, and relaxation methods will be explored. There will be daily presentations, numerous practice

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sessions, video examples of Erickson and other practitioners, and extensive written support materials. A hypnosis library will be available for in-depth learning of advanced topic areas, and there will be an opportunity to explore personal goals with trance and biofeedback equipment.

The scientific basis of hypnosis as well as its practical applications will be emphasized. Topic areas will include: induction methods, hypnotic testing, symptom and habit removal, individual and family counseling applications, pain control and psychosomatics, nonverbal and pendulum methods, biomedical hypnotic monitoring, metaphor and storytelling methods, hypnosis with children, regression and uncovering, redecisioning and reframing, self-concept enhancement, stress management, fears and phobias, early trauma, hypnotic dream programming, imagery conditioning, NLP methods, enhancing performance in sports, music, and sensation, self-hypnosis methods, teaching self-hypnosis classes, and other topics related to therapy, health, and personal growth. Selected ongoing exercises drawn from aikido, Feldenkrais, movement, massage, and shamanistic traditions will complement the traditional topic areas.

Since each of the leaders will present for a number of days, there will be an opportunity to model different ways of deepening your own hypnotic potential, trance induction, and utilization skills. This monthlong experience with various faculty members will allow each participant an in-depth opportunity to develop vivid personal imagery, make lasting self-suggestions, and relate more completely with the unconscious mind.

The Hypnosis Certification is offered through the American College of Hypnosis, Biofeedback, and Neurotherapy Practices, approved by the Department of Private Post-Secondary and Vocational Education of the State of California. Certification is granted upon faculty review of assignments, class participation, practice, and knowledge of ethical guidelines necessary for offering hypnosis to the general public. There is a $120 certificate review fee, payable to the American College, due upon registration at the first day of the program.

Space is limited to twenty-two participants. Reading lists and information about certification and graduate credit will be sent upon registration or by request. You may contact Dr. Lehrer directly for further questions at 408-426-3321.

C. E. credit is available; see pages 60-61.

Standard accommodations:	$3150
Bunk bed room, if available:	$2260

Healthspring Outreach and Education

The Healthspring Project offers education and information that extends Esalen's work in the healing arts and sciences to the outside world. It is an independent service-oriented program of Esalen teachers and their associates. Healthspring offers a global information network linking visitors to Esalen with centers, teachers, and health professionals focused in the fields of somatics and psychology that are located in their home area. Our listings are public information and are not meant to be an endorsement of any individual or institution.

The Healthspring library offers books on health and healing, bodywork, somatic studies, psychology, nutrition, and related studies, which may be borrowed by students for a given period while at Esalen. Donations of appropriate books are greatly appreciated.

For access to this program, write to Laurie Lioness Parizek at Esalen, c/o Healthspring.

WILDERNESS PROGRAMS

April 28-May 6

Big Sur Wilderness Journey: From Esalen to Tassajara Zen Mountain Center

Steven Harper & Steven Waldrip

Nature can provide opportunities to stretch one's limits and explore one's inner wilderness. By living in a natural environment it is possible to expand and realize a deeper sense of self and richness of being.

The group will spend a day and a night at Esalen, leaving the next morning to hike through the Ventana wilderness. Participants will travel "light," with instruction in minimum impact camping, ecology, geography, and cultural history of the area. Wilderness will be a mirror and primary teacher as the group lives simply and in direct contact with nature. Participants will explore their feelings and sensations as they emerge, using gestalt awareness practice and group process. Taking inspiration from natural and native purification practices, they will create a time of cleansing and contemplation, culminating in a 24-hour period alone. The group will hike on to Tassajara Zen Mountain Center, deep in a rugged wilderness valley with natural hot springs, for their last night together. Meditation instruction will be available at Tassajara for those who wish it.

Backpacking experience is not necessary, though participants should be prepared for the challenge of vigorous physical activity. More information will be sent upon registration.

$740

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The standard refund policy reflects the fact that few of these expenses can be recovered.

To reserve a space in a wilderness workshop, a deposit of $200 is required. The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your nonrefundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your deposit is forfeited.

JOYCE LYKE

KARINA LYRE

RECENT INVITATIONAL CONFERENCES

In its continuing commitment to the fields of education, religion, philosophy, and the physical and behavioral sciences, Esalen regularly sponsors invitational conferences that bring together experts who share their research and points of inquiry. As host, Esalen covers room and board expenses for participants as a way of advancing these particular studies. These are invitational conferences only and are not open to the public. Recently held programs and their conveners are listed here.

New Directions in Meditation Research VII

May 1-6, 1994

Cosponsored by Esalen Institute, the Institute of Noetic Sciences & Marius Robinson

The objective of this conference was to identify critical issues involved both in the study of meditation and its use in clinical or educational contexts. Conference participants also discussed methodologies for meditation research; explored the interface between meditation traditions and the disciplines of science, psychology, and human development; and explored the potential significance of meditation and meditation research for both the individual and society.

The Russian-American Emerging Leadership Program

June 14-17, 1994

The Russian-American Center's conference on emerging leadership in the U.S. and Russia, scheduled for 1995, will unite a large group of young Russian and American leaders in four fields: business and economics, science, politics, and the media. This meeting was a planning session for that conference, bringing together a group of Russian and American advisors who adhere to the belief that informed personal relationships between leaders can result in improved relations between countries and in peaceful resolution of future conflict.

Ecopsychology: Theory and Practice

June 26-July 1, 1994

This was the second Esalen Institute Invitational Conference dealing with issues and ideas in the growing field of ecopsychology. Among the topics under discussion this year were the ecology of cities, diagnostic categories in ecopsychology, the psychology of shamanic and animistic worldviews, the narcissistic foundations of consumerism, issues in environmental ministry, developing an environmentally-based definition of mental health, and curriculum development in ecopsychology.

For more information about future activities in ecopsychology at Esalen and elsewhere, contact *The Ecopsychology Newsletter*, Box 7487, Berkeley, CA 94707.

FUTURE PROGRAMS

Listed here are a few of the programs scheduled for the months ahead. This is not an invitation to register, but information to assist you in your long-range plans to participate in an Esalen workshop. Dates are subject to change; please call the Esalen Office or see the next catalog for more specific information.

FALL 1995

12-Day Integrative Body Psychotherapy (IBP) Program: Workshop and Professional Training

Jack Rosenberg & Beverly Kitaen Morse

28-Day Massage Practitioner Certification Program

CONTINUING EDUCATION PROGRAMS FOR NURSES

The Board of Registered Nursing has approved Esalen as a provider of Continuing Education for registered nurses, provider number 01152. Only those programs listed below offer Continuing Education credit. Workshop leaders have the final decision in applying for C.E.U. eligibility. There is a $10 processing fee for C.E.U. certificates, payable at the end of the workshop when you turn in your evaluation form to the office. If you wish to receive a certificate, please notify the office at the time of registration.

Please note: *Two-day workshops offer 10 hours of C.E. credit, four-day workshops offer 20 hours, and all five-day or longer workshops offer 30 hours.*

If you need additional information on our C.E. courses or future C.E. outreach programs, please contact Sherry Sanders Galloway, R.N., Continuing Education Coordinator, 408-667-3000.

January 1-6

- Feeling and Innovation
- Mending the Fragmented Self: Soul Retrieval and Shamanic Practices
- Sports Massage

January 6-8

- Somatics: Mastery of Muscles and Emotions

January 8-13

- The Art of Talking and Listening
- Toward an Embodied Wisdom

January 13-15

- The Awakened Mind: Brainwave Training
- Introduction to Gestalt Practice

January 15-27

- Advanced Training in Shamanism and Shamanic Healing

January 20-22

- Vipassana Meditation and the Teachings of Thich Nhat Hanh
- Finding Inspired Work in Midlife

January 22-27

- Creating Exact Moments of Healing

January 27-29

- Powerfully Presenting Yourself
- Intuition and Perception: Extending the Boundaries

January 29-February 3

- Self-Empowerment and Purification: The Farther Reaches of Gestalt

February 3-5

- Acupressure Energy Workshop
- The Sexually Abused Male: Life Transitions and Healing
- Weekend Massage Intensive

February 5-10

- Simple Truths about Struggle vs. Suffering

February 10-12

- Introduction to Vipassana Meditation

February 12-17

- CranioSacral I

February 19-24

- Spiritual Healing: Laying-on-of-Hands

February 24-26

- Introduction to Gestalt Practice
- Rx Massage: For Health Care Practitioners

February 26-March 3

- Gestalt Practice
- Living with Chronic Back Pain

March 3-5

- Weekend Massage Intensive

March 5-17

- Emotional Healing: From Codependence to Aliveness

March 5-10

- The Future of Leadership: Integrating Creativity, Value, and Accountability

March 10-April 7

- 28-Day Massage Practitioner Certification Program

March 10-12

- The Future of the Self

March 12-17

- Change and Self-Esteem

March 17-19

- Clinical Program for Professionals: Treatment of Post-Traumatic Stress Disorder and Dissociative Disorders

March 19-24

- Bodywork Intensive: Strategies for Healing Post-Traumatic Stress
- Making Crucial Life Choices and Major Life Changes

March 24-26

- The Embodied Life: Feldenkrais® Movement and Zen Meditation
- Self-Empowerment for Trauma Survivors

April 2-7

- The Subtle Art of Meditation

April 7-9

- Embodiment: Theory and Practice

April 9-14

- Gestalt Practice

April 14-16

- Co
- The Visionary Life: The Quest of Your Life

April 16-21

- Enhancing Communication Hypnotically
- Polarity Massage Intensive

April 23-28

- Healing the Heart

April 28-30

- The Art of Leadership: Excellence in Business, Management and Communication

May 5-7

- Rekindling the Spirit in Work
- An Introduction to the Living Brain

May 7-12

- Self-Hypnosis: Methods, Practice, and New Learning with Brainwave Feedback
- Five-Day Massage Intensive

May 12-19

- Gestalt Practicum
- Cortical Reeducation® and the Feldenkrais Method®

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May 14-19
- Creating Health Through Imagery

May 19-21
- Recovery
- Time-Shifting: Creating Time for Your Life

May 21-June 16
- Certification in Clinical Hypnosis

May 21-26
- Intuition, Perception, and Altered States of Consciousness: Extending the Boundaries of Human Experience
- CranioSacral II

May 26-28
- Refilling the Chalice: Time Out for Healers

May 28-June 2
- Making It Float
- Awakened Mind: Five-Day Brainwave Training Intensive

June 2-4
- Introduction to Vipassana Meditation
- Medicinal Herbology: An Esalen Garden Workshop

June 4-9
- Opening the Feelings

June 9-11
- Weekend Massage Intensive
- Optimum Health: Theory & Practice

June 11-16
- Sexual Trauma Survivors: Specific Strategies for Body, Mind, and Spiritual Healing
- Chakra Integration: A Complete Approach to Health and Healing

June 16-23
- Developing a Fitness Regime for Optimal Well-Being

June 16-18
- Meditation, the Self, and Healing
- Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais' Approach

June 18-23
- The Core Self: Returning to Innocence and Choice

June 23-25
- Body Rejuvenation
- Caring for the Dying: What Really Works?

June 25-30
- The Body and Zen
- Turning on the Light: A Conscious Choice to Live

MARGARET LIVINGSTON

WORK STUDY PROGRAM

The Work Study Program is for those who are interested in an intense and complete involvement with the Esalen environment. It is a work-oriented program, emotionally and physically, and only rarely is it restful. Participants work thirty-two hours per week in one of Esalen's departments (kitchen, garden, farm, housekeeping, maintenance, or grounds) and participate, along with staff and long-term students, in that department's program.

During most evenings and one weekend intensive, work students are together as a group exploring different practices and approaches available at Esalen, with specifically assigned leaders who will be with the group throughout the month coordinating the study schedule and facilitating many of the evening sessions.

The selection of work students is done by Bette Dingman, the Work Study Coordinator, in consultation with department supervisors. Since this is a work program, preference is given to applicants who are open and willing to learn about themselves within the work context as well as within the evening and weekend study/process groups. Applicants with particular skills or physically limiting conditions are urged to mention them on the application. It is necessary for applicants to be able to speak and understand English.

First-month work students, in particular, are assigned to departments largely on the basis of community need. No work students will be assigned to the office or Gazebo School Park until they have fulfilled a minimum of one month in one of the aforementioned departments.

The study portion of the program is divided into two groups each month: each emphasizes one type of growth practice, such as gestalt, meditation, Reichian work, massage or somatics work, and so forth. Participants must be prepared to stay at Esalen for the full duration designated for that particular program, assuming that they meet the standards of the Work Study Program.

Please note: This program is designed to explore and apply human values and potentials in both the evening groups and the workplace. It is not intended as a substitute for therapy or as a "cure."

It is sometimes possible to receive college unit credit for participating in the Work Study Program. Please check with your college or university for eligibility requirements.

Work Study Programs currently scheduled for 1995 are:

January 8-February 5

Elaine Hughes will offer a month of intensive writing facilitated by gestalt practice, meditation, visualization, body awareness, sense perception, and evocative writing exercises. Participants will explore other possibilities for self-expression – such as art, music, dance, and theater – and discover how these experiences can become integrated into their writing.

Nina Wise will continue with the second half of a two-month "Motion Training" program begun on December 11. *New work scholars are not eligible to join this program at midpoint.*

February 5-March 5

During this month **Julian & Cynthia Silverman's** program will provide a format for mindfulness in everyday life using the teachings of A *Course in Miracles*, meditation, movement, and massage.

Eduardo Eizner & Guests will lead a month concentrating on emotional release work and self-awareness, incorporating gestalt practice, group and individual process, rituals, movement, and bodywork.

March 5-April 2

Dianne Lawrence and participants will explore their relationship with themselves and others through acting, writing, theater, and painting. The group will create a communal performance to be presented at month's end.

With an emphasis on the practice of massage, **David Streeter** will explore the inner power of the human being. He will combine the essence of Zen meditation with movement from the martial arts and yoga. These principles will be applied to the art of massage and the art of being in the world.

April 2-April 30

A month with **John Soper & Friends** will focus on ways to improve the quality of life for participants. Gestalt practice will be the vehicle for personal growth in a group setting. The group may also experience other practices, including games, to bring into focus those areas of our lives that are ripe for change.

Vicki Topp & Friends will lead a monthlong journey exploring ourselves and our environment in a weaving of integral healing practices which may include massage, sensory awareness, imagery, storytelling, gestalt, creative movement, and spiritual nourishment.

April 30-May 28

Lenore & Mel (Rudra) Lefer will lead this program. Lenore will offer an exploration of the inner journey within the framework of psychosynthesis, using guided imagery, journal writing, dreams, ritual, storytelling, and nature to create a supportive environment in which healing and transformation can occur. Mel will teach all levels of Integral Yoga, including postures, progressive relaxation, breathing practices, meditation, and visualization.

The basis of this month with **Seymour Carter** will be the gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, and aikido. Each participant's process of development will be honored, encouraged, and treated as unique.

May 28-June 25

Maria Lucia Sauer Holloman & Anita Donovan will invite the creative spirit to come alive during this monthlong by combining music, art, movement, and ritual with the practice of the fundamental healing art of laying-on-of-hands.

David Streeter. See March 5-April 2.

June 25-July 23

This month with **Gideon Dreyer** will focus on the experience of becoming immobilized when confronted with certain obstacles and

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using these situations for inner enrichment and education. Participants will focus on spiritualizing their thoughts, feelings, and actions, and cultivating the will to act accordingly.

Eduardo Eizner. See February 5-March 5.

July 23-August 20

Patrick Douce will share the essence of his work with Moshe Feldenkrais, Balinese healers, and Indonesian Silat Martial-Art-for-Health systems. This program will focus on movement and touch to increase the sensitivity, flexibility, coordination, relaxation, and freedom of the body. Individual problem areas will be approached in order to improve chronic stiffness and pain. Group experience and interaction will help facilitate balance in the overall growth of each participant.

In the tradition of Milton Erickson, **Nancy Winston & Paul Lounsbury** will use cybernetic principles and hypnotic techniques to help participants bring about new forms of spontaneous interaction, novel experience, and more satisfying outcomes in everyday life. The focus will be on mobilizing and utilizing unconscious capacities to increase variety and choice in the patterns that organize our ways of bringing forth our world. This will include formal and informal trance inductions, group interaction, and exploration of individual styles of organizing and communicating experience.

INASMUCH AS the Work Study Program is a complete program in itself, please do not plan to take regularly scheduled catalog workshops during your stay. Professional services, such as massage, are available at staff rates.

Fees: A deposit of $400 in U.S. currency is required with your application. The work scholar fee is $750 for the first month, $700 for the second month, and $650 for the third month. Work students may be invited to remain for a second or third month depending on space available and community needs. There are no scholarships available for the Work Study Program.

Housing: Accommodations are shared (occasionally co-ed), with up to four people to a room, usually at South Coast Center, a staff complex located 1.5 miles north of Esalen.

For more information contact Bette Dingman: 408-667-3010.

Note: Application is not registration in the program. Registration is made only after approval of application and upon receipt of deposit. The balance of the fee is due on arrival. Of the original deposit, $100 is nonrefundable and may be transferred to other programs within one year of receipt. Please return the application form (see next page) with your deposit to:

Work Study Program
Esalen Institute
Big Sur, CA 93920.

Institute of Transpersonal Psychology Offers External Master's Degrees

WORK STUDENTS now have the opportunity to integrate their work study experience at Esalen with the external degree program of the Institute of Transpersonal Psychology. The external degree format enables students to study at any location. Work students will be able to continue the dynamics of personal growth fostered at Esalen while earning master's degrees in transpersonal studies or in transpersonal psychology.

Inquiries and applications should be made directly to ITP. Contact:

Nancy Fagen
External Program
Institute of Transpersonal Psychology
744 San Antonio Road
Palo Alto, CA 94303
415-493-4430

WORK STUDY PROGRAM APPLICATION

Name ______________________________ ☐ Male ☐ Female

Date of Birth ____________________ Occupation ____________________

Place of Employment ______________________________

Daytime Phone (___) ____________________ Home Address ____________________

Evening Phone (___) ____________________ City/State/Zip code ____________________

Date of Application ____________________ Country ____________________

Do you have any physically limiting conditions which might affect your full participation in this program? ☐ Yes ☐ No

If yes, please be specific. ______________________________

____

Are you currently taking any medications? ☐ Yes ☐ No If yes, please specify: ____________________

Which program(s) are you interested in? Please list the leader's name. ____________________

____

____

Please note: When focused programs continue with the same leader for more than one month, participants must be prepared to stay at Esalen for the full duration of that particular program.

The Work Study Program is for 28 days, beginning and ending on Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: __________ to __________ 2nd: __________ to __________ 3rd: __________ to __________

Work students may be invited to remain for a second or third month, depending on space available and the needs of the Esalen community. Please indicate your availability for such an invitation.

☐ No extension ☐ One-month extension ☐ Two-month extension

Assignments to departments are made according to community labor needs. However, if you have particular skills that you're willing to use, especially in food preparation, gardening, maintenance, mechanics, construction, or housecare, please mention them here.

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☐ Please check here if you have emergency medical skills (M.D., R.N., or E.M.T.) and are willing to use them during your stay.

Attach a personal statement about your interest in the Work Study Program and why you'd like to participate.

All applicants are required to sign a standard release from liability and assumption of risk form as a condition of participation in the Work Study Program.
Please Note: No pets allowed.

AUDIO RECORDINGS

The Dolphin Tape Series

This tape list continues to honor the 1994 centennial of the birth of Aldous Huxley, the first and perhaps most eloquent spokesman for the human potential movement. There are a number of titles by Huxley, and several by his own mentor Gerald Heard. Additional new titles reflect the work of other intellectuals through the past decades who were also seekers and explorers in realms of consciousness, feeling, and experience.

In addition to the many familiar titles which are included for the special attention of new customers, look for recent additions from your favorite speakers, and be prepared for some totally new discoveries from the archives. Please note that there is a small reduction in price for all the multi-tape titles. All previous tape lists are still valid, and these new prices apply to them as well.

Dolphin Tapes has no complete catalog, just overlapping tape lists. When you place an order, let us know your field of interest or your favorite speakers. We may have more information on some of them. Most tapes are in stereo. Tape length is normally 1 to 1 1/2 hours.

Single-tape titles are $10:

Abraham/McKenna/Sheldrake: TRIALOGUES: *Preview and Sampler*, 1989-90
Abraham/McKenna/Sheldrake: TRIALOGUES: *Cast of Characters*, 1989-90
Angeles Arrien: *Eight Universals that Sustain Health*, 1990
Gregory Bateson: *Cultural Relativity and Belief Systems*, 1978
Robert Bly: *Six Powers of Poetry*, 1983
Joseph Campbell: *The Hero's Journey*, 1984
Fritjof Capra: *Ecological Vision*, 1984
Fritjof Capra: *Characteristics of Systems Thinking*, 1985
Richard Feynman: *Quantum Mechanical View of Reality*, 1983
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BIOGRAPHICAL INFORMATION

A

Ralph Abraham, known for his work in dynamics and chaos theory, is professor of mathematics at UCSC, and author of *Chaos, Gaia, Eros: The Orphic Trinity in Myth and Science*, and coauthor of *Trialogues at the Edge of the West*. *p. 25, 42*

Sarah Abukutsa is a professional singer and dancer who trained in her native Kenya before working in Europe and the U.S. She has worked with Babatunde Olatunji and Quincy Jones. *p. 46*

Jeanne Achterberg is professor of psychology at Saybrook Institute and co-chairs the Mind/Body Advisory Panel for the Office of Alternative Medicine Division, National Institutes of Health. She is currently president of the Association of Transpersonal Psychology. *p. 44*

Margot Adler is the author of *Drawing Down the Moon*, a classic work on neopaganism and goddess spirituality. She is also the New York correspondent for National Public Radio. *p. 32*

Stephen Aizenstat is the founding president of Pacifica Graduate Institute, a core faculty member of Pacifica, and a clinical psychologist. He conducts dreamwork seminars throughout the U.S. and Europe. *p. 25*

Ronald Alexander is a health psychologist in private practice in Santa Monica, California. He is a creativity and communication consultant in the entertainment industry who specializes in leadership skills and mind/body healing. *p. 25, 40, 50, 51*

Anne Armstrong has been doing transpersonal counseling for thirty years and has trained professionals to use their intuitive abilities. *p. 23*

Angeles Arrien, a native Basque, is an author, anthropologist, and educator. Her teachings are based on the universality of values, ethics, and experiences as they relate to myths, symbols, and the arts. *p. 23*

B

Nancy Bacal is a lyricist and screenwriter. Student of meditation and black belt in aikido, her work includes the award-winning film, *Raga*, starring Ravi Shankar. She conducts ongoing writing workshops in Los Angeles. *p. 28*

Oliver Bailey is a practitioner and instructor of Esalen massage. His background includes training in gestalt practice, neurolinguistic programming, intuitive work, and meditation. *p. 31, 56*

Bonnie Bainbridge-Cohen, developer of Body-Mind Centering™, is an innovator and leader in working with movement, touch, and the body-mind relationship. *p. 42*

Richard Balaban is a clinical psychologist in private practice in Bloomington, Indiana, who delights in leading groups. He affirms joyfulness and the creation of a sense of self and community. *p. 39*

James Baraz has taught vipassana (insight) meditation retreats since 1977. He is on the board of directors of Insight Meditation West and the Dharma Foundation. *p. 23, 47*

Michael Barnett is a practicing psychiatrist in Bowling Green, Kentucky, whose personal work emphasizes emotional expression and healing. *p. 41*

Ellen Bass has supported, encouraged, and inspired women's writing for over 20 years. She's published a dozen books, including poetry, nonfiction, and children's stories. *p. 24*

Tandy Beal, dancer, choreographer, actress, comedienne, and dreamer, has performed as a solo artist and with her own ensemble in major cities and festivals throughout the world. She was recently appointed director of the New Pickle Circus. *p. 33*

Brian Bergstrom has been a structural bodywork practitioner since 1980. He has integrated his training with his passion for golf and works with golfers to help them maintain a swing free of physical restriction. *p. 39, 49*

Jeff Berner is a communications consultant, photographer, and instructor who has worked from a home-based office since 1968. He has written eleven books, including the recent *The Joy of Working from Home: Making a Life while Making a Living*. *p. 22*

Judith Blackstone is a counselor, meditation teacher, author, and dancer. She is the founder of The Subtle Self Work, a method of realizing the natural integration of the body, authentic self, and spiritual consciousness. *p. 41*

Joan Borysenko is a medical scientist and psychologist. She is the author of *Minding the Body, Mending the Mind*, *Fire in the Soul*; and several other books. *p. 46*

Myrin Borysenko, a medical scientist and educator, is executive director of Mind/Body Health Sciences, Inc. He is currently working with Joan Borysenko on a book about relationships. *p. 46*

Julie Bowden, pioneer in the children of alcoholics (COA) field, is cofounder of the National Association of COAs. She coauthored *Recovery: A Guide for Adult COAs* and *Genesis: Spirituality in Recovery*. *p. 39*

C.J. Bradbury is a member of the Esalen massage staff and a teacher of t'ai chi ch'uan. *p. 22*

Carolyn Braddock is a body-centered therapist and consultant in private practice in Lakewood, Colorado. She is the author of *Body Voices: Using the Power of Breath, Sound, and Movement to Heal and Create New Boundaries*. She trains professionals in the field of sexual abuse. *p. 33, 49*

Char Pias Brenner has lived at Esalen Institute since 1977. She is a facilitator of the expressive arts and teacher of Esalen massage. *p. 22*

Michael Broder is a psychologist who has been involved with the human potential movement for over twenty-five years. He is the author of *The Art of Living Single* and *The Art of Staying Together*. *p. 33*

Daniel Brown is director of a group private practice in Cambridge, MA and assistant professor at Harvard Medical School. He has spent nearly two decades investigating states of consciousness, and is a coauthor of *States of Consciousness*. *p. 31, 32*

Adam Burke is a research psychologist, acupuncturist, educator, and author. He is the director of Halcyon and offers trance-based trainings internationally. *p. 45, 56*

C

Phil Cardillo is a guild-certified Feldenkrais practitioner with a practice in Mill Valley, California. He has played the guitar for 29 years and has taught music for over 20. *p. 28*

Seymour Carter, longtime gestalt teacher at Esalen and in Europe, combines studies in sensory awareness, Zen Buddhism, aikido, and other body-oriented practices. *p. 39, 48, 62*

Michell Cassou is the founder of an original approach to painting designed to stimulate and unblock creativity. She is director of the Painting Experience Studio in San Francisco. *p. 43*

Carl Chase (C.C.) is a body worker who specializes in cross-fiber friction and deep tissue methods. He has also studied sports massage and soft tissue manipulation. *p. 48, 50*

Kenn Chase has taught traditional Yang style T'ai Chi Ch'uan for 25 years. He has studied with several T'ai Chi masters and has taught in Paris, Amsterdam, and London. He is the founder of MindBody Technologies, a corporate training company. *p. 41*

Randy Cherner conducts a three-year apprenticeship training program for practitioners in the field of somatic education. He is founder of a somatics center in Corte Madera, California. *p. 23*

Dan Clurman, a licensed MFCC, has led communication training nationally since 1982. He teaches critical thinking at Golden Gate University, and has a private practice in Oakland, California. *p. 17*

Stephen Cohen, gestalt practitioner and longtime golf hacker, is founder and President of The Shivas Irons Society, a nonprofit organization dedicated to enhancing golf's beauties and virtues. *p. 39, 49*

Pamela Colorado is coordinator of the Worldwide Indigenous Science Network, which brings together indigenous people and scientists to renew ancient indigenous knowledge. She has a doctorate in social philosophy. *p. 42*

Carolyn Conger blends her clairvoyant gifts with conventional psychology, dreamwork, healing, and intuition, working internationally. A doctor of clinical psychology, she has done research in psychoimmunology and human energy fields. *p. 41*

Emilie Conrad-Da'oud is the founder of Continuum. Her innovative approach to movement has enhanced the creativity of artists in many fields and has led to new insights in the healing process. *p. 31*

Robert Corff teaches performance in Los Angeles. He has had leading roles on television, Broadway, and in motion pictures. His workshops deal with self-presentation in business and professional life. *p. 20*

Stewart Cubley, artist and scientist, is cofounder with Michell Cassou of the Painting Experience Studio in San Francisco. *p. 43*

Dale Cummings, certified Radix® teacher and marriage and family counselor in West Los Angeles and Los Gatos, is director of training for the Radix® Institute. *p. 15, 48*

D

Art Dann has been a seminar leader in the healing arts since 1970. He has an extensive background in Tibetan Buddhism, Sufism, Gurdjieff, Osho, hypnosis, chanting, and Indian music. *p. 45, 56*

Rainya Dann teaches hypnosis, breathwork, codependency, and meditation seminars internationally. She is the director of the Transpersonal Hypnotherapy Training in Santa Cruz, CA, and is an examiner for the American Council of Hypnotist Examiners. *p. 45, 56*

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David Darling is a master cellist, composer, conductor, and teacher whose many recordings include *Journal; October; Cycles; River Notes; Amber;* and *Eight-Stringed Religion.* *p. 15*

Lama Surya Das is a Buddhist scholar, poet, and translator of Tibetan texts. He is founder of the Dzogchen Foundation of America and author of *The Snow Lion's Turquoise Mane: 150 Wisdom Tales from Tibet.* *p. 21*

Russell Delman was one of the first people chosen to lead authorized professional training programs in the Feldenkrais® Method. He has maintained a Zen meditation practice since 1971. *p. 33*

Laura DeNuccio, a certified Radix® practitioner on Esalen's teaching staff, has 20 years of experience leading groups in Reichian bodywork, gestalt, movement, meditation, and vision work. Her current interest is swimming with wild dolphins in Hawaii. *p. 54*

Jim Dodge has written three novels (*Fup, Not Fade Away, Stone Junction*), four books of poems, and numerous essays on ecology and bioregionalism. *p. 54*

Anita Eubank Donovan practices psychotherapy and spiritual healing in San Francisco. She is co-founder and advisory member of the Creative Arts Center at Esalen. *p. 62*

Patrick Douce, one of Moshe Feldenkrais's first American students, has lived at Esalen since 1972. Since 1986 he has lived half of each year in Bali where he is developing programs with Indonesian Silat Martial-Arts-for-Health schools. *p. 50, 63*

Gideon Dreyer is a clinical psychologist from Capetown and the Netherlands. He has taught at several universities and institutes. His main interest is ancient and modern initiation. *p. 62*

E

Eduardo Elzner, a licensed psychologist from Belgrano University in Argentina, is an Esalen staff member and director of Gazebo School Park. *p. 62, 63*

Jack Engler is a psychotherapist who teaches psychotherapy at Harvard Medical School. He is affiliated with the Insight Meditation Society and has led many workshops on spirituality, meditation, and psychotherapy. *p. 49*

Eric Erickson is a long-term student of gestalt and Eastern philosophical traditions. *p. 18*

Maty Ezraty is a founder and director of Yoga Works in Santa Monica, California. She has been teaching and promoting yoga for the past nine years. *p. 31*

F

James Fadiman has given many workshops at Esalen. He teaches transpersonal psychology, sits on three corporate boards, and writes both textbooks and novels. *p. 27*

David Feinstein, a clinical psychologist, is coauthor of *Personal Mythology* and *Rituals for Living and Dying.* He has taught at The Johns Hopkins University School of Medicine. *p. 26*

Zoketsu Norman Fischer is a Zen priest, head teacher at Green Gulch Farm Zen Center, chairman of the Zen Hospice Project, and author of six volumes of poetry. He has written extensively on the integration of Buddhist practice in everyday life. *p. 52*

Reinhard Flatischler, a Viennese composer, percussionist, and rhythm therapist, has studied and taught worldwide, and from these experiences has created TA KE TI NA. He also tours with his world-class MEGADRUMS project. *p. 35*

Lilias Folan continues to share yoga through her PBS series "Lilias!," her books, and award winning videos and audio tapes. She conducts seminars internationally and has taught yoga and meditation in Russia. *p. 40*

Margot Silk Forrest is the editor of *The Healing Woman,* a newsletter for women survivors of childhood sexual abuse. An incest survivor herself, she is currently writing a book on successful case histories of EMDR. *p. 51*

Joyce Frazee, a gestalt practitioner in private practice, is the senior supervisor of the Gestalt Training Institute of Vancouver, Canada. She is on the Board of Advisors of Hollyhock Institute and gives dream workshops in the U.S., Canada, and Europe. *p. 35, 36*

G

Sherry Sanders Galloway is an Esalen massage staff practitioner. She has been an R.N. and nursing instructor since 1974. She has a private practice working with survivors of childhood abuse and people with work, stress, and sport-related injuries. *p. 27*

Mariah Fenton Gladis, gestalt practitioner and trainer, founded and directed the Bucks County Institute for 12 years. She is director of the Pennsylvania Gestalt Center for Psychotherapy and Training. *p. 19*

Marushka Glissen is a clinical social worker on the staff of Mt. Auburn Hospital in Cambridge, MA. She specializes in psychotherapy, hypnotherapy, and couples treatment. *p. 31*

Mary Goldenson (Devarani) is a clinical psychologist, chiropractor, and certified Radix® teacher in Los Angeles. She has a private practice specializing in relationship therapy and transitions. *p. 17, 20, 25, 30, 46, 54*

Harriet Goslins is the originator of Cortical Reeducation® She is a Feldenkrais® practitioner with a background in psychosynthesis, applied kinesiology, craniosacral work, and social anthropology. *p. 44*

Lynda Greenberg is an exhibiting sculptor who has been teaching drawing nationally since 1981. She has been a colleague of the center for the Educational Applications of Brain Hemisphere Research since its founding in 1985. *p. 17*

Janet Greenwood is an MFCC, a Registered Nurse, and Registered Art Therapist who specializes in couples therapy and relationship training. She produced the award-winning film, "The Gestalt Art Experience with Janie Rhyne." *p. 55*

Bruce Gregory is a psychologist in private practice who specializes in mind/body healing and health psychology. He works with corporate executives who are experiencing difficulties with leadership skills. *p. 30, 31*

Stanislav Grof is a psychiatrist, author, and researcher of psychotherapy and non-ordinary states of consciousness. He is co-developer of Holotropic Breathwork, and conducts workshops and trainings worldwide. *p. 27*

H

Nick Hall directs the Division of Psychoneuroimmunology at the University of South Florida School of Medicine, and serves as a consultant to the National Institutes of Health. *p. 48*

Robert Hall, physician, psychiatrist, and teacher, has studied the mind-body process and meditation for 25 years. He is cofounder of the Lomi School and the Tomales School of Psychotherapy. *p. 47*

Eleanor Criswell Hanna, professor of psychology at Sonoma State University, is editor of *Somatics,* director of the Novato Institute for Somatic Research and Training, and author of *How Yoga Works.* *p. 16*

Keith Harary is a research psychologist and coauthor of seven books. He has over twenty years' experience in human potential research and is research director of the Institute for Advanced Psychology in San Francisco. *p. 20, 45*

Michael Harner has practiced shamanism and shamanic healing for more than thirty years and has pioneered their return to contemporary life. His books include *The Way of the Shaman; The Jivaro;* and *Hallucinogens and Shamanism.* *p. 18, 56*

Steven Harper coordinates Esalen's Wilderness Programs. He has led both traditional and experimental expeditions internationally for nearly 20 years. His work focuses on wild nature as a vehicle for awakening. *p. 38, 40, 47, 48, 51, 58*

Susan Harper teaches Continuum Dance Meditation workshops in Los Angeles and San Francisco, leads Dance the River trips on wild rivers, and has presented at the Joy-Spangler Asilomar Conference. *p. 48*

Robert Harris has been practicing CranioSacral Therapy since 1986 and now heads the Cranial Therapy Centre in Toronto. A senior instructor for the Upledger Institute, he teaches and lectures internationally. *p. 24*

Andrew Harvey, an Englishman born and raised in South India and educated at Oxford, was the youngest ever Fellow of All Souls College. Scholar, educator, and author, his twenty-two books include novels, poems, travel books, and translations. *p. 35*

Robert Helm is a senior member of the Esalen massage/bodywork staff. *p. 42*

Julie Henderson, somaticist, Vajrayana practitioner, and Ericksonian storyteller, has studied mind-as-body/body-as-mind for twenty years in both Tibetan and western traditions. She is the author of *The Lover Within.* *p. 30*

Christian Hendricks is a nationally certified instructor for the American Ju Jutsu Association, as well as a certified massage therapist with a private practice in Seattle, Washington. *p. 33*

Gay Hendricks has been a psychologist and body-centered therapist for twenty-five years. He is the author of *Learning to Love Yourself,* and the coauthor of *Conscious Loving* and *At the Speed of Life.* *p. 47*

Kathlyn Hendricks, a movement and body-centered therapist, trains mental health professionals internationally, and is coauthor of *Conscious Loving* and *At the Speed of Life.* *p. 47*

Harville Hendrix is founder/president of the Institute for Relationship in New York City and author of *Getting the Love You Want: A Guide for Couples* and *Keeping the Love You Find: A Guide for Singles.* He is the originator of Imago Relationship Therapy. *p. 36*

Carol Holcomb is a partner in a full service law firm where she specializes in domestic law. Prior to her legal career she trained as a social worker, devoting her attention to women's issues. *p. 34*

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Maria Lucia Sauer Holloman has practiced spiritual healing in Brazil and the U.S. since 1982. She has been a resident student and teacher at Esalen and conducts trainings and seminars internationally. *p. 27, 62*

Peggy Horan has been practicing and teaching massage at Esalen for 20 years. She is a student of childbirth, dance, and movement. *p. 29*

Chungliang Al Huang teaches Tai Ji philosophy, East/West synthesis, and the art of movement meditation. He is the founder-president of the Living Tao Foundation, and the director of Lan Ting Institute in the Sacred Mountains of China. *p. 15, 16, 17, 35*

Elaine Hughes, author of *Writing from the Inner Self*, has been teaching writing for over twenty years. She conducts workshops which combine writing with meditation. *p. 62*

Helen Hunt is a community activist in the women's empowerment movement, founder of the New York Women's Foundation and the Dallas Women's Foundation. She is also founder and president of the Sister Fund and a board member of the MS Foundation. *p. 36*

Terry Hunt is a licensed psychologist and a certified bioenergetic therapist specializing in addictive disorders and adults from dysfunctional families. He is coauthor of *Emotional Healing* and *Secrets to Tell, Secrets to Keep*. *p. 21, 30, 56*

Leigh Hyams is a painter and teaching-artist whose work has been exhibited internationally. A Fulbright Scholar, she leads art tours to Europe and South America for museums and universities. *p. 38*

I

Sandra Ingerman is an international faculty member of Michael Harner's Foundation for Shamanic Studies. She is the author of *Soul Retrieval: Mending the Fragmented Self*. *p. 15, 18, 56*

Christian Intemann cofounded the Floating Lotus Magic Opera Company, a theatrical experience directed toward spiritual transformation. He has been a teacher of Arica programs for twenty-four years. *p. 36*

Ione is a writer, director, and playwright, author of the memoir *Pride of Family: Four Generations of American Women of Color*. She is also a psychotherapist who facilitates access to dreams, myths, and ancestral memories. *p. 37*

J

Helen Jerene, artist, consultant, and teacher, works with a visionary consulting team designing long-range vision paintings for individual clients and Fortune 500 corporations. *p. 43*

Don Hanlon Johnson, director of the Somatics Graduate Program at California Institute of Integral Studies and author of *Body, Spirit, and Democracy*, currently heads a project examining somatics therapies and chronic low-back pain. *p. 28, 36*

Arthur Samuel Joseph is a private teacher and professor of voice with over thirty years' experience. He is the creator of Vocal Awareness, a method that integrates mind, body, and spirit through the vocal arts. *p. 20*

K

Norman Katz is a director of the Milton Erickson Institute of Hypnosis and the Behavioral Sciences of New Mexico. He teaches in Albuquerque and Santa Fe. *p. 45, 56*

Pauline Kirby, teacher and health practitioner for 25 years, has a background in both traditional medicine and a variety of complementary medical practices including acupuncture, herbs, and homeopathy. *p. 22*

Howard Kornfeld is an addictionologist, psychopharmacologist, and emergency physician. He has visited Esalen since 1977. He has worked to reduce the nuclear threat and to end capital punishment. *p. 45*

Michael Kramer began working with Fritz Perls at Esalen in 1966 and lived in Big Sur for many years. He has been a student and teacher with Arica since its inception in New York City in 1971. *p. 36*

Paul Krassner is editor of *The Realist* – "the best satirical periodical published in America" (*Library Journal*). He is an award-winning stand-up comedian – "the last live Lenny Bruce" (Groucho Marx). *p. 24*

Stanley Krippner is professor of psychology at Saybrook Institute and California Institute of Integral Studies, and coauthor of *Personal Mythology*, *Dreamworking*, *Dream Telepathy*, and *Realms of Healing*. *p. 26*

Susan Kuttner is a marketing and communications consultant, both in business and the healing arts. She assists her clients in becoming more effective, more powerful, more heartful, and more successful in their efforts. *p. 51*

L

Sarah La Saulle is a counselor and teacher who specializes in healing blockages to self-love and creativity. She is in private practice in Santa Monica, CA. *p. 54*

Frank Lawlis, a clinical health psychologist and researcher, is a professor at the Institute of Transpersonal Psychology. He has taught at four major medical schools and has a grant to study pain and stress management for children with cancer at Stanford Medical Center. *p. 44*

Dianne Lawrence is a performer and painter in Los Angeles. She sings with her band "Bertha D. Blues & the Lost Boys of Jazz," and recently completed an eight portrait commission for the House of Blues. *p. 62*

Barbara Lee is a circlemaker who has worked with groups for the past nine years. She holds a certificate in Organization Development and Transformation from the California Institute of Integral Studies. *p. 41*

Lenore Lefer is a psychotherapist in San Francisco who teaches and leads professional training in psychosynthesis in the U.S. and Russia. She also facilitates retreats for women and for people with heart disease and cancer. *p. 62*

Mel Lefer, formerly a businessman and restaurateur, has been a research participant and teacher at Dr. Dean Ornish's Preventive Medicine Research Institute for eight years, and has shown reversal of his own heart disease without surgery. *p. 62*

Marc Lehrer teaches clinical hypnosis and biofeedback internationally. He studied hypnosis with Milton Erickson and John Grinder, and resides in Santa Cruz, California. *p. 42, 45, 56*

Dub Leigh, longtime bodywork practitioner, was trained and certified by his friends Ida Rolf, Moshe Feldenkrais, and Tanouye-roshi. *p. 51, 53*

George Leonard is the author of *Mastery*; *The Silent Pulse*; and *The Transformation*. He is a fourth-degree black belt in aikido and founder of Leonard Energy Training (LET). *p. 18, 44*

Michael Lerner, both a psychotherapist and philosopher, is editor of *Tikkun: A Bimonthly Jewish Critique of Politics, Culture, and Society*, a journal noted for its cutting-edge analyses of American culture and politics. *p. 53*

Seymour Levine is a professor in the Department of Psychiatry at Stanford. His primary interests are developmental neuroendocrinology and the psychobiology of stress. *p. 42*

Elisa Lodge, is an expressive arts therapist with an extensive background in the healing arts, movement education, and performance art. *p. 53*

Ron Loeb is a corporate lawyer who focuses on corporate governance and responsibility. He is a member of The Jefferson Circle, a learning group for senior corporate executives drawn to the issues of individual and corporate renewal. *p. 54*

Jim Loehr, sport psychologist and pioneer in Mental Toughness Training, works in business and professional and amateur sport. He has authored a wide variety of books and training materials. *p. 48*

Paul Lounsbury is a founding member of the New York Forum for Psychotherapy Cybernetics. He studied hypnosis and psychotherapy with Milton Erickson and is in private practice in New York City. He specializes in the innovative use of hypnosis. *p. 38, 63*

Nancy Kaye Lunney, formerly a vocal coach and accompanist, is the originator of Singing Gestalt, which utilizes lyrics and songs as a means of self-expression. She is director of programming at Esalen. *p. 50*

Kathryn Lydecker, licensed marriage and family therapist, is a senior associate of the Lomi School. She is in private practice in Taos, New Mexico and Amarillo, Texas. *p. 45*

Joyce Lyke is a teacher in the Ridhwan Work School, which is dedicated to understanding personality and essential development. She has a private practice in Monterey and Santa Cruz. *p. 53*

M

Sandra Maitri is a teacher of the Ridhwan School, home of the Diamond Approach. She has been involved in spiritual and psychological work for the last twenty-five years. *p. 53*

Sara Shelton Mann has twenty years of movement-based study and essential states disciplines as a background for integration work as transformative process. She is the director of Contraband, a San Francisco-based performance company and training school. *p. 51*

Noel Mapstead is a local fine artist and potter. He has studied and exhibited extensively in New York and is familiar with Big Sur clays using traditional firing techniques. *p. 46*

Jena Marcovicci was a touring professional tennis player (1972-1976) who competed against such players as Borg and Vilas. He has a private sports psychology practice in Richmond, Massachusetts. *p. 24*

Peller Marion, psychologist and management consultant, is president of Peller Marion Associates, Inc., an outplacement and executive development coaching corporation in San Francisco. She is the author of *Crisis Proof Your Career: How to Find Job Security in an Insecure Time*. *p. 19*

Dean Marson is a practitioner and instructor of Esalen massage who uses self-care techniques as a means of introducing people to the pleasure and potential of human touch. *p. 27*

Robert Maurer is Director of Behavioral Sciences for the Family Practice Residency Program at Santa Monica Hospital and a faculty member at the UCLA School of Medicine. He works with theatrical companies and writers on the challenges of creativity. *p. 38*

Ingrid May is a German-trained physical therapist currently with the Esalen massage staff. Her massage work integrates dance, movement, breath awareness, and meditation. *p. 21*

Kim McCourt is a licensed marriage and family counselor, and senior associate at the Lomi School. Her bodywork practice incorporates craniosacral, intuitive hands-on energy work, orthopedic massage, and shiatsu. *p. 29*

Terence McKenna has spent twenty-five years studying the ontological foundations of shamanism and the ethnopharmacology of spiritual transformation. He is the author of *True Hallucinations*; *The Archaic Revival*; and *Food of the Gods*. *p. 30, 39*

Alix McLaughlin has been practicing CranioSacral Therapy since 1986 and now heads the Cranial Therapy Centre in Toronto. A senior instructor for the Upledger Institute, she teaches and lectures internationally. *p. 24*

Margot McLean is a painter who lives in New York City. Her work is in collections in the U.S. and Europe. She is currently collaborating with writer James Hillman on a book on animals. *p. 34*

Jean McLendon is Director of Training for the Satir Institute of the Southeast. A trainer of psychotherapists for twenty-five years, she has a private practice in psychotherapy and organization development in Chapel Hill, NC. *p. 14*

Deborah Anne Medow, Esalen workshop leader and bodywork practitioner since 1969, teaches ashtanga yoga, massage, creative movement, gestalt awareness, and related healing disciplines throughout the U.S. and Europe. *p. 19, 49, 50*

Robin Menken has been performing, directing, and teaching improvisation for 36 years. She is an Obie-winning playwright who created the Second City Workshops in Los Angeles and taught and directed at USC Theatre Conservatory. *p. 37*

Chuck Miller has been practicing yoga for 20 years and is an advanced Ashtanga student and teacher. His teaching reflects his deep commitment to yoga as a way of life. *p. 31*

Raymond Moody, author of *Life After Life* and *Reunions*, does experiential and historical research in altered states of consciousness and spiritual experiences, including near-death experiences and apparitions. *p. 51*

Darlene Moore is a research associate at the Institute for Advanced Psychology in San Francisco. She has conducted special projects and taught extended perception workshops for the Institute throughout the U.S., Canada, and Europe. *p. 20, 45*

Beverly Kitaen Morse is a marriage and family counselor in private practice in Santa Monica and a senior instructor at the Rosenberg-Rand Institute for Integrative Body Psychotherapy. *p. 33*

Caroline Muir has been a yoga practitioner for over 20 years. She is a Tantric Sex expert who specializes in sexual healing and awakening the goddess energy in women. *p. 26*

Charles Muir, a professional yoga instructor for 25 years, is director of the Source Schools of Tantra Yoga in Hawaii and California. He is coauthor (with his wife) of *Tantra: The Art of Conscious Loving*. *p. 26*

Arthur Munyer, a member of the Esalen massage crew since 1975, is a trigger point specialist and longtime bodywork practitioner trained by Dub Leigh, Fritz Smith, and Lauren Berry. *p. 29*

Michael Murphy founded Esalen Institute (with Richard Price) in 1962, and helped initiate Esalen's Soviet American Exchange Program. He is the author of *Golf in the Kingdom*; *Jacob Atabet*; and *The Future of the Body*. *p. 18, 53*

N

Audrey Nakamura was trained by Hawayo Takta, Dub Leigh, and Tanouye Tenshin-roshi. She has been a practitioner for eighteen years. *p. 51, 53*

John Nance was a daily news correspondent when he met the cave-dwelling Tasaday people, and his life changed. He is working on his fourth book about them. *p. 46*

Mudita Nisker directs Communication Options and has conducted communication trainings nationally since 1978. A clinical supervisor at the California Institute of Integral Studies, she has a private practice in Oakland, California. *p. 17*

Wes "Scoop" Nisker is considered the dean of new radio journalism and is editor of *Inquiring Mind, a* journal of the Vipassana Buddhist community. He is the author of *Crazy Wisdom*. *p. 24*

O

Gina Ogden is a licensed MFCC and the author of three books on women's sexuality, including *Women Who Love Sex*. She is a recovering proper Bostonian. *p. 21*

Heather Maycock Ogilvy, a psychologist in Menlo Park, California, has been in private practice for 18 years, working with adults and children. She is a longtime Esalen group leader. *p. 16*

Babatunde Olatunji, master percussionist from Nigeria, has performed internationally for over 30 years and is known for his album *Drums of Passion*. He is an authority on African religion. *p. 28, 29, 54*

Mary Orr has practiced vipassana meditation for ten years. Trained to teach by Jack Kornfield, she leads retreats throughout the U.S. *p. 41*

Kathleen O'Shaughnessy has an extensive background in Soto Zen, the major psychotherapies, movement therapy, nutritional healing, shamanic states, bodywork, and the practicalities of transpersonal crisis. *p. 42*

Frank Ostaseski is founding director of the Zen Hospice Project. He has 16 years of Buddhist practice and has studied a variety of psychotherapeutic methods. He gives professional trainings on compassionate care of the dying. *p. 52*

Brita Ostrom, has led massage and other workshops at Esalen for 21 years. She is trained in gestalt awareness work and participated in Esalen's two-year somatics education project. She is a licensed MFCC. *p. 17, 31, 56*

P

Helen Palmer has for the past 20 years directed CITI, a training center that unites psychological work with the agendas of sacred tradition. She has authored *The Enneagram* and *The Enneagram in Love and Work*. *p. 28*

Wendy Palmer is a fourth-degree black belt in Aikido and cofounder and teacher at Tamalpais Aikido Dojo in Mill Valley, California. She is the author of *The Intuitive Body*. *p. 38*

Laurie Lioness Parizek blends traditional and innovative ways of healing, and works with the chakras and the energy body. She pilots the Healthspring Project, extending Esalen's work in the healing arts and sciences to the rest of the world. *p. 49*

Candace Pert is the scientific director of Peptide Design laboratory, a researcher in the Brain Biochemistry Section of NIH, and a pioneer in research into neuropeptides and their role in the immune system. *p. 36*

Jeanine Pollak is the founder of Botanic Adventures, a wilderness adventure-travel company. She teaches at the University of California, Santa Cruz, and throughout Northern California. *p. 48*

Christine Stewart Price is a teacher and ongoing student of gestalt practice and other approaches to developing awareness. *p. 27, 28, 36, 43*

Carol Proudfoot-Edgar was a counseling psychologist at UCSC for 17 years. She leads workshops that focus on integrating shamanic methods and Native American teachings. She is a certified shamanic counselor and teaches for Michael Harner's Foundation for Shamanic Studies. *p. 15*

Bill Puka researches ethics – nonjudgmental, inspirational, visionary ethics – evolved at Harvard's Center for Moral Development. His *Be Your Own Hero* program promotes community service and worklife responsibility in the schools. *p. 18*

Johanna Putnoi, has been teaching, performing, and studying the movement arts in the Bay Area since 1972. She is a senior teacher of Lomi Somatic Therapy and has a private practice in Menlo Park, CA. *p. 45*

R

Gustavo Rabin is a clinical psychologist who focuses on relationships, life's transitions, and spiritual creativity. He has a private practice in Los Angeles. *p. 17, 25, 46, 54*

Lobsang Rapgay is a fully ordained Tibetan Buddhist monk, currently training as a clinical psychologist. He is a lecturer and consultant in depth psychology and Indo-Tibetan studies at Columbia University. *p. 50*

Paul Rebillot, a group leader at Esalen for eighteen years, combines gestalt methodology with theater and ritual. He divides his time between Europe and the U.S. *p. 16, 35*

Stephan Rechtschaffen, founder/president of Omega Institute, is a physician concerned with holistic approaches to wellness and longevity. He uses concepts of time as the focus for developing optimal health. *p. 45*

Christopher Reed has been practicing meditation since 1970, teaching since 1981, and has received *Dharmacarya* transmission as a teacher from Thich Nhat Hanh. He is cofounder and resident teacher at Ordinary Dharma and Manzanita Village Meditation Centers. *p. 19*

Tracey Rich has earned the title of "Yoga Acharya" and is the associate director of White Lotus Foundation. She trains teachers and students and leads seminars nationally. *p. 42*

David Richo has a doctorate in clinical psychology and has over 20 years experience in the field. He is the author of *How To Be An Adult* and teaches at UCSB and Berkeley Extension. *p. 26*

Erik Van Riswold is a certified Leonard Energy Trainer (LET) and Integral Transformative Practice (ITP) teacher. He is a thirty-year practitioner of the martial arts and holds a second-degree black belt in aikido. *p. 37*

William Pennell Rock is founder/director of Origins, a workshop process for creating and performing contemporary myths. He has lectured, led workshops, and directed productions in Europe, Asia, and the U.S. *p. 20*

Anita Roddick is Founder and Chief Executive Officer of The Body Shop International, a company that incorporates transformational ideas, female thinking, love, and self-education into regular business practices. *p. 54*

William Roll is an internationally renowned parapsychologist who made his career studying apparitions, hauntings, and poltergeists. *p. 51*

Jack Rosenberg, a psychologist and director of the Rosenberg-Rand Institute of Integrative Body Psychotherapy in Venice, California, is the author of *Body, Self, and Soul*. *p. 33*

Rudy Rucker, novelist, scientist, iconoclast, and cult hero, has published eighteen books, including the seminal cyberpunk novels *Software* and *Wetware*. He currently teaches computer science at San Jose State, and is working on his next novel, *Freeware*. *p. 30*

Douglas Rushkoff, author of four books and many computer programs and CD ROMs, is media editor for the *Whole Earth Catalogue*. He has taught film, media, and theory, and lectured on computers, media, and spirituality. *p. 22*

S

Stephano Sabetti, founder of the Life Energy Process, has a doctorate in psychology and trains therapists internationally. He is also an organizational consultant. *p. 20*

Karel Samson is a teacher and researcher of innovation at the University of Vermont and at Nijenrode Universiteit in his native Netherlands. *p. 15*

Robert Sanoff, a senior associate of the Lomi School, has led workshops and trainings in personal growth for fourteen years. He has been in private practice since 1976, currently in Santa Rosa, California. *p. 45*

Audrey Savage, gestalt practitioner and body therapist, works with women's issues, sexuality and spirituality, and the tarot. She is the author of *The Fourth Woman* and *Twice Raped*. *p. 16, 35*

Howard Schechter is a founder and former chairman of the Department of Organizational Development and Transformation at the California Institute of Integral Studies. He is a consultant and counselor in individual and organizational development. *p. 41*

David Schiffman is a longtime group leader at Esalen. His primary interest is in facilitating people who are in transition toward a more heartful, unstrained existence. *p. 24, 34, 44, 51*

Laurie Schutz, longtime Esalen massage practitioner and teacher, incorporates varied approaches to allow for nurturing, balance, and integration of the body. She has led parent-infant workshops. *p. 48*

Will Schutz, founder of the Antioch holistic studies department, is the creator of The Human Element, a set of training materials for organizations. He is the author of *Joy* and *Profound Simplicity*. *p. 42*

Alan Schwartz, longtime Esalen group leader, is a retired psychotherapist and educator. He is nationally ranked Age-Group (60-64) Triathlete whose writing includes the book *Life Force-Death Force*. *p. 22, 23*

Suzanne Scurlock-Durana, a senior instructor for the Upledger Institute, teaches CranioSacral Therapy and SomatoEmotional Release nationwide. Her lifelong fascination with integrating the energetic, spiritual, and physical has led her to teach this as well. *p. 46*

Bill Sechrest, a past board member of Esalen, is Vice Chairman (U.S.) of the World Business Academy and president of CDAC, a Dallas-based charitable corporation that focuses on neighborhoods, communities, and cities as organic systems. *p. 54*

Charlotte Selver, student of Elsa Gindler, introduced sensory awareness in the U.S., and has been closely connected with Esalen and the San Francisco Zen Center since their beginnings. *p. 32*

Laura Sewall has a doctorate in visual psychology and teaches ecopsychology at Prescott College. She is writing a book titled *Re-visioning Earth: Landscape Perception and Love*. *p. 34*

Phyllis Shankman is a licensed counselor in Santa Monica who teaches at Ryokan College and is a group facilitator at AIDS Project Los Angeles. She has led workshops at Esalen for over 15 years. *p. 32*

Francine Shapiro, originator of EMDR, is a Senior Research Fellow at Mental Research Institute in Palo Alto, CA. Her book, *Eye Movement Desensitization and Reprocessing: Basic Principles, Protocols, and Procedures*, will be published in late 1994. *p. 51*

Paula Shaw, a professional actress and acting teacher for over 20 years, conducts workshops in expanding self-expression, well-being, and creativity for non-actors across the United States and Canada. *p. 20, 21*

Fred Shoemaker, an inner game teacher and golf professional, is founder of The School for Extraordinary Golf. He has taught seminars for the U.S., Canadian, and Japanese P.G.A.s, and often writes about the inner game. *p. 39, 49*

Cynthia Silverman has been an Advanced Rolfer and teacher of bodywork for fifteen years. A longtime student of *A Course in Miracles*, she also teaches meditation and body awareness. *p. 62*

Julian Silverman, a former director and president of Esalen Institute, is a psychologist and educator. He has led group process and health care seminars throughout the U.S. and Europe. *p. 21, 62*

Gerald Smith is a licensed psychologist in private practice in Belmont, California. He has authored two books on relationships – *Couple Therapy* and *Hidden Meanings* – and has led workshops at Esalen for 28 years. *p. 29*

Elliot Sobel is a writer, musician, and the author of *Wild Heart Dancing*. *p. 40*

Hazel Solk is a family systems therapist who specializes in working with creativity through art and play to facilitate emotional healing. *p. 30, 56*

Robert Solomon is a professor at the University of Texas and has been giving seminars at Esalen for eleven years. He is the author of many books, including *The Passions* and *About Love*. *p. 16*

Malidoma Somé is an initiated shaman of the Dagara tribe, West Africa, who teaches ritual, indigenous spirituality, and healing through ceremony. He has led gatherings with Robert Bly, Michael Meade, and James Hillman. *p. 20*

Sobonfu Somé was born and raised in the traditional context of the matrilineal tribe, the Dagara of West Africa. In her teaching, she creates and contains a ritual space in which Spirit is felt as an engaged participant. *p. 20*

Titos Sompa is a dancer, choreographer, and percussionist who specializes in the cultural arts of the Congo and Zaire. He is the Artistic Director of Mbongi Dance Theatre Project in Santa Cruz, and teaches and performs worldwide. *p. 37*

John Soper is a gestalt practitioner with a background in international business. He is deeply aware of the need to improve the environment. *p. 62*

Kathleen Riordan Speeth is a psychologist whose interests include Bach, existential philosophy, Wittgenstein, roses, and Flemish primitive painting. Although trained in Buddhist and Sufi methods, she emphasizes Western literature and ideas. She is author of *The Gurdjieff Work*. *p. 37*

Brother David Steindl-Rast, Benedictine monk, psychologist, and author, has lectured on five continents. He is concerned with the spiritual changes of our time. *p. 17*

Gail Stewart is a student and teacher of process-oriented bodywork. She teaches for the Trager Institute and directs reSource, a bodywork training program in Berkeley, CA. *p. 43*

Hal Stone, co-creator of Voice Dialogue with his wife Sidra, is a clinical psychologist who teaches internationally, focusing on the inner cast of characters that runs our lives. *p. 40*

Sidra Stone, a clinical psychologist, coauthored several books with her husband Hal, including *Embracing Heaven & Earth*; *Embracing Our Selves*; *Embracing Each Other*; and their newest, *Embracing Your Inner Critic*. *p. 40*

David Streeter, a certified sports massage practitioner on the Esalen massage staff, has taught yoga and anatomy and worked as an athletic trainer. Before joining the Esalen faculty, he lived as a Camaldolese monk. *p. 16, 35, 62*

Keiko Suga is a ceramic artist whose focus is on traditional pottery-making techniques using local clays. *p. 46*

Sara Szpektor is a clinical psychologist in private practice in Buenos Aires, Argentina. Working with couples and groups, she combines gestalt practices, strategic counseling, and spiritual development. *p. 25*

T

Yao Tamakloe studied African dance, music, and literature at the University of Ghana and at UCLA. He dances with the Drums of Passion Dancers. *p. 46*

Richard Tarnas, former director of programs at Esalen, is professor of philosophy and psychology at the California Institute of Integral Studies, and author of *The Passion of the Western Mind*. *p. 27*

Jeremy Taylor has taught dream work for over 25 years. He is president of the Association for the Study of Dreams and author of *Dream Work* and *Where People Fly and Water Runs Uphill*. *p. 48*

William Irwin Thompson established the Lindisfarne Association in 1972 and still serves as its president. He is author of fifteen books, including works of fiction, poetry, history, cultural philosophy, and contemporary affairs. *p. 25*

Vicki Topp, faculty coordinator for the Esalen massage staff, teaches soft and sensitive use of pressure points and deep tissue massage combined with emotional and transpersonal body practices. *p. 62*

Michael Tracy has been an artistic director of Pilobolus Dance Theatre since 1974, and served as touring artistic director from 1981-1987. He has taught at many colleges and universities, most recently Trinity College and Yale University. *p. 47*

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David Trickett, president of the World Business Academy, has worked in business, government, and education. He has degrees in history, ethics, and worldwide spiritual traditions, and a doctorate focusing on values in complex human systems. *p. 54*

Stuart Twemlow, physician, psychoanalyst, advanced karate black-belt, and Zen student, is clinical professor of psychiatry at the University of Kansas School of Medicine, and consultant on violence and peace to the government of Jamaica. *p. 25*

W

Steven Waldrip has been a senior instructor with the National Outdoor Leadership School. He is an associate with the Bay Area Counseling Alliance and is a student in the Ridhwan School. *p. 40, 58*

Robert Walter, Joseph Campbell's editor for a decade, is director of the Joseph Campbell Foundation and a poet/playwright with over 20 years of eclectic experience as a teacher, publisher, and theatrical producer/director/designer. *p. 34*

Ellen Watson practices and teaches at Esalen where she has studied since 1984. Her bodywork style reflects her training in yoga, dance, Reichian and holotropic breathwork, hypnosis, and spiritual healing. *p. 21*

Ganga White, internationally-known teacher and master of yoga, is author of *Double Yoga* and has received the titles "Yoga Acharya" and "Yogiraj" in India. *p. 42*

Patti (Lawrence) White is a Cortical Reeducation® and Feldenkrais® practitioner who employs hypnotherapy, craniosacral, kinesiology, and Somatic-Emotional Release® to harmonize body, mind, and spirit. *p. 44*

David Whyte, poet, storyteller, and world traveler, is the author of two books, *Songs for Coming Home* and *Where Many Rivers Meet*. He teaches throughout the U.S. and Britain. *p. 22*

Marianne Williamson is the author of *A Return to Love*, *A Woman's Worth*, and the soon-to-be-released *Illuminata: Thoughts, Prayers, and Rites of Passage*. She lectures internationally on spirituality and new thought. *p. 39*

Nancy Winston is a counselor in New York City who has studied with Milton Erickson and has taught and trained clinicians in the use of hypnosis and counseling. *p. 38, 63*

Anna Wise has been using EEGs to measure and train brainwaves for high performance and meditative states for the past 20 years. She has led workshops in the U.S., Europe, and Asia, and has a private practice in Marin County, California. *p. 18, 47*

Nina Wise is a performance artist who creates autobiographical and fictional pieces. Her multimedia works have been honored with seven Bay Area Critics' Circle awards and numerous grants and fellowships. *p. 30, 62*

Roger Woolger is a Jungian analyst who brings Buddhist meditation and body release work to his regression process and spiritual healing. Author of *Other Lives, Other Selves*, and *The Goddess Within*, he trains therapists in Europe and America. *p. 38*

STEVE BECK

ESALEN INSTITUTE RESERVATION FORM

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Esalen Institute is a center to encourage work in the humanities and sciences that promotes human values and potentials. Its activities consist of public seminars, residential work-study programs, invitational conferences, research, and semi-autonomous projects.

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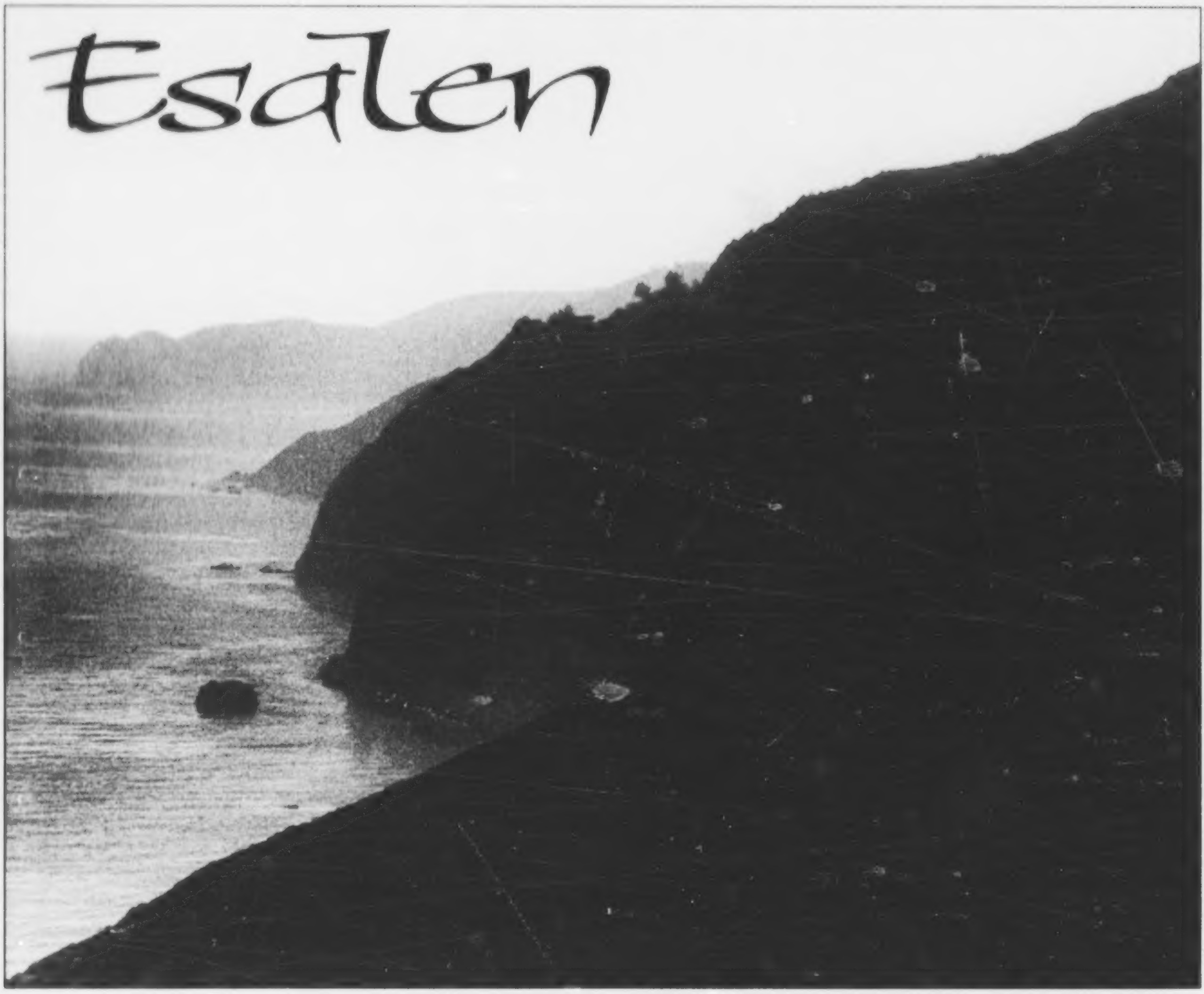

JOYCE LYKE

Esalen Institute is a center to explore work in the humanities and sciences that promotes human values and potentials. Its activities consist of public seminars, residential work-study programs, invitational conferences, research, and semi-autonomous projects.

We exist to sponsor, encourage, synthesize, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Since we are a center for experimental education, we ask that persons come to our programs out of an educational interest. We ask that no one come whose interest is "cure." We point out here, as we have in workshops and seminars, that some people, particularly those with a history of psychiatric problems, may find some programs difficult, trying, or potentially risky. We recommend that in case of any doubt, a physician or trusted counselor be consulted.

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The Esalen Catalog is published triannually by the Esalen Institute, Big Sur, California 93920-9616. Printed on recycled paper.

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Subscription Information:
Subscription cost for one year is $15 for the United States, $17 for Canada and Mexico, $22 for Europe and South America, and $25 for all other countries.

Although we're delighted to provide you with this issue of the catalog, if you are not currently a subscriber we would appreciate a $5 contribution to defray postage and production costs.

GENERAL INFORMATION

ESALEN lies 300 miles north of Los Angeles and 175 miles south of San Francisco, situated directly over the Pacific with the Santa Lucia Range rising sharply behind. The property, blessed with natural hot springs, was once the home of a Native American tribe known as Esselen.

We are a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute, By Reservation Only.

There are various ways to experience Esalen, ranging from an overnight visit to a long-term stay as a seminarian. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen and learning the methods of personal growth available here. The "Experiencing Esalen" workshops, scheduled periodically, offer an introduction to practices such as gestalt, massage, sensory awareness, and meditation. From such a sampling, participants can then choose those approaches they are most attracted to and pursue them in subsequent seminars.

Another way of being at Esalen which allows a much greater involvement at a lower expense is the Work Study Program, an intensive twenty-eight day work-oriented program for individuals who want to make a directed, personal commitment to self-exploration and growth and a contribution to the Esalen community. Participants may enroll in the general interest track, which gives an overview of several disciplines, or choose a more specific course of study from the focused track, such as gestalt, meditation, Reichian work, or massage.

Information regarding special interest sections may be obtained by writing Bette Dingman, c/o Esalen. For a full description of the Work Study Program, please turn to page 62.

For those who wish an extended stay of a month or more, there are frequent long-term programs which involve didactic seminars or professional trainings as well as experiential workshops. Please see Special Programs.

Finally, there are other events that enrich life at Esalen. There are occasional forums in which writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights there may be lectures, films, dance performances, or other forms of entertainment. Bodywork of various kinds is available by appointment with individual practitioners. There is also a community event schedule offered. Please check the bulletin board for details when you arrive.

Catalog Subscriptions

If you would like to receive the Esalen Catalog, please refer to page 2 for subscription rates and send your check or money order (U.S. currency) in the enclosed subscription envelope, or mail it to: *Subscriptions*, Esalen Institute, Big Sur, CA 93920 (see Income Tax Regulation 1.162-5).

The Hot Springs at Esalen

We would like those people who are planning their first visit to Esalen to know that swimsuits are optional, and nudity common, in the hot springs, massage area, and swimming pool. We encourage each individual to choose what is most comfortable, either wearing a swimsuit or not, and emphasize that the environment we strive for at Esalen is one of personal sanctuary and respect for the human body.

Accreditation

Many formal educational institutions recognize the time spent at Esalen as being worthy of credit in their own curricula; check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs. Please submit a written request to the office supervisor.

Continuing Education for Nurses

Some programs offered at Esalen qualify for continuing education credit with the California Board of Registered Nursing. For current C.E. listings, see pages 60-61.

There is a $10 processing fee for each certificate of completion requested.

Disabled Access

Esalen now provides a means of transportation to the baths for those with physical limitations which prevent them from walking. A vehicle was purchased, in part, through the generosity of Dr. John W. Harris, who believes, as we do, that those among us who are aged, infirm, or handicapped should also be able to enjoy the hot springs.

If you are disabled and would like to plan a visit to Esalen or participate in a workshop, please give the office as much advance notice as possible. While disabled access to some parts of the property is difficult, with enough planning, arrangements can be made for access to most of our facilities.

Recommended Reading and Mail Order Books

Most books listed as recommended reading for workshops are available through Esalen's bookstore. Other merchandise is also available. For ordering information please call 408-667-3049.

Ongoing Residence Program

Offered beginning mid-September and ending mid-June, the Ongoing Residence Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A Residence Program stay is 26 days (four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay with weekends free to enjoy room and board. Occasionally workshops are cancelled, so second choices are advised.

The cost is $3195 per 26-day period for standard accommodations and $2520 for bunk bed rooms.

RESERVATION INFORMATION

Making Contact with Us

Mail or Fax: The most efficient way to register for a workshop at Esalen is to fax or mail your reservation. If you fax your reservation, be sure to include accurate credit card information.

Esalen's Fax: 408-667-2724.
(Our fax line is exclusively for reservations—no personal correspondence, please).

Phone: If you prefer to make your reservation by phone, please be prepared with your completed reservation form and your credit card. We know that all calls to Esalen are long distance and will try to be as efficient as possible.

General Information:
408-667-3000

Express Reservations:
408-644-8477
(This is only for those who have previously taken a workshop at Esalen and know the workshop, date, and leader of the workshop for which they are registering.)

All Other Reservations:
408-667-3005

Catalog Requests: 408-644-8476

Phone Reservation Hours:

Mon., Tues., Thur.:	10 AM to 7 PM
Wednesday:	10 AM to 12 NOON
Friday:	10 AM to 5 PM
Saturday:	10 AM to 3 PM
Sunday:	12 NOON to 5 PM

Fees

Please Note: Workshop fees cover tuition, food, and lodging.

Fees and Reservations: Preregistration, by fax, mail, or phone, is required prior to arrival. A registration form is provided on page 72. Since workshops fill quickly, it is advisable to sign up as early as possible. In order to reserve a space in any workshop, we require full payment or the following deposits:

Weekend:	$150	19 to 21 days:	$450
5 to 7 days:	$250	More than 21 days:	$600
12 to 14 days:	$350		

Deposits are payable in U.S. currency only. Overseas residents must pay by checks drawn on U.S. banks or use a credit card. Balance of payment is due on arrival. (Please see page 5 for information on discounts and reduced rate options.)

Please indicate your second choice for a workshop in case your first choice is cancelled and we are unable to reach you.

Esalen Institute reserves the right to cancel any program at any time.

Accommodations

Standard Accommodations: This is shared housing with two or three persons per room. In some cases, bathrooms are shared. Couples will always be housed together. The rates listed with the workshop descriptions throughout the catalog refer to these shared standard accommodations.

7-Day Rate, per person	5-Day Rate, per person	Weekend Rate, per person
$1110	$740	$380

Bunk Bed Rooms: Bunk beds are available for seminar participants who are willing to share a room with three or more persons. There are a limited number of these spaces, which are reserved on a first-come, first-served basis.

$845	$550	$300

Sleeping Bags: Sleeping bag space may be available for workshop participants. Please inquire when you make your reservations.

$570	$375	$200

Own Accommodations: If you are staying off the property the following rates apply:

$660	$425	$235

Camping on the grounds, either in tents or campers, is prohibited. We do not have parking space to accommodate RVs.

We would like to remind you that scholarship assistance is available; refer to "Scholarship Information" as well as "Reduced Rate Options and Discounts" for other economical ways of staying at Esalen.

Room and Board

Occasionally, when beds aren't needed for seminarians, room and board is available. This gives visitors the opportunity to enjoy the grounds, the baths, and massage without participating in a workshop. Accommodations are standard (2 or 3 per room) or bunk bed (4 or more per room). Not all rooms have private baths. Room and board rates include dinner on the day of arrival and breakfast and lunch on the following day. We require full payment at the time of reservation. This payment is nonrefundable and nontransferable.

Note: Room and Board reservations must be made by phone, not by fax machine.

For a room and board stay between Sunday and Thursday, please call us no earlier than the Thursday before for room availability. For a Friday or Saturday night stay, please call no earlier than the Sunday before. The following rates are per person, per day.*

	Weekend (Friday and Saturday nights)	Weekday (Sunday through Thursday nights)	(Two or more weekdays)
Standard Accommodations (2 or 3 per room):	$125	$105	$90
Bunk Bed (4 or more per room):	$85	$80	$70

**Off-season rates are in effect from October 1 through March 31, holidays excepted.*

Cancellation Policy

Cancellation and Refund Policy: If you cancel or change any part of your reservation at least five full days before the start of your workshop, your nonrefundable deposit, less a $30 processing fee, will be transferred to a credit account to be used within one year. If you cancel with less than five days' notice, you forfeit your entire deposit. If you have prepaid your entire reservation fee, we will retain the deposit, as above, less the $30 processing fee, and return the balance to you. (*Please note:* Wilderness Programs has a different cancellation and refund policy.)

If you have applied for a scholarship and we are unable to give you any assistance, we will, at your request, refund your deposit in full if you cancel your reservation at least five full days prior to the start of your workshop.

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Scholarship Information

Esalen is able to provide some scholarship assistance to workshop participants in exchange for a work commitment (usually in housekeeping). Approved scholarship recipients must contact the labor pool supervisor soon after arrival at Esalen.

	Assistance	**Work**
Weekend	$ 50	4 hours
5-9 days	$100	8 hours
12-14 days	$200	16 hours
14+ days	$300	24 hours

Due to the number of requests we receive, we can only provide one scholarship per person per year, and only in cases of financial hardship.

Reduced Rate Options and Discounts

If you pay in full at the time you make your reservation, you will receive a $10 prepayment discount per workshop and be eligible for express check-in upon arrival. This discount does not apply to scholarship recipients or sleeping bag accommodations.

Senior Citizen Discount: Esalen offers a special discount to individuals over 60 years of age. The discount for a weekend workshop is $25; for a five-day or longer workshop, it's $50. Please request this discount at the time of registration. When you complete the reservation form on page 72, please indicate the discounts for which you qualify. If you qualify, and you make your reservation by phone, be sure to ask for this discount. (Please note: Senior discounts are not available for the Work Study Program.)

Accommodations for Families: Two full-paying adults housed in standard accommodations may have their children in the room for a meal charge of $19 per child per day ($9 for children under six). **Note:** If children are enrolled in Gazebo School Park or an Esalen workshop, additional fees are required. Contact the Gazebo, 408-667-3026, for information regarding their fees.

Workshops for Families: Participating families will pay full workshop rates for the first two participants (adult or child). Each additional participant will pay the following rate:

2-day workshop	*3-day*	*4-day*	*5-day*
$115	$165	$210	$245

Additional sleeping mats and bedding will be provided for each room.

The Gazebo School Park Early Childhood Program

The Gazebo School Park is a unique educational experience for children one to six years. It is open year-round and has an average of 15 to 20 children in attendance each day.

The Early Childhood Program is available to seminarians who would like child care at Esalen. Child care is provided during workshop hours only. Daytime activities for the children include gardening, pony rides, learning about animal care, exploring nature, a real boat, the magic castle, and an Indian tepee. Evenings are spent with a teacher in the Gazebo Farmhouse, engaged in activities that are age appropriate, such as reading, learning and playing with the computer, baking, arts and crafts, or building-block play.

Reservations should be made at least a month in advance. Call the Gazebo Farmhouse, 408-667-3026, for more information and reservations.

Weekend	$200
Week	$400

Internship Program: This is a three-month program for those who wish to have intense exposure to life at the Gazebo School Park and its unique educational resources. The Internship Program offers experience with children, the Gazebo environment, and its teaching philosophy. Applicants must have completed at least three work scholar months at Esalen before being considered for this program.

Call the Gazebo Farmhouse, 408-667-3026, for more information or reservations.

First month	$400
Second month	$350
Third month	$300

Seminarians as Volunteers

Seminarians in residence at Esalen are invited to contribute one or two hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out.

Transportation to Esalen

Van Service: On Fridays and Sundays we have van service from the Monterey Greyhound stop leaving at approximately 3:45 p.m. and from the Monterey Airport at approximately 4 p.m. If you plan to use this service, please inform the Esalen office at least 24 hours prior to your arrival. The $30 one-way fee (subject to change) is payable to the Esalen office when you check in. Return reservations may be made at that time. The only departing van service from Esalen is on Fridays and Sundays at approximately 5:30 p.m.

Checking In

Check-in and Meals: Rooms become available at 4 p.m.; however, guests are welcome to arrive anytime after 2 p.m. Weekend programs begin with dinner on Friday and end with brunch on Sunday. Five-day and longer programs begin with dinner on Friday or Sunday and end with lunch on Friday or Sunday. Check-out time is noon on departure day.

F. Y. I.

Health Services: There are no medical services or pharmaceutical supplies available at Esalen. If you will require medical attention or supplies during your stay, please come prepared to administer to your own needs. Esalen is 45 miles from the nearest medical facility or pharmacy.

For Your Safety: Please bring a flashlight for use at night while walking on the grounds.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Lost and Found: To inquire about items left behind from your Esalen visit, call 408-667-3019.

Guests: Seminarians are not allowed guests on the property during their stay.

Pets: No pets are allowed on the property.

Smoking: Smoking is not permitted in any of our accommodations or meeting rooms.

Complaints or Comments?
Please contact Kim Harper
at 408-667-3014

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ESALEN NOTES

The Arts at Esalen

In the past year, Esalen has revitalized its arts program, hosting groups such as the American Conservatory Theatre (returning in April to rehearse Euripides' *Hecuba*, starring Olympia Dukakis) and the Hermitage Group of St. Petersburg, a group of Russian artists who spent several days painting in the Art Barn. Our Artist-in-Residence program, established to provide the time and space for artists to work in a retreat-like setting, has hosted the residencies of Kathryn Roszak, Christopher Castle, Joan Baez, David Darling, Gloria Naylor, and Margot McLean. The focus of the program is on supporting the work of artists; however, others at Esalen, staff and seminarians alike, have benefited from the residencies, enjoying the poetry readings, music, art exhibits, and dance performances at the Wednesday night Huxley series and on our new outdoor dance platform/amphitheater.

October 22-27, Esalen is hosting its first annual Arts Festival, drawing on its long-time relationships with artists, musicians, dancers, actors, and teachers of art to create a unique and, it is anticipated, exciting event. See page 54 for details.

Richard Olney (1915-1994)

Dick Olney graced Esalen with wisdom and compassion for many years. His gentle grandfatherly presence and crystal clear teachings touched all of us here who came into contact with him. His work was a synthesis of many wisdom-traditions, beginning with hypnosis, Gestalt therapy, and bioenergetics, and expanding to include shamanism, Native American practices, and Eastern philosophy, becoming a teaching that embodied both psychotherapy and spirituality.

"*Tun ka shela*, I'm only here for help and health," was one of the things Dick would often say. He saw Esalen as a place that stood for help and health, and so felt comfortable here and supportive of Esalen's mission. At his death, Dick's family requested that, in lieu of flowers or other expressions of love, memorial contributions be sent to Esalen. Please send them to:

The Olney Fund
Attention: Barbara Cohen
Esalen Institute
Big Sur, CA 93920

Contributions will be used to further the work that Dick embodied.

Big House Available for Private Conferences

We are now scheduling private conferences in our renovated Big House. This facility is available to groups of individuals who work together and would like to design their own Esalen program, drawing on our leaders and other resources. Ten bedrooms accommodating up to twenty individuals, ten bathrooms, a kitchen, dining room, and living room make it possible to house group members together, thereby enhancing the retreat environment.

We schedule a year in advance. To schedule or discuss possible formats, please contact program coordinator Pat Lewine at 408-667-3038.

The Esalen Catalog (1962-1992) available via the Educational Resources Information Center (ERIC)

Anyone interested in The Esalen Catalog as human potential movement historical source material for research purposes can now obtain the complete thirty-one-year set from ERIC's document delivery arm, the ERIC Document Reproduction Service (EDRS, 7420 Fullerton Road, Suite 110, Springfield, Virginia 22153-2852; 1-800-443-3742).

THE FRIENDS OF ESALEN

The Friends of Esalen program supports the scholarship fund which provides financial aid to people who want to attend our workshops but cannot otherwise afford them. In addition to knowing that you have given someone else the opportunity to experience Esalen and are supporting our ongoing work, you will receive for one year the Esalen Catalog, the quarterly Friends Newsletter, and the annual Friends Directory.

If you join as a Supporting Member or above, you will receive an autographed copy of Michael Murphy's book *The Future of the Body*. At the Sustaining Member level, you will also be mentioned in our newsletter, unless you wish to remain anonymous. As a Benefactor, you will, in addition to the above, receive a special gift.

The Group 2000 is made up of individuals who are committed to helping Esalen have the long-term financial capability to fulfill its vision into the year 2000. The members meet together and with staff members at Esalen two weekends each year, in June and December. As a member of the Founders Circle, you will be able to meet individually with our CEO.

We invite you to join us in extending Esalen into the lives of other people.

☐ Basic member	$35	☐ Sustaining member	$500-950
☐ Student/Senior	$25	☐ Benefactor	$1000
☐ Joint member	$50	☐ Group 2000	$2000
☐ Supporting member	$100-450	☐ Founders Circle	$5000

Name ______________________ Phone ____________

Address ______________________________________

City __________________ State ________ Zip __________

☐ *Please list my name in the Directory*

Please make checks payable to Esalen Institute, in U.S. currency only, or use one of the charge cards listed below:

☐ MasterCard ☐ Visa ☐ American Express

Card No. ______________________ Exp. ____________

Authorizing signature ______________________________

Please complete this form or the inside flap of the envelope insert included in the catalog and return with your gift. Check the box on the outside of the envelope marked "Friends of Esalen." Thank you for your support.

Esalen is a 501(c)(3) nonprofit public charity. Contributions are tax-deductible.

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GUIDE TO WORKSHOPS

THIS IS A GUIDE to the workshops offered in this catalog. Although many of the them could be cross-referenced, most are listed only in their main subject area. We recommend that you read the workshop description before deciding to register. If you have never been to Esalen or taken an Esalen workshop, you might want to consider the "Experiencing Esalen" workshop scheduled throughout the catalog and listed in the Integral Practices section of this directory. Please call the Esalen office if you have questions concerning a workshop.

THE ARTS / CREATIVITY

May 7-12 • Vision Painting
May 12-19 • The Painting Experience
May 19-21 • Present at the Creation: Reawakening the Artist Within
May 21-26 • Pottery at Esalen
May 26-28 • African Dance: Expressions of Spiritual Energy
May 28-June 2 • Pilobolus: Collaborative Creativity Method
June 16-18 • Singing Gestalt
June 23-25 • Natural Genius: An Authenticity of Being
June 25-30 • Reawakening the Artist Within
June 30-July 7 • Language of the Drums: African Percussion, Chanting, and Dance
June 30-July 2 • The Body of Metaphor: The Craft and Magic of Figurative Language
June 30-July 2 • Art from the Heart: A Workshop for Families
July 2-7 • Forgotten Treasures of Western Spirituality: Christian Alchemy and Pagan Icons
July 7-9 • The Language of the Drum: Intermediate Level
July 7-9 • Moving World: Nature, Movement, Art
July 9-14 • Massage Mbunde
July 9-14 • Ninth Annual Children's Safari: A Music and Dance Festival
July 16-21 • The Naked Soul: A Ritual Theater Lab
July 23-28 • Animals, Angels, and Other Spiritual Allies: A Study in Film
July 23-28 • The Singing Cure
July 28-30 • Esalen Chamber Music Festival
July 30-August 4 • Writing the Natural Way
August 4-6 • Play, Spontaneity, and Performance Art
August 6-11 • Drawing and Painting
August 6-11 • Living Dance: A Moving Way
August 11-13 • Learning to Tell: Finding Your Essential Stories
August 18-20 • Big Sur Bead Making
August 25-27 • Vision Painting
August 27-September 1 • Reawakening the Artist Within
August 27-September 1 • Naming the Lost: Improvisation, Storytelling, and Grief
September 1-3 • The Healing Voice
September 3-8 • The Writer's Way: A Personal Adventure Through Writing
September 8-10 • Creating From Spirit
September 10-15 • Village Concepts: African Music – Esalen Massage
September 10-15 • Drawing the Mystic Light of Nature
September 15-17 • Jewish Humor
September 17-22 • Biodrama
September 24-29 • Reawakening the Artist Within
September 29-October 1: Drawing With Color
October 1-6 • Pilobolus Technique: Choreographic Creation
October 1-6 • Fibers of Infinity: Adventures in Handmade Paper
October 6-8 • Self-Transformation: The Art of the Actor for Everyday Life
October 13-15 • When Drummers Were Women
October 15-20 • Proprioceptive Writing: Demystifying the Creative Process
October 20-22 • Writing and the Act of Creation
October 22-27 • Esalen Arts Festival
October 27-29 • The Art and Craft of Screenplay
October 27-29 • Horror and the Holy: Wisdom Teachings of the Monster Tale
October 29-November 3 • Life as Art – Art as Life
October 29-November 3 • Vocal Awareness: Empowerment Through Voice

BIOFEEDBACK / HYPNOSIS

May 7-12 • Self-Hypnosis
May 21-June 16 • Certification in Clinical Hypnosis
May 28-June 2 • Awakened Mind: Five-Day Brainwave Training Intensive
August 20-25 • Enhancing Communication Hypnotically
October 20-22 • Awakened Mind II: Advanced Brainwave Training and Transcendent States.

BUSINESS / WORKPLACE / SOCIAL RESPONSIBILITY

May 5-7 • Rekindling the Spirit in Work
June 30-July 2 • Reconnecting Business with its Soul
July 14-16 • Identity, Community, and Politics: The Ontogeny of Everyday Life
August 6-11 • Managing With Heart: Changing the Leadership Paradigm
September 22-24 • A Weekend with Matthew Fox
October 6-8 • Building a Successful Career as a Writer, Public Speaker, and Consultant
October 6-8 • Building in a Sacred Way
October 15-20 • The Future of Leadership: Integrating Creativity, Value, and Accountability
October 27-29 • CoHousing: Creating Your Own Community

CHILDREN / FAMILIES / EDUCATION

June 30-July 2 • Art from the Heart: A Workshop for Families
July 7-9 • Big Sur Wilderness Experience: For Families
July 7-9 • Replenishing the Vision: A Retreat for Educators
July 9-14 • Ninth Annual Children's Safari: A Music and Dance Festival
July 23-28 • Our Children – Ourselves

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CONTEMPLATIVE / SPIRITUAL & RELIGIOUS STUDIES

April 30-May 5 • An Insight Meditation Retreat
June 2-4 • Introduction to Vipassana Meditation
June 16-18 • Meditation, the Self, and Healing
June 23-25 • Jewish Renewal: Finding and Healing the Jewish Part of Your Soul
June 25-30 • Practicing in the Marketplace: The Diamond Approach
July 2-7 • Forgotten Treasures of Western Spirituality: Christian Alchemy and Pagan Icons
July 9-14 • Following the Thread. . . Revealing the Fabric
July 9-14 • The Enneagram of Relationship
July 14-16 • The Kabbalah: Doorway to the Mind
July 16-21 • A Journey into the Mother
August 6-11 • The Enneagram and Self-Realization
September 1-3 • The Healing Voice
September 3-8 • Nature and Contemplation
September 8-10 • Soul and Spirit
September 10-15 • Dzogchen: Awakening the Buddha Within
September 15-17 • The Meditation Hall and Everyday Life
September 17-22 • Zen Teachings of Mountains, Rivers, and the Great Earth
September 22-24 • A Weekend with Matthew Fox
September 24-29 • A Course in Miracles
September 29-October 1 • Return, Remember, Renew: The Jewish New Year
October 6-8 • Toward Waking Up: Cultivating Mindfulness
October 8-13: The Subtle Art of Meditation
October 27-29 • Introduction to Vipassana Meditation

DREAMS

April 30-May 5 • Dreams and Intuition
June 4-9 • Dreaming: The Magic Mirror that Never Lies
July 23-28 • The Dream Master: Dreams and Fantasies

HEALTH / HEALING

May 14-19 • Creating Health through Imagery
May 19-21 • Recovery
June 2-4 • Medicinal Herbology: An Esalen Garden Workshop
Jun 9-11 • Optimum Health: Theory and Practice
June 11-16 • Chakra Integration: A Complete Approach to Health and Healing
June 16-23 • Developing a Fitness Regime for Optimal Well-Being
June 23-25 • Caring for the Dying: What Really Works?
July 14-16 • Healthy Back, Healthy Mind
July 30-August 4 • Managing Your Stress, Your Heart, and Your Life
August 11-13 • Stress Reduction: An East/West Approach
September 3-8 • Spiritual Healing: Laying-on-of-Hands
September 8-10 • Chi Gung: Opening the Energy Gates of Your Body
September 15-17 • Transpersonal Medicine
September 29-October 1 • Psychoneuroimmunology and its Implications

October 1-6 • Consciousness and Healing: History, Philosophy, and Practice
October 15-20 • Taoist Chi Kung: Enhancing Vitality

INTEGRAL PRACTICES

May 12-14 • Experiencing Esalen
May 19-21 • The Ultimate Yes
June 2-4 • Experiencing Esalen
June 25-30 • Turning on the Light: A Choice to Live Consciously
July 7-9 • Experiencing Esalen
July 21-23 • The Subtle Self
August 4-6 • Experiencing Esalen
August 11-13 • The Eastern Path to Long-Term Fulfillment
August 20-25 • Healing the Emotional/Spiritual Body
August 27-September 1 • Conscious Embodiment: The Study of Boundaries and Relationship
September 3-8 • Life Energy Process
September 8-10 • Experiencing Esalen
September 17-22 • Turning on the Light: A Choice to Live Consciously
September 24-29 • Stepping into Your Body of Light
October 13-15 • Experiencing Esalen

INTUITIVE DEVELOPMENT

April 30-May 5 • Dreams and Intuition
May 21-26 • Intuition, Perception, and Altered States of Consciousness
July 7-9 • Practical Intuition: Introduction
August 27-September 1 • Intuition and the Dance of Attention

MARTIAL ARTS / YOGA / SPORT

April 30-May 5 • T'ai Chi Ch'uan: An East/West Approach
May 7-12 • Yoga: A Week of Learning and Rejuvenation
June 9-11 • Yoga for the '90s
June 11-16 • Golf in the Kingdom: An Exploration of the Inner Game
August 18-20 • The Inner – and Outer – Game of Baseball
August 27-September 1 • Conscious Embodiment: The Study of Boundaries and Relationship
September 8-10 • Chi Gung: Opening the Energy Gates of Your Body
September 24-29 • Golf in the Kingdom: An Exploration of the Inner Game

MYTH / RITUAL / SHAMANISM / ANTHROPOLOGY

May 5-7 • Regaining the Tribal Mind: A Workshop for Women
May 26-28 • The Story of the Tasaday: Learning What is Essential
June 18-23 • Evocation of the Deceased in a Latter-Day Psychomanteum
July 2-7 • Mending the Sacred Hoop: The Use of Ritual in Therapy and Life
August 13-18 • Kinship With All Life

August 20-25 • The Medicine Wheel Way
September 1-3 • Women, Men, Sex, and Power: Life in the 21st Century
September 3-8 • The Art of Ceremony
September 17-22 • Biodrama
October 27-29 • Horror and the Holy: Wisdom Teachings of the Monster Tale

PHILOSOPHICAL INQUIRY / INTELLECTUAL PLAY

May 5-7 • Euclid's Voyage
July 14-16 • Identity, Community, and Politics: The Ontogeny of Everyday Life
July 21-23 • Choice in Dying: Toward a Good Death
August 25-27 • Experiments That Could Change the World
September 1-3 • Women, Men, Sex, and Power: Life in the 21st Century
September 24-29 • A Course in Miracles
October 13-15 • Pushing the Envelope

PROFESSIONAL GROWTH / TRAINING

May 12-19 • Gestalt Practicum
May 14-19 • Creating Health through Imagery
May 21-June 16 • Certification in Clinical Hypnosis
May 26-28 • Refilling the Chalice: Time Out for Healers
June 11-16 • Sexual Trauma Survivors: Specific Strategies for Body, Mind, and Spiritual Healing
June 16-18 • EMDR: Treating the Trauma Victim
July 2-7 • Mending the Sacred Hoop: The Use of Ritual in Therapy and Life
July 21-23 • Intimate Connections
July 23-28 • Creating Exact Moments of Healing
August 11-13 • The Helper's Journey: Working with Grief, Loss, and Life-Threatening Illness
October 20-22 • Taking Care of Yourself While Helping Others: Survival Tools for Service Professionals
October 29-November 10 • Integrative Body Psychotherapy (IBP): Professional Training Program

PSYCHOLOGICAL / TRANSPERSONAL PROCESS

April 30-May 5 • Emotional Elimination
May 7-12 • Endarkenment and Beyond
May 12-19 • Gestalt Practicum
May 14-19 • The Practical Art of Creative Risk-Taking
May 19-21 • Time Shifting: Creating Time for Your Life
May 19-21 • 'Tis a Gift to be Simple
May 28-June 2 • Making it Float
June 4-9 • Opening the Feelings
June 9-11 • The Power of Growth
June 11-16 • Recovering from the Loss of a Parent
June 18-23 • The Core Self: Returning to Innocence and Choice
June 18-23 • Acts of Courage
June 25-30 • Letting Go – Moving On
June 30-July 2 • Disarming the Ogre: Recognizing and Transforming the Inner Critic
July 2-7 • The Power of Growth
July 9-14 • Embodied Gestalt Practice: Body and Soul
July 9-14 • Un Viaje Interior
July 14-16 • Through the Psyche to the Sacred: Transforming Inner Oppressors
July 21-23 • Intimate Connections
July 23-28 • Creating Exact Moments of Healing
July 30-August 4 • Friendship and Intimacy: The Dance of Caring and Conflict
August 4-6 • Creative Bonding: Changing Destructive Detachment
August 4-6 • Awakening from Trauma: Healing Body Image and Sexuality
August 11-13 • Introduction to Gestalt Practice
August 13-20 • Creating Intimacy
August 13-18 • Living a Spiritual Life in a Practical World
August 18-20 • The Healing Power of Humor, Compassion, and Gentle Touch
August 25-27 • Beyond the Enneagram
August 27-September 1 • Playing the Edge
September 1-3 • Accepting Life's Transitions: Letting Go – Moving On
September 3-8 • Healing the Heart
September 8-10 • Forgiveness
September 10-15 • Moving Beyond Memory: The Eidetic System of Personal Growth
September 10-15 • Midlife Crisis as Spiritual Emergence
September 15-17 • The Intersubjective Approach to Psychotherapy
September 17-22 • Gestalt Practice
September 24-29 • Change and Self-Esteem
September 29-October 1 • Self-Empowerment and Purification: The Farther Reaches of Gestalt
October 1-6 • Handwriting Patterns: Possibilities for Healing and Change
October 6-8 • Relationships, Power, and Abuse: A Process Work Seminar
October 8-13 • Opening to Ourselves and Others
October 13-15 • Psychosynthesis: Personal and Transpersonal Growth
October 15-20 • Focusing: Treasure Maps to the Soul
October 20-22 • Forgiveness: The Key to Intimacy
October 29-November 3 • Transition, Risk, and Renewal: Mastering the Art of Change

RELATIONSHIP / COMMUNICATION

May 26-28 • Relationships: The Sacred Path of Love, Sex, and Passion
June 2-4 • Conscious Loving: A Body-Centered Approach to Relationship Transformation
July 9-14 • The Enneagram of Relationship
July 21-23 • Fathers and Daughters
July 23-28 • Gender War, Gender Peace: The Art of Gender Diplomacy

July 30-August 4 • Friendship and Intimacy: The Dance of Caring and Conflict
July 30-August 4 • Relationship Intensive for Sexual Abuse Survivors and/or Partners
August 4-6 • Keeping a Good Relationship Alive
August 13-18 • A Workshop for Couples: Independence and Intimacy
August 18-20 • Romantic Choice: How We Choose Who to Fall in Love With
August 20-25 • Enhancing Communication Hypnotically
August 25-27 • Intimate Relationships: Keeping the Spark Alive
September 24-29 • Relationships: Letting Go – Moving On
October 6-8 • Relationships, Power, and Abuse: A Process Work Seminar
October 8-13 • Tantra: The Art of Conscious Loving
October 20-22 • Forgiveness: The Key to Intimacy

SOMATICS

May 5-7 • An Introduction to the Living Brain
May 7-12 • Five-Day Massage Intensive
May 12-19 • Cortical Reeducation® and the Feldenkrais Method®
May 21-26 • Lomi Somatic Intensive: An Active Exploration of Presence
May 21-26 • The Upledger Institute's CranioSacral II
June 4-9 • Mountains and Waves
June 9-11 • Weekend Massage Intensive
June 11-16 • Chakra Integration: A Complete Approach to Health and Healing
June 16-18 • Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach
June 18-23 • Part of the Dancing Heart: The Body as Map
June 23-25 • Body Rejuvenation
June 25-30 • The Body and Zen
July 2-7 • Movement, Touch, and the Healing Process
July 9-14 • Massage Mbunde
July 21-23 • Massage Intensive for Couples
July 30-August 4 • Core Zero Balancing: Basic I & II
August 13-18 • Five-Day Massage Intensive
August 18-20 • Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach
August 20-25 • Continuum
August 25-27 • Breema Bodywork: The Nonjudgmental Treatment
August 27-September 1 • Intuition and the Dance of Attention
August 27-September 1 • Trigger Point and Esalen Massage
September 10-15 • Village Concepts: African Music – Esalen Massage
September 15-17 • Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach
September 17-22 • Five-Day Massage Intensive
September 29-October 1 • Reinhabiting Your Body: An Experience in Authentic Movement
October 1-6 • Creative Bodywork: An Advanced Workshop
October 8-15 • Cortical Reeducation® and the Feldenkrais Method®
October 15-20 • The Upledger Institute's SomatoEmotional Release I
October 27-29 • A Massage Workshop for Women
October 29-November 3 • Five-Day Massage Intensive

WILDERNESS

April 28-May 6 • Big Sur Wilderness Journey: From Esalen to Tassajara Zen Mountain Center
May 28-June 2 • Big Sur Wilderness Experience
June 4-9 • Mountains and Waves
June 23-25 • Big Sur Wilderness Experience
July 7-9 • Big Sur Wilderness Experience: For Families
July 16-22 • Origins: A Rites of Passage Journey in the Ventana Wilderness
August 20-25 • Big Sur Wilderness Experience
September 3-8 • Nature and Contemplation
September 17-22 • Zen Teachings of Mountains, Rivers, and the Great Earth

WOMEN'S / MEN'S STUDIES

May 5-7 • Regaining the Tribal Mind: A Workshop for Women
July 14-16 • Why Men Are the Way They Are
August 6-11 • Women's Wisdom
October 1-6 • Moving Through Idealization and Shame to Love: A Workshop for Gay Men
October 13-15 • When Drummers Were Women
October 20-22 • Joy, Inspiration, and Hope: A Retreat for Gay Men
October 27-29 • A Massage Workshop for Women

ESALEN SEMINARS

JOYCE LYKE

April 28-May 6

Big Sur Wilderness Journey: From Esalen to Tassajara Zen Mountain Center

Steven Harper & Steven Waldrip

For workshop description see Wilderness Programs, page 58. $740

Week of April 30-May 5

An Insight Meditation Retreat

Mary Orr

Insight (vipassana) meditation, taken from the teachings of the Buddha, is a practice of cultivating peacefulness in the mind and openness in the heart. It is learning to live in the present moment, to ride more easily with the ups and downs of our lives.

This workshop will be a week of alternating periods of sitting and walking meditation, talks, instructions, and interviews. It is an ideal retreat for people beginning practice as well as for experienced meditators. $740

Dreams and Intuition

Carolyn Conger

This is an experiential workshop designed to develop your dreamwork and intuitional skills. You will be guided to enter the mystery of the unconscious through psychological modalities, symbology, meditation, movement, energy work, drama, writing, and art. The group process – sharing, witnessing, ritualizing – will amplify the understanding of dreams and intuitional skills, which can lead to the development of inner wisdom and creativity. The work is profound, intellectually stimulating, spontaneous, and fun.

Bring your dreams and psychic/mystical experiences – or be prepared to have some – and an open mind. Also bring a notebook for dreams and journal writing, and a pad of art paper with crayons, felt-tips, or colored pencils. In addition, there will be tribal ceremonies, so bring a drum or other instrument if you have one. Participants at all levels of development are welcome – the group will benefit from the freshness of beginners and the experience of advanced students. $740

T'ai Chi Ch'uan: An East/West Approach

Kenn Chase

This seminar will present a demonstration form of T'ai Chi Ch'uan, a shortened version derived from the fifty-four balanced, fluid, and graceful postures of the classical Yang style. Kenn Chase teaches an integral method, utilizing Feldenkrais Awareness Through Movement™ exercises, sensory awareness, and Chi Kung. These methods aid the participant in learning through ease and relaxation. Practiced five to ten minutes daily, this gentle martial art can calm the mind and provide the student with a centered perspective for daily living in a busy world.

Recommended reading: Cheng Man Ch'in, *Cheng Tzu's Thirteen Treatises on T'ai Chi Ch'uan.* $740

Emotional Elimination: The Pathway to Self-Respect

Michael Barnett

We ingest the experiences of our lives through our senses. We digest the experiences of our lives with our bodies. How can we absorb just what nourishes us and eliminate the waste?

Because we allow cultural expectations to define what we're supposed to be and supposed to experience, we suffer, in our culture, from a lack of self-respect, a devaluation of our internal experience. We sit in judgment of our own experience, trying to alter it to conform to institutional generalizations. How can we remain aware of what our internal experience is so that we can accept it and be true to it?

This workshop aims to increase awareness of the emotional ingestion, digestion, absorption, and elimination processes from a natural point of view, in order to enable participants to experience that which our emotional blockages protect: our spirits.

The workshop will use didactic presentations to create a vocabulary for communication and semi-hypnotic relaxation techniques to generate material to process. Eclectic group methods to process and understand the material will be used.

This workshop is for everyone who eats, feels, and lives in a culture. Come with an agenda or allow an agenda to evolve. As you can see from this workshop description, a Western medical psychiatric approach will not be employed. $740

Weekend of May 5-7

Rekindling the Spirit in Work

Howard Schecter & Barbara Lee

"Rekindling the Spirit in Work" is about reconnecting with yourself and the work you do. Through creative exercises and sharing with the group, you can gain clarity about your goals in work, the skills required to reach those goals, and a deeper awareness of your strengths. The process can help you to confront and dissolve major blocks to rewarding work and to integrate who you are with what you do. This process is far more effective than narrow vocational perspectives. The emphasis is on the question "Who is working?" By identifying with our highest self, what we do can flow more easily and be a direct expression in the world of who we are inside.

This workshop is for people who are beginning new careers, in transition, dissatisfied, or simply bored with their work. Participants often come away with a sense of clarity and purpose, and seldom feel the need to make radical shifts in job or profession. Rather, the subtle inner adjustments of identity, attitude, and perspective create greater job satisfaction and offer direction for taking the next steps in work.

C.E. credit is available; see page 60. $380

An Introduction to the Living Brain

Bonnie Bainbridge-Cohen & Seymour Levine

As the infant's brain develops *in utero*, corresponding basic patterns of movement appear. Gaps in these movement patterns can affect many aspects of brain function, such as perception, organization, sequencing, and movement.

In this workshop Bonnie Bainbridge-Cohen will cover the embodiment and repatterning of the brain and spinal cord in relation to cellular awareness and basic developmental patterns of movement. Seymour Levine will discuss basic principles of brain organization and neuroanatomy. Participants will explore experientially how movement can repattern the brain and how the brain in turn can support the development of movement.

C.E. credit is available; see page 60. $380

Euclid's Voyage

Ralph Abraham

Euclid's *Elements*, the second most popular book in history after the Bible, traveled a circuitous route from Alexandria to London, a journey of 2,000 years through ancient Greece, medieval Islam, and Renaissance Europe. Euclid's voyage also moves from the soaring mysticism of Pythagorean sacred mathematics to the rigid formalism of Aristotelian modern mathematics. Board the train for this thrilling intellectual tour, with Euclid as a guide. $380

Regaining the Tribal Mind: A Workshop for Women

Pamela Colorado

In this workshop for women only, you can explore through ancient natural ways the experience of group process. Explore from a spiritual perspective the impact of our history and culture on our identity and how we live today.

Following a Native American psychological and spiritual process, participants can experience, at least momentarily, what it was like to be in the minds of our ancestors, to regain our ancestors' experience of wholeness, and to touch again their roots.

Using ceremony, prayer, star-gazing, group process, and discussion, the group will embark upon a journey to regain tribal consciousness. Participants are asked to bring an object that expresses their family tree or represents their cultural identity. $380

Week of May 7-12

Yoga: A Week of Learning and Rejuvenation

Ganga White & Tracey Rich

Presenting East/West teachings in a way that is contemporary, humorous, and applicable to modern living, the leaders will offer a week of physical, mental, and spiritual rejuvenation. Days will begin with instruction in an ancient Hatha yoga movement series that is new to this country and combines grace and flow with posture, pranayama (breath), and meditation. Participants will be shown a 45-minute balanced, aerobic yoga practice they can continue at home. Afternoons and evenings will be for group discussion and exploration into the teachings and principles of the art of enlightened living.

Topics will include diet and nutrition, how yoga works, aligning and restructuring the body, and awakening subtle energies. Through Jhana (the yoga of wisdom and perception), participants can begin observing the thought processes and patterns that dictate their lives, looking at the areas of love, responsibility, relationship, freedom, and death.

Participants at all levels are welcome; no previous experience is necessary. For additional information, contact the leaders at 805-964-1944. $740

Self-Hypnosis: Methods, Practice, and New Learning with Brainwave Feedback

Marc Lehrer & Guest Leaders

This workshop will present a wide variety of approaches to self-hypnosis, which can be perfected and modified to suit particular needs. The sessions will include: the teaching and practice of methods, group trance experiences, demonstrations, and discussions about applying the learning to everyday situations and problem areas. Special emphasis will be given to issues of perfecting performance skills, habit control (such as smoking and weight control), improving self-image, executive stress-management applications, dream programming, and pain reduction and pleasure enhancement.

To help deepen trance states, participants will have the opportunity to experience some of the most recent computerized brainwave stimulation and biofeedback equipment. Native American healing trances, such as the use of the sweat lodge and preparation for vision quests, may be introduced. The leaders will also share information on ways to teach self-hypnosis classes and create self-hypnosis tapes.

Meetings will be in the mornings and evenings with afternoons free. Marc Lehrer will teach some of the sessions and will select experienced hypnosis teachers to present their favorite methods in other sessions.

C.E. credit is available; see page 60. $740

Five-Day Massage Intensive

Kathleen O'Shaughnessy & Robert Helm

This workshop is designed for those who are just beginning to explore Esalen massage as an avenue for deep communication. Participants will be introduced to Esalen's traditional long-stroke, integrative style. Incorporated into this, by means of demonstration and partner exchange, will be detail related to specific areas of the body.

There will be discussion to offer insight into the various approaches to bodywork and how they address physiological well-being as well as the senses. Light yoga stretches, Continuum movement awareness, and Zen meditation will be presented as a means of balancing personal energy. Participants are asked to wear loose, layered clothing.

C.E. credit is available; see page 60. $740

Endarkenment and Beyond

Will Schutz

Will Schutz writes: "The Endarkenment Workshop began as a semi-humorous (half-witted?) reaction to spending years searching for enlightenment, making progress, but falling woefully short (references: my wife). There must be alternate ways, I thought. Why not invert everything: Seek out the imperfections, look at them, make contact with them, exaggerate them to the point of ridiculousness, and go beyond. Over the past several years this evolution has been growing to the point of convergence with the paths to enlightenment, but with more fun and less pain. This workshop will continue this odyssey through appreciating the seriousness of problems by taking them beyond seriousness to humor, and appreciating the fair witness humor allows." $740

Vision Painting

Helen Jerene Malcolm

Trust your creative spirit. Vision Painting is a form that can enable you to move beyond the rational mind to deeper levels of motivation, intention, and desire. It is playful, creative, and expressive. It is also fun and profoundly educational.

Vision Painting is a form of active meditation. Through guided visioning, participants can witness a flow of images through which inner yearnings are prompted from the feeling centers, through the hand, and onto paper. The vision painting becomes an affirmation of areas in the participant's life that desire expression, change, or healing.

Vision Painting is a way to acknowledge your creative spirit and open a channel for the images to flow. Self-expression is evoked through feelings, color, music, movement, and dream images. The creative impulse is explored as an opportunity to play, take risks, face fears, and suspend judgment. Painting from creative spirit is a sacred journey into self.

What you focus upon, conscious or unconscious, continually creates the life you experience. This is a transformative adventure recreating aspects of your life spiritually, professionally, and physically. Through the visioning process, a vision of the future you intend may be crafted from its highest potential. $740

(plus $30 materials fee paid directly to leader)

Weekend of May 12-14

Experiencing Esalen

Experiencing Esalen Staff

> *Contact is the appreciation of differences.*
> — Fritz Perls
>
> *...and the recognition of similarities.*
> — Richard Price

This workshop is designed to introduce the various practices of Esalen to first-time participants or to those renewing their acquaintance with Esalen. Emphasis will be on finding those approaches to self-awareness that work most effectively for each individual participant. Sessions may include: meditation, sensory awareness, gestalt practice, group process, art, movement, and massage. There will also be time to explore the natural magnificence of the Big Sur coast. $380

May 12-19

Gestalt Practicum

Christine Stewart Price & Gail Stewart

This workshop is designed for people who would like to further explore the gestalt practice form in theory as well as through personal experience. It is especially appropriate for those in the helping professions, such as counselors, bodyworkers, and teachers, who are interested in integrating this approach into their current practice. The format will include open seat sessions with the leaders, structured exercises where participants work with each other, didactic presentation, and discussion.

The prerequisite for admission into the workshop is previous participation in a workshop specifically in gestalt practice led by one of the Esalen gestalt staff (Eric Erickson, Christine Price, or Joyce Lyke). Otherwise you may send a letter of application to Christine Price, 31 Onyx Street, Larkspur, CA 94939, and will be considered if there is space available.

Recommended reading: Perls, *The Gestalt Approach* and *Eyewitness to Therapy*; Heider, *The Tao of Leadership*; Ram Dass & Gorman, *How Can I Help?*.

C.E. credit is available; see page 60. $1110

The Painting Experience

Michell Cassou & Stewart Cubley

It is rare for most people to use painting for its qualities of inner adventure and self-discovery, to paint purely for the process of exploration, not for the result.

The purpose of this workshop is to provide a setting to explore the self through painting – to discover in form and color a powerful tool for uncovering and dissolving blocks to emotional and spiritual expression. Participants will be given the support and stimulation to develop a natural way of painting based directly upon feeling. The work takes place in an authentic studio setting with large white surfaces to confront the creative void, along with a rich spectrum of colors and brushes. The workshop may be of interest to persons involved in a wide variety of disciplines, including art, education, counseling, and meditative practices. No prior experience in painting is necessary. Please bring a smock.

Please note: Portions of this workshop will be videotaped for the leaders.

For further information about this workshop, contact: The Painting Experience Studio, 2101 20th Avenue, San Francisco, CA 94116, 415-564-8515. $1110

(plus $30 materials fee paid directly to the leaders)

Cortical Reeducation® and the Feldenkrais Method®

Harriet Goslins & Patti (Lawrence) White

How a person sits, stands, or moves reflects patterns that are "wired in" to the nervous system. This information can be erased or changed. By reeducating the brain-muscle connection, restrictions in movement can be freed, freeing lifetime habits that have organized around that movement.

This work is a relearning of the ease and fluidity taken for granted as a child and lost somewhere along the way. Physical injury, emotional trauma, or ongoing stress all evoke a protective response from the body. These patterns remain when no longer needed, outside of awareness, and continue to cause discomfort and limitations. Freeing them results in relief of chronic pain or tightness and a higher energy level. By changing muscular holding patterns, the entire protective posture is altered, deeply affecting the body's habitual defense system. Thus, new movement possibilities mean new self-image possibilities.

Fears and anxieties have corresponding muscular habits. Verbal information or spiritual practice that fails to extinguish these habits may fail to eliminate the toxic behavior.

This workshop is for those who are physically active and fit and want to increase their skills while learning to reduce risk or injury; for the sedentary or those dealing with after-effects of injuries; for chronically tired and stressed individuals who want to learn how to take better care of their neck, shoulders, and back; and for those who want to improve their posture and breathing and live with more flexibility and comfort.

C.E. credit is available; see page 60. $1110

Week of May 14-19

Creating Health Through Imagery

Jeanne Achterberg & Frank Lawlis

The power of the imagination has historically been recognized as a vital key in determining whether people stay well, become ill, or respond positively to a diagnosis of disease. Currently, an impressive and expanding body of clinical and research evidence supports its use in a broad range of treatment settings, for many medical disorders, and as a preeminent factor in the psychological, emotional, and spiritual issues confronted in the wake of crisis.

This program will focus on imagery as a health care tool for the seriously ill. It will relate the common threads of imagery in ancient rituals to modern settings. New research on the physiological and biochemical pathways of the imagination will be discussed. Imagery will be demonstrated as mental rehearsal for challenging events or treatments, as diagnosis, and as an adjunctive treatment procedure for catastrophic and chronic conditions such as cancer, AIDS, autoimmune disorders, and injuries. A major section will deal with methods for enhancing immunity.

Demonstrations, experiential sessions, case studies, and role-playing will accompany the discussion material. Participants will view slides and two important films, have the opportunity to ask questions, and network.

This program is designed primarily for the helping professions, although health consumers who take an active role in their treatment and recovery will also find it useful.

Recommended reading: Achterberg, *Imagery and Healing: Shamanism and Modern Medicine.*

C. E. credit is available; see page 60. $740

The Practical Art of Creative Risk-Taking

David Schiffman

To make effective, creative choices, you need courage, imagination, and the willingness to know your heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set – the choice to move against the powerful grain of old fears, habits, and the constant pressure of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of our natures, befriending rather than suppressing or denying the sexuality and power out of which initiative and enthusiasm spring.

This workshop will focus on how to develop a more adventurous, resourceful, and buoyant way of living. In an atmosphere based on warmth and humor, group members will explore their capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as nontraditional innovative approaches in bodywork, kinesthetic retraining, music, and guided imagery. $740

Weekend of May 19-21

Present at the Creation: Reawakening The Artist Within

Esalen Arts Center Staff

It is said that the drive to create – to be original, inventive, resourceful – is as vital as the biological drive of hunger and as life-enhancing as the spiritual call to wholeness. As children many of us were thwarted in this essential expression of the human life-force. We were taught that it was the end result that was all-important, and thus were denied the exhilarating experience of the creative process itself. And we allowed our creative expression to go to sleep.

This workshop invites you on a journey of reawakening. The Arts Center staff will provide a safe, supportive environment for you to rediscover the creator within. There will be a variety of art media available, which may include painting, pottery, silk-dyeing, dance and movement, mask-making, ritual, and group work. The leaders will offer exercises, as needed, to stimulate and liberate your creative expression, as they guide you deeper into the world of your own imagination and playfulness.

This will also be a wonderful opportunity to get messy. No previous art training is necessary. $380

'Tis a Gift to be Simple

David Schiffman

This weekend is intended as a gift for people who would like to return to the simplicity of the values we treasure most. Its aim is to create a climate of mutual support and encouragement for exploring how we can best cultivate the spirit of real generosity and faith in dealing with ourselves and others.

This timely gift will embrace the following elements:

- Sanctuary – the opportunity to step away and pause, to create a mood of peace and personal clearing without haste or interruption
- The company of kindred spirits – a chance to be met with honesty, empathy, and wisdom in an atmosphere of soulful, clear-eyed support
- The emotional freedom to be – the right to let down and be sad or mad in order to clear the air and move on, making room in our hearts for new possibilities
- The right to feel free and alive in our bodies – the use of innovative ways of moving and touching in order to restore the vitality of feeling truly alive and physically at ease

The approaches utilized will be drawn from a wide variety of practices, both traditional and nontraditional, all aimed at restoring our gratitude and appreciation for being alive.

$380

The Ultimate Yes

George Leonard

> *Life has one ultimate message, "Yes!", repeated in infinite number and variety. Human life, channeled for millennia by Civilization, is only just beginning to express the diversity and range of which it is easily capable.*
>
> – EDUCATION AND ECSTASY

The ultimate "Yes" is to life itself in its every moment, whatever that moment might bring. The ultimate gift to any friend or loved one is to be totally present for him or her. This gentle May weekend will be dedicated to saying "Yes" to life and the present moment. Through breathing, chanting, meditation, imaging, and movement, this seminar will seek to affirm our oneness with nature, the cosmos, and one another, to remind ourselves of the brevity and vividness of the miracle of existence. Bring a friend or a loved one or come alone. All that is needed is a generous spirit and a willingness to participate wholeheartedly.

Recommended reading: Leonard, *Education and Ecstasy, The Silent Pulse*, and *The Transformation*. $380

Recovery

Howard Kornfeld

Recovery from addiction and depression encompasses different stages. After acute detoxification and pharmacotherapy, the recovering individual often faces the most difficult hurdle: the restoration of a sense of beauty and meaning in life.

The Esalen/Big Sur environment symbolizes the earth's beauty in all its fragility and splendor. The link between personal and planetary healing becomes coherent in this setting. The restoration of beauty and meaning may become possible after a pattern of chronic somatic pain is released through massage therapy and exercise. Or meaning may be restored during an experience of meditation or gestalt awareness.

This workshop is for those professionals or members of the general public who would like to experience how established recovery can be integrated with the beauty and ambience of the Esalen environment and curriculum. The workshop will also explore the interface between modern addiction medicine practice and a recovery philosophy based not only on the venerable 12-step surrender process, but also on several further sets of principles. These include those of ecopsychology, as articulated by Theodore Roszak, and those of the ecology of the mind, as developed by Gregory Bateson.

C. E. credit is available; see page 60. $380

Time-Shifting: Creating Time for Your Life

Stephan Rechtschaffen

As we constantly strive to be "on time" in our fast-paced, over-scheduled lives, we lose touch with living in the flow of time. We are a society plagued with time-sickness. Caught up in the stress of running to work, home, recreation, or other responsibilities and interests, we don't have time for the important things. Anxious about the future, regretful of the past, we miss the fullness of the moment.

This workshop will help participants understand their own attitudes toward time and how those attitudes affect their lifestyle, health, and longevity. It will introduce methods that move perception away from societal time pressures and into the often unexplored territory of freedom-within-time. The workshop will also offer meditation, visualization, time-evaluation, and planning (not scheduling).

From this vantage point, participants can explore how dysrhythmic, hurried schedules affect their relationships, work, and creativity; use their newly expanded sense of time to define what they really want in their lives and what their real priorities are; and enjoy the simple power and pleasure of being present in each moment.

C.E. credit is available; see page 60. $380

May 21-June 16

Certification in Clinical Hypnosis

Marc Lehrer with Norman Katz, Adam Burke, Art Dann & Ramya Dann

For workshop description see Special Programs, page 56.

C.E. credit is available; see page 60. $3150

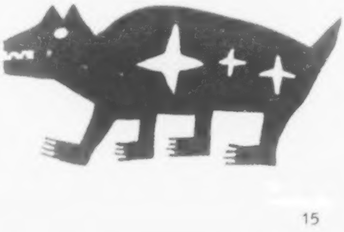
Week of May 21-26

Lomi Somatic Intensive: An Active Exploration of Presence

Kathryn Lydecker, Johanna Putnoi & Robert Sanoff

> *You have slept for millions and millions of years.*
> *Why not wake up this morning?*
>
> – KABIR

Write the leaders: "The awareness we bring to each moment is the key to our deep freedom. Most of us get stuck in habits of body, heart, and mind. These habits are unconsciously formed in our family of origin and become etched onto our essential infrastructure. This



matrix imprints on our body language, our emotional climate, and our state of mind, ultimately creating our worldview. Unexamined belief clouds the reality of each moment, and we become prisoners in a body/mind cell.

"In this workshop, awareness, presence, and practice will be our lanterns. We will use meditation, conscious movement, breath awareness, informed touch, and principles from aikido and gestalt as ways to experience ourselves richly and to participate with integrity, courage, and gentleness.

"The Esalen environment and our group experience there, however, are only a beautiful laboratory in which to practice interrupting our habits and expanding our capacity to tolerate deep feeling. The greater our commitment to the process, the more intrinsic the change. But the real challenge of our time together is to discover how to bring our embodied insights home."

The leaders have been teaching together for more than a dozen years and bring their sense of community and affection for one another to the group process. $740

Intuition, Perception, and Altered States of Consciousness: Extending the Boundaries of Human Experience

Keith Harary & Darlene Moore

Most of us have had experiences in which we appeared to be aware of information that was not immediately available to our five familiar senses. Such experiences usually emerge spontaneously and can range from simple hunches to premonitions in which we seem to be inexplicably aware of impending events. Labeling such experiences "psychic" does not explain them, but makes this fundamentally normal aspect of human awareness appear to be some sort of occult or supernatural process. Yet such experiences most likely emerge out of a deep interconnectedness between consciousness and the physical world that is entirely natural.

This workshop will teach specific techniques of extended perception in order to allow this capacity to become a consciously available resource in everyday life rather than a strictly spontaneous phenomenon. Starting with the basics of learning how to manage mental impressions, participants will practice separating their most relevant feelings and images from various forms of "mental noise" in a variety of extended perception scenarios. They will also be taught to develop their own inner language for processing intuitive information. Additional exercises will focus on exploring techniques for inducing lucid dreams and out-of-body experiences, and for consciously connecting with the broader transpersonal continuum that lies just beyond the threshold of ordinary awareness.

C.E. credit is available; see page 60. $740

The Upledger Institute's CranioSacral II

Suzanne Scurlock-Durana

This workshop, the second in a series given by the Upledger Institute, further explores the CranioSacral System and its function in relationship to other patho-physiological body systems. The course will begin with the study of cranial base dysfunctions as perceived, diagnosed, and treated by Dr. William Sutherland, the father of cranial osteopathy. In this course students will learn how to integrate Sutherland's techniques for identifying and evaluating lesions into our "10-step protocol" and how to apply individual correction treatments when needed.

Evaluation and treatment processes of the hard palate, the mandible, and temporomandibular joint will be presented and practiced to complete the exploration of the masticatory system. Emphasis will then be directed to whole body evaluation, as discussions will center on various "physiological phenomena" that occur within the body.

The SomatoEmotional Release process will also be introduced with discussion and demonstration of an "energy cyst." Before participating in this course, students must complete CranioSacral Therapy I, either at Esalen or elsewhere.

Please note: The third workshop in this series, SomatoEmotional Release I, will be held October 15-20 and will be taught by Dr. John Upledger. For further information see Special Programs, page 56.

C. E. credit is available; see page 60. $740

Pottery at Esalen

Noel Mapstead & Keiko Suga

The Big Sur coast is uniquely endowed with numerous deposits of raw clays which have been decomposing from granite rock for millions of years. This workshop will bring participants to the Big Sur clays to create form and metamorphosis.

The group will explore parts of the Big Sur coast to gather clays, make pottery, and bake the clay in open-pit fires using cow dung. Participants will be taught to identify natural clays, process and work clay, and fire by traditional methods using Esalen's natural surroundings as an open studio. Other sessions will include clay hot baths and a sweat lodge.

This workshop will demonstrate how to transform ostensibly valueless natural materials into treasured objects. Emphasis will be on completing handmade works to take home and give to loved ones. No prior experience is necessary. $740

Weekend of May 26-28

African Dance: Expressions of Spiritual Energy

Yao Tamakloe & Sarah Abukutsa

Yao Tamakloe is a teacher of dance, drumming, and ethnology. He is a third-generation jazz performance artist and has danced and taught with Babatunde Olatunji and Katherine Durham for over ten years. Sarah Abukutsa, his wife, is one of Kenya's most celebrated singers, and has also studied West African dance. Together they will teach the exciting forms of African dances and the symbolic stories they tell.

Participants will experience the dynamics of war, harvest, and initiation dances, as well as the subtle healing funeral and recreational dances. The different movements that relate to various roles in society will be presented.

Live drumming will accompany this joyful marriage of power and fluidity inherent in dance. Drumming to accompany dances will be taught using Babatunde Olatunji's Gun GoDo PaTa method. Bring a drum if you can. $380

Relationships: The Sacred Path of Love, Sex, and Passion

Mary Goldenson (Devarani)
& Gustavo Rabin

Where in life did we stray from our path as *lover*? How do we return to that path and connect to our own love, sex, and passion?

Many of us spend a lot of time looking for satisfaction in relationships, often to give up in despair or anger. We are all, in some form, battle-scarred veterans, wounded by failed romances and marriages, alienated sons and daughters, lost friends. Re-opening our hearts and creating emotional safety in all our relationships is essential to our spiritual awakening.

We must look within at the walls that separate us from loving in order to free, connect, and come to peace with our own love, sex, and passionate energy. We can begin to do that by reflecting upon the male and female roles we play, our fears of one another, our limits to intimacy, and the gifts we can bring each other by ending the "blame game."

In this workshop participants will be shown new ways to communicate needs and desires, deepening the ability to love and transform personal, social, and work relationships. The group will work with imagery, movement, gestalt, Reichian work, meditation, and writing. The workshop is appropriate for individuals, couples, relatives, and friends who want peace and harmony, intimacy and mutual pleasure. $380

Refilling the Chalice: Time Out for Healers

Joan Borysenko

The leader writes: "Several times each year this retreat is held in a solitary or protected group setting to enjoy nature, open to the still small voice within, and refill the chalice of caring and love from which others sip throughout the year. Esalen is a wonderful setting for such a retreat. There will be scheduled time for group meditation and yoga, prayer, silent mindful walking in the beauty of Big Sur, dreamwork, listening to sacred music, and discussing the nature of healing. This is a time to nourish ourselves and to honor the sacred trust we have been given by taking time to welcome and thank the Spirit that we serve."

C.E. credit is available; see page 60. $380

The Story of the Tasaday: Learning What is Essential

John Nance

Can you imagine life without agriculture or the wheel, engines or indoor plumbing? Suppose there were no mirrors and you'd never seen your own image. Most of the time humans have walked the earth such things did not exist. So what is essential to survival and well-being?

To answer that question, this workshop explores the story of the gentle Tasaday people of the Philippines. It offers an intimate glimpse into the Tasaday's way of life – called "as close to nature as any people known in modern times" – and thereby an appreciation of who we may have been in the distant past and who we have become today.

The Tasaday's incredible journey of the last twenty-three years has taken them from cave dwellings in a tropical rain forest to the teeming city of Manila. Their determination to survive in the wilderness and adapt to the modern world offers an inspiring demonstration of the strength, love, and flexibility of the human body, mind, and spirit.

John Nance has been documenting the Tasaday since 1971, when they came to their edge of the forest, looked into the tree-harvested flatland beyond, and called it "the place where the eye sees too far." Through a collection of stories, photographs, and films, you are invited to explore the truths and metaphors of the Tasaday's world – and to find meanings in your own search to get in touch with your soul, which the Tasaday described as the "part of you that sees the dream." $380

Week of May 28-June 2

Big Sur Wilderness Experience

Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. With this natural reserve as the primary teacher, the group will walk into the Los Padres National Forest. Drawing on various traditions, this wilderness experience will help participants develop the quality of their awareness and open to the natural world.

Weeklong workshops will venture out on five hikes (4-10 miles long). Weekend workshops will take two hikes (3-6 miles long). Using Esalen as a base camp, the group will explore the different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each hike will begin after breakfast and conclude in time to enjoy the hot springs and dinner each evening at Esalen. Basic outdoor skills such as map reading and minimum impact concepts will be practiced. Participants will be taught enough skills to begin exploring the wilderness on their own after these outings. More information will be sent upon registration. $740

Making It Float

Robert Hall

> *There is no fixing a damaged childhood. The best you can hope for is to make the sucker float.*
>
> – PAT CONROY

Robert Hall writes: "And so it is. This workshop is about making it float. How to. If you're willing to spend some time with meditation, gestalt group process, making sounds, and experimenting with moving your body to your own rhythms, if you're interested in how body awareness, psychotherapy, and meditation work together to loosen your identification with who you think you are, and if you still have your sense of humor, we'll not only make it float, we'll take a ride in it."

C.E. credit is available; see page 60. $740

Pilobolus: Collaborative Creativity Method

Michael Tracy

Pilobolus Dance Theatre, the company that pioneered a unique collaborative method of choreography, has performed worldwide for nearly twenty-five years, and has taught widely in universities and institutes around the country.

This workshop, taught by Pilobolus's co-Artistic Director Michael Tracy, will offer a unique opportunity to see into the choreographic method of this innovative company, and to learn how to use this method as a means of developing your own creative ideas.

The workshop will begin each day with an introduction to this collaborative method. A part of each day will then be devoted to guided movement experimentation; another part will be dedicated to developing collaborative ideas into short choreographic pieces. The workshop will provide a lively, supportive environment in which to develop your creative skills, and guidance and feedback as you refine your ideas into a more powerful dramatic form. There will be daily opportunities to create new work, and a dynamic sharing of artistic ideas. By the end of the week, you may be surprised by your creative work.

This workshop is open to people of all ages and levels of experience. Come prepared to move. $740

Awakened Mind: Five-Day Brainwave Training Intensive

Anna Wise

The Awakened Mind is a state of consciousness that releases deep inner resources, capacities, and powers that often lie dormant and inaccessible. This workshop will help you develop the intricate combinations of brainwave frequencies that underlie optimum mental states. Biofeedback monitoring, combined with different methods of meditation, visualization, "sensualization," and deep psychophysiological relaxation, will help you learn how to master your own brainwaves.

The workshop will present methods for accessing repressed memories and creating a bridge between your conscious and your unconscious mind. Bridging this gap and making this connection with your innermost self allows you to begin a process that encourages healing and integration. Emphasis will also be on the importance of the interrelationship between brainwaves and the human energy system, specifically the kundalini process.

Throughout the workshop, the Mind Mirror EEG will be used to demonstrate brainwave patterns, and Electrical Skin Resistance Meters will be used to measure the depth of arousal and relaxation of your autonomic nervous system, illuminating the interrelationship between your body and your mind.

C.E. credit is available; see page 60. $740

Weekend of June 2-4

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 12-14. $380

Introduction to Vipassana Meditation

James Baraz

Vipassana (insight) meditation is the practice described by the Buddha for developing wisdom, compassion, and peace. Vipassana, "to see things clearly," means being mindful of what is actually happening in the present moment. Using the breath, body sensations, thought, and emotions as objects of attention, we can learn to be fully awake and bring a balanced awareness to all aspects of our lives.

Through vipassana meditation we can experience the nature of reality as continuous change. When we see that all phenomena are impermanent, we can begin to let go of clinging to the pleasant or avoiding the unpleasant. We are then more capable of meeting each situation with spontaneity, fearlessness, and love. Meditation also teaches us to see in each moment the interconnectedness of all things. Our hearts open to a natural expression of compassion and kindness.

Participants will be introduced to this method of meditation practice and the principles on which it is based. There will be periods of silent sitting and walking meditation, as well as discussion. As attention is brought to all activities at Esalen, individuals will continue to develop mindfulness through the weekend. This will provide a foundation for applying vipassana practice to everyday life.

C.E. credit is available; see page 60. $380

Conscious Loving: A Body-Centered Approach to Relationship Transformation

Gay & Kathlyn Hendricks

Relationships are the primary arena in which our deepest selves are either concealed or revealed. This workshop is designed for couples, professionals, and singles who are interested in the ability of a close relationship to catalyze the creativity of each person. It has two major purposes: 1) to expand the experience of love past previous limits; and 2) to learn to rest in the essence that underlies persona.

Based on the leaders' experience with over 1500 couples, they will present breath and movement practices that can accelerate the process by which people in close relationships can attain their goals. Participants will work on the transformation of present relationships while exploring the three key principles of conscious relationship: living in integrity, claiming creativity, and embracing life. Group members will be given tools designed to make it easier to tell the truth and take healthy responsibility for feelings and issues.

Among the tools to be used: videotapes, movement processes, breathwork, and dyadic communication activities.

Recommended reading: G. & K. Hendricks, *Conscious Loving* and *At the Speed of Life*. $380

Medicinal Herbology: An Esalen Garden Workshop

Jeanine Pollak

This weekend workshop will present in-depth coverage of forty useful plants growing fresh in the Esalen garden. It will include how to identify, prepare, and formulate these plants with respect to the medicinal, nutritional, and cosmetic aspects of each.

Using the garden as a classroom, participants will learn to make fresh infusions, sun teas, liniments, and tinctures. The group will discuss safe and effective formulas for common colds, flus, sore throats, headaches, and digestive/respiratory systems. The workshop will draw from modern scientific research and herbal pharmacology, as well as from tradition and folklore, as the uses and energetics of each plant are explored. Participants will also be given detailed knowledge of many other common plants and the safe and effective use of herbs in daily life.

C.E. credit is available; see page 60. $380

Week of June 4-9

Mountains and Waves

Susan Harper & Steven Harper

Nature is a primary teacher of movement, creativity, and awareness. Being outdoors in the richness and beauty of the natural world awakens our outer senses. Continuum movement takes us inward, heightening the awareness of our inner senses. These five days will combine both practices, integrating the subtle inner explorations that Continuum movement inspires with the activity of day-hiking in the magnificent Big Sur backcountry.

The day-hikes will introduce participants to basic and increasingly refined awareness practices to enhance their sensitivity to all that wilderness and being out-of-doors offers. In so doing, not only will there be contact with the natural world, but it will be an opportunity to reawaken those elements of wilderness within.

In the indoor sessions, participants will explore movements which express and embody what they have taken in during their walks, enlivening their ability to feel what they see in nature, as well as their own inner nature. Engaging with this sensual environment, the group will play with movement, breath, sound, dreams, and ritual.

This is a time for contact with nature and wilderness, inside and out. Participants need not have previous experience in hiking or dance. $740

Opening the Feelings

Dale Cummings

Participants will employ Radix® and neo-Reichian methods of emotional release, the most important of which is the Radix intensive, a period of individual work within a small group setting which can provide emotional support among participants. Grief, pain, fear, and rage that have been held in since childhood can emerge. As the participant accepts and works through these negative feelings, he or she may discover a new capacity for pleasure, trust, and love. In time, the sexual experience may change as feelings of tenderness and sexuality intensify and merge.

C. E. credit is available; see page 60. $740

Dreaming: The Magic Mirror that Never Lies

Jeremy Taylor

The basic language of dreams is symbol and metaphor. Dreams address everyone in essentially the same way, regardless of the uniqueness of our individual lives and circumstances.

Participants will share and work with their dreams, drawing on the mythological/archetypal images that shape our contemporary individual and collective lives. Although the focus will be dream interpretation in a collective context, the methods are designed to give participants the ability to engage in their own dreamwork upon returning home.

Everyone is welcome – those who are just beginning to explore the world of their dreams, as well as professionals who work with dreams. As the leader comments: "Only the dreamer can say with any certainty what meanings his or her dreams may hold, and dreamwork is one of the few activities that puts beginners and experts on an equal emotional footing from the outset."

Recommended reading: Taylor, *Dream Work* and *Where People Fly and Water Flows Uphill*.

$740

Weekend of June 9-11

The Power of Growth

Seymour Carter

Everyone has unused capacities for further personal development. When these capacities are recognized and given attention, a natural force is released which, like a tide, can carry the individual to a higher level of ability and action. Fritz Perls taught how to recognize the force of avoided issues in dealing with blocked energies. When unfinished issues are confronted and assimilated, it is possible to feel potent and in charge of one's life.

In this workshop, participants will deal with these issues by examining the influence of the inner dialogue on thoughts and the nature of impasse, as well as tendencies within themselves toward psychological completion and well-being. The basis of this work is the gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, and aikido. Each participant's process of development will be honored, encouraged, and treated as unique.

$380

Weekend Massage Intensive

Carl Chase (C.C.) *& Laurie Schutz*

Participants will be instructed in basic methods for giving a pleasurable and beneficial full-body massage. Fundamental elements of bodywork, such as breath awareness, grounding, movement, quality of touch, and stress reduction, will be introduced. This workshop is open to beginners as well as those who wish to brush up on their massage skills.

C.E. credit is available; see page 60. $380

Optimum Health: Theory and Practice

Nick Hall & Jim Loehr

The effects of stress on the body are still largely unknown, but research over the past decade has indicated that it may be linked to various diseases. This workshop will explore the theoretical and practical issues relating to stress and outline a training program for optimum health and stress reduction.

Nick Hall, a pioneer in research exploring the relationship between the brain and the immune system, will review the practical issues concerning stress and psychoneuroimmunology (PNI). He has published over 100 articles on PNI and has been featured on "60 Minutes" for his work using imagery with cancer patients. Participants will explore behavioral-based techniques such as relaxation, guided imagery, conditioning, and nutrition as anti-stress interventions.

Jim Loehr will demonstrate his Toughness Training System, which evolved from his work with world-class tennis players, including Martina Navratilova and Gabriela Sabatini. Strategies for toughening physically, mentally, and emotionally will be explored. His method for calculating units of stress, units of recovery, and markers of overtraining will be experienced by each participant. The importance, function, and timing of recovery in terms of sleep, diet, and active and passive rest will be reviewed in the context of Life Toughening.

Participants need not be extremely athletic or highly conditioned, only interested in increasing their level of fitness.

C.E. credit is available; see page 60. $380

Yoga for the '90s

Deborah Anne Medow

Today, more than ever before, many people are overwhelmed by the stresses and tensions that they experience in their daily lives. Yoga, the oldest science of life, utilizes body, mind, and breath to bring stress under control by revitalizing energy on physical, mental, and spiritual levels.

On the physical level, asanas (yoga postures) tone the muscles, joints, and nerves, massage the internal organs, increase circulation, and improve digestion, making the body strong, flexible, and proportionate.

On the mental and spiritual level, the regular practices of asanas and breathing methods not only cleanse the system and energize the body; they also help to calm the mind and develop an awareness of self. Meditation can then become a vehicle for focusing this awareness, allowing the spirit to flourish.

During this weekend, asanas, breathing exercises, integral movement, and meditation will be taught and practiced, with particular emphasis on the yoga postures (stretches). Special focus will be on assisting participants in building a solid basis for the further development of yoga practice. Yoga philosophy and theory will be presented, and a healthy diet will be discussed and encouraged. $380

Week of June 11-16

Golf in the Kingdom: An Exploration of the Inner Game

Stephen Cohen, Fred Shoemaker & Brian Bergstrom

> *Ye'll come away from the links*
> *with a new hold on life, that is certain if ye*
> *play the game with all your heart.*
> – MICHAEL MURPHY (AS SHIVAS IRONS),
> *Golf in the Kingdom*

The game of golf provides many opportunities to enhance the journey of self-discovery. It can be experienced not only as an athletic endeavor, but also as a metaphor for the way one lives. Just as in life, issues of self-confidence, fear, trust, discipline, and awareness emerge in the conflict between the ego's desire for success and the inner self's ability to achieve.

During these five days, teaching methods gleaned from a study of the inner game will be utilized, as well as principles from psychosynthesis and gestalt, to explore the inner self and how one interferes with its emergence. Two days will be spent on field trips to the Monterey Peninsula where participants will practice and play in some of the most beautiful golf country in the world. On other days there will be time to relax and enjoy the natural pleasures of Esalen and Big Sur.

Recommended reading: Murphy, *Golf in the Kingdom*; Gallwey, *The Inner Game of Golf*.

$740
(plus greens fees paid directly to the leader)

Sexual Trauma Survivors: Specific Strategies for Body, Mind, and Spiritual Healing

Carolyn Braddock & Guests

The body remembers sexual trauma because the body is the scene of the crime. It expresses these memories in how one breathes, moves, and speaks – or doesn't speak. Consequently, body sensations may be blocked and a protective body belief system may develop. A child learns early *not* to have a voice to express the anger, sadness, pain, or frustration she or he suffers.

This workshop focuses on body/mind/spirit integration, adding new somatic dimensions to traditional strategies in the healing journey. For example, it will identify three main body types (rigid, collapsed, and inanimate) that illustrate how survivors respond when they revisit the memories of their traumas.

Through eight guided teaching sessions, participants will be shown how to enhance their skills with new intervention strategies to empower wounded individuals to speak in a strong, new voice. Group members will be actively involved in interventions, demonstrations, discussion of legal/ethical issues, and case presentations from a body-oriented perspective. Breathwork, sound, movement, gestalt, bodywork, Tai Ji, role-playing, and creative cognitive work will also be used, creating a balance between work and play.

This approach is designed for traditional psychotherapists, bodyworkers, and those in the medical profession.

Please note: This workshop is for professionals, those in training, and others who are interested in a new body-oriented approach to working with sexual trauma survivors. It is applicable for Braddock Body Process™ certification hours.

Recommended Reading: Braddock, *Body Voices: Using the Power of Breath, Sound, and Movement to Heal and Create New Boundaries.*

C.E. credit is available; see page 60. $740

Recovering from the Loss of a Parent

Jack Engler

In the mind of a child, whatever the age, it is incomprehensible that parents can die. When they do, especially later in life, we may be surprised by how shocked, unprepared, and overwhelmed we can feel, and for how long. The death of a parent confronts us with issues and feelings we have never faced before.

This is a workshop for those who have lost a parent *in adult life*, and who still find themselves working through related issues. In a safe, supportive setting, the workshop will offer a chance to explore these issues, identify blocks to grieving and healing, and learn how this painful event can be an opportunity for a deeper understanding and appreciation of life as well as death.

The workshop will address specific issues associated with the loss of a parent: the nature of grief; the process of grieving someone we always assumed would be there; dealing with anger and guilt; the impact on relationships with family and friends, work and home; new attitudes toward death; and our own spirituality and mortality.

The workshop will be based primarily on personal sharing and interaction. It will include written assignments and exercises, as well as guided meditations. Because this work depends on everyone having an opportunity to share and interact, it will be limited to twelve participants. $740

Chakra Integration: A Complete Approach to Health and Healing

Laurie Lioness Parizek &
The Esalen Teaching Staff

The chakras are vital, life-enhancing centers that have their roots in the physical body, along the spine, and deep in the brain. They open into the energy field and are a complete three-dimensional system of the body. When integrated, they refine the mainstream current of energy in the central nervous system, bring balance to the endocrine system, and help to integrate one's physical, spiritual, and energetic life.

This workshop will use movement, sound, awareness exercises, and supportive hands-on work to balance the chakras and mainstream spinal current, and to gently and consciously open this channel that connects heaven and earth through our bodies. Participants will be guided in grounding and breathwork. To enable participants to work more consciously with themselves and others, the workshop will integrate personal healing work, gentle energetic touch, and associated hands-on skills. Meditation will be used throughout the week to bring serenity and a deeper personal understanding of the chakras. Individuals are invited to bring their favorite musical instruments and personal healing tools.

This workshop is designed for those interested in developing a working knowledge of this ancient time-tested way of healing, especially health care professionals. Please bring warm clothing as some of this workshop will be outdoors.

Recommended reading: Haas, *Staying Healthy with the Seasons*; Brennan, *Hands of Light*.

C. E. credit is available; see page 60. $740

June 16-23

Developing a Fitness Regime for Optimal Well-Being

Carl Chase (C.C.) *& Deborah Anne Medow*

Everyone wants to feel more flexible, toned, and energized – stronger and more powerful. This workshop can help you develop and practice a daily fitness regime to achieve those goals.

This seven-day workshop will provide an opportunity to start to unlock your health potential and develop the positive thoughts and attitudes that can create optimal well-being. The keys will be a combination of meditation, yoga, "ballistic" stretching, movement, dance, and a healthy diet.

During the workshop, participants will practice the above activities to help establish a daily fitness routine – fitness on physical, mental, and spiritual levels. The group support will be especially helpful for those who have a difficult time keeping such a fitness practice going.

There will also be quiet time for reflection, integration, and the peaceful enjoyment of the beautiful Big Sur coast and Esalen property.

Please bring loose, comfortable clothing, tapes and CDs, even musical instruments, an open mind, a sense of humor, and a warm heart.

Please note: This workshop is not recommended for the seriously ill or the "faint of heart."

C. E. credit is available; see page 60. $1110

Weekend of June 16-18

Meditation, the Self, and Healing

Ron Alexander & Lobsang Rapgay

> *"Learning to observe experience from a place of stillness enables one to relate to life without fear and clinging. One begins to accept pleasure and pain, fear and joy, and all aspects of life with increasing equanimity and balance. Life is seen as a constantly changing process."*
>
> – Jack Kornfield, *Seeking the Heart of Wisdom*

Meditation helps to cultivate self-regulation through relaxation and the development of attentional skill. Mindfulness training helps develop awareness of self and psychic processes. It can also enhance affective and cognitive states of mind/body awareness to promote insight and individuation.

This workshop will provide instruction in the essential practice and understanding of meditation from both a psychological and spiritual perspective. The focus will be on the practice, experience, and benefits of meditation in daily life.

The meditative techniques of the various Buddhist schools, particularly Tibetan, Kundalini, Vipassana, and Zen, will be explored in detail. Tibetan meditation seeks to use mindfulness, insight, and visualization to activate physiological and psychological energies whose merger can produce powerful states of mind to penetrate into the reality of our being and experience. The principles of Buddhist psychology and Tibetan medicine amplify and integrate the full spectrum of mind/body healing.

This workshop can help participants acquire skills to calm the mind, directly experience affect, and enhance the creative activation of the mind. It is designed for everyone, from beginning to advanced.

Recommended reading: Goldstein & Kornfield, *Seeking the Heart of Wisdom*, and Rapgay, *Tibetan Meditative Experience*.

C. E. credit is available; see page 60. $380

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach

Patrick Douce

The work of Moshe Feldenkrais is based on the natural process by which we learned to move as children. During this workshop, soft, easy, gentle movements will be used to increase awareness of the body and to improve the ease and ability of movement. Special emphasis will be placed on the difficulties in movement that arise from chronic conditions such as lower back and neck pain, tension in the neck and shoulders, and knee injuries. Such conditions can be improved by approaching the difficulties as problems in learning rather than as therapeutic troubles. Situations which were "incurable" become "reëducable." Workshop participants will also be introduced to methods for improving their ability to sense each other's bodies through touch and massage.

Although this workshop is valuable for anyone interested in learning more about his/her body through direct experience, it may be of special interest and benefit to dancers, athletes, doctors, nurses, physical therapists, psychologists, health care professionals, and elderly citizens who may discover new ways of moving with ease and increased flexibility -- painlessly and immediately.

C.E. credit is available; see page 60. $380

Singing Gestalt

Nancy Kaye Lunney

Singing can be an experience of great joy or overwhelming terror. It can provide illuminating moments of pure expression or a smoke screen of performance camouflage.

"Songs of Innocence – Songs of Experience" is singing about yourself, who you are, what you feel. It is about being yourself in front of other people without judging how well you sing. This workshop is not about performance. It is about making contact, feeling, expressing, and being there, with and for yourself and others.

If you've never sung in front of people, then this workshop can provide you with an opportunity to explore a new avenue of expression. If you and singing are old friends, this workshop can be a forum to expand the limits of that expression. It is a chance to take your singing self out of the shower, out of the car – out of the closet.

If the idea of getting up and singing in front of other people terrifies you more than anything you can think of, this workshop is for you. If you love to sing in front of other people and want to stretch yourself further, this workshop is for you.

Some guided imagery and gestalt may be used. Bring lyrics to songs that express thoughts and feelings you'd like to explore. Accompaniment and lots of music are provided. $380

EMDR: Treating the Trauma Victim A Workshop for Psychotherapists

Francine Shapiro & Margot Silk Forrest

The effects of trauma can be disastrous for the client and can lay the cornerstone for a variety of pathologies and presenting complaints. The recent success of EMDR (Eye Movement Desensitization and Reprocessing) in the rapid treatment of trauma has caused many to reexamine the assumptions about the nature of pathology. EMDR is an interactional, standardized approach and method that can accelerate the treatment of post-trauma symptomatology.

In this workshop, topics for discussion will be traumatic wounding, the mechanisms of processing, the role of clients in their own healing, and what this means for clinicians. While not constituting a training, the workshop will explore theoretical assumptions, the model, and its discrete elements and clinical applications. $380

Week of June 18-23

The Core Self: Returning to Innocence and Choice

Ron Alexander

Resources for healing, such as spontaneity, curiosity, trust, creativity, innocence, and joy, are found in the Core Self. This workshop will assist participants – including health professionals – in accessing the resources of the Core Self to facilitate personal healing and to acquire new skills in the mind/body healing process. Participants will also work on cultivating a friendly relationship with the unconscious to heal old dysfunctional patterns, and on discovering how to resolve incompletions from the past to become more conscious in the present moment. This process can bring about the healing of pain, fear, grief, and loss, and thereby enable the creation of healthier pathways for new living, loving, working, and relating.

The goals of this work are to enhance self-esteem, to become free of trauma and self-images of the past, to become conscious in the present moment, to communicate more effectively, to become empowered as a leader, and to develop a cohesive personal vision. The tools that will be used include gestalt open seat work, self psychology, insight meditation, breathing practices, mind/body healing, dreamwork, accessing the creative unconscious, deep music, group process, and immersion into nature.

Recommended reading: Heider, *The Tao of Leadership*; Chopra, *Timeless Mind, Ageless Body*; Polster, *Every Person's Life is Worth a Novel*; and Moore, *The Care of the Soul*.

C.E. credit is available; see page 60. $740

Part of the Dancing Heart: The Body as a Map

Sara Shelton Mann

This is an unusual workshop that presents improvisational movement as a disciplined practice that can provide access to and awareness of essential states – those states of trust, joy, vulnerability, curiosity, and openness.

By exploring different physical systems–bone, muscle, nerves, fluids–one's personal experience can expand and become a source through which movement, writing, storytelling, and singing can act as transformative agents. The group will start with balancing the visual, sensing, listening body, then dive into the physical systems that can bring forth essential states – strength, joy, peace – past the ordinary to the extraordinary, revealing our relationship to self and others. Participants can produce a personal body map, which, when viewed objectively, encourages a natural spirit of investigation to arise spontaneously.

The workshop will offer a movement practice designed for all ages and levels of experience. The practice can provide a new map of awareness and physical skills to track personal experience, especially experience of the unnameable. The workshop will also include writing, processing, and contemplation. $740

Evocation of the Deceased in a Latter-Day Psychomanteum

Raymond Moody & William Roll

In ancient Greece, there were institutions known as oracles of the dead, or psychomanteums, where people traveled, so the early historians and poets tell us, to visit with the spirits of loved ones lost to death. Dr. Roll and Dr. Moody will demonstrate how to re-create a latter-day psychomanteum through the use of the venerable technique of mirror-gazing, and how to facilitate vivid apparitional encounters with the departed within that environment.

Dr. Roll will discuss his research with hauntings and poltergeists. Dr. Moody will discuss the history of evoking spirits through mirror-gazing. Together they will explore the meaning of apparitional experiences in general, including angels and transformative aliens.

This unusual workshop will also present other procedures for connecting with the deceased, including the soul dance and psi sessions. $740

Acts of Courage

David Schiffman & Susan Kuttner

This workshop is designed for people who are facing change. It will be a time to pause and step away from the deadlines, demands, distractions, and interruptions of daily life.

These five days will be an opportunity to come back to your own heart in the company of kindred spirits. Participants will work to gather strength and clarity for making simple, effective plans for dealing with changes and uncertainties.

The pace will be gentle and restorative, with ample time to consider each individual's dreams, desires, and dilemmas. The intention will be to see how the process of transition can be approached in a heartful, open-minded, and courageous spirit. Together the group will create a mood of sanctity, balance, and peace for reflecting and acting on each individual's deepest concerns. Resources and influences will be drawn from a variety of traditional psychological approaches, as well as movement, music, ritual, and ceremonial practice. $740

Weekend of June 23-25

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 28-June 2 $380

Body Rejuvenation

Dub Leigh & Audrey Nakamura

The goal of this workshop is to start rejuvenating the body, mind, and spirit. A fast way to do this is to work the body: transform the old, hard, short, nonresilient tissue into soft, lengthy, bouncy tissue free from trauma, stress, and pain; work on changing the despondent, hopeless, negative, grouchy person into an enthusiastic, positive, upbeat person.

The recipe for beginning to rejuvenate the body will be demonstrated in one session to the group, and then experienced and performed by each participant.

This seminar is recommended for anyone and everyone. The older you are, the more stuff you have to work with. Bring a swimsuit – a two-piece for women.

Please note: Since this is a hands-on class using particular methods, participants are asked not to receive bodywork outside of class until the workshop is over.

Recommended reading: Leigh, *Bodytherapy: From Rolf to Feldenkrais to Tanouye Roshi*.

C.E. credit is available; see page 60. $380

Caring for the Dying: What Really Works?

Zoketsu Norman Fischer & Frank Ostaseski

This workshop explores a mindful and compassionate approach to caring for those with chronic or life-threatening illness. Drawing on the experience of the Zen Hospice Project, a nationally innovative model of conscious care, the aim is to demystify the care-giving process, investigate our response to suffering, and clarify our intention in service.

The leaders will introduce traditional meditation practices of awareness, impermanence, and forgiveness; provide exercises designed to explore accumulated grief; and discuss the importance of ritual and memorials. Through silence, writing, storytelling, and the collective wisdom of the group, participants will discover ways of encouraging our innate generosity and skillful means to stay present in difficult or impersonal care-giving situations.

The workshop offers renewal and a fresh perspective on service to professionals or individuals caring for friends or family. All are invited, but those caring for people with AIDS or cancer are particularly encouraged to attend. Wear comfortable clothing and please bring writing materials.

C.E. credit is available; see page 60. $380

Natural Genius: An Authenticity of Being

Elisa Lodge

> *Unleashing the creative spirit will happen only when we recognize that natural genius lies within everything and everybody.*
>
> — Buckminster Fuller

Natural genius is a powerful creative force that arises when a deep sense of self-worth and trust is felt. It reflects a wholehearted acceptance of the many facets of our being. We are all geniuses in wonderful and mysterious ways that lie undiscovered within us.

Participants will have an opportunity to explore self-defeating patterns and beliefs that inhibit natural genius and learn practical tools to unleash untapped energy, passion, and creativity.

Individual and group exercises will be used, including a whole-body thinking process to balance right and left brain, stimulate intuition, and support more spontaneous "feeling" aspects of our thinking. By freeing and integrating breath, sound, feelings, energy, and movement as the nonverbal expression of our aliveness, participants can contrast the difference between self-imprisonment and inner freedom, pretense and presence, acting and being.

As we regain the power to dance our unique dance, as we voice the wisdom buried in our bones, we open to the heart of our personal power. $380

Jewish Renewal: Finding and Healing the Jewish Part of Your Soul

Michael Lerner

You don't have to be Jewish to learn from the spiritual and psychological wisdom of the Jewish people. Though Christianity portrayed Judaism as rigidly stuck in legalisms, and the oppression of Jews sometimes caused Jews to revert to a Judaism more aimed at survival than celebration, today the post-Holocaust world is seeing a remarkable renewal of Jewish spirituality and insights. Politically progressive and psychologically sophisticated Jews are reclaiming Judaism from the conservatism, conformism, and spiritual deadness that dominate some segments of the organized Jewish community.

Michael Lerner has been called "America's preeminent liberal Jewish intellectual" after the publication of his book *Jewish Renewal*. Lerner presents a weekend seminar that combines psychological processes to reclaim the Jewish part of your soul (even if you didn't know you had that part), Jewish religious observance (Sabbath meals and celebrations, reading of the Torah, etc.), and reflections on the Jewish approach to care for the soul, the relationship between spirituality and politics, and the psychodynamics of compassion and transformation. $380

JOYCE LYKE

The Group 2000

Michael Murphy

The Group 2000 is comprised of people who wish to help Esalen fulfill its mission and have contributed $2000 or more in one year. This is a special weekend to inform the Group of the latest developments at the Institute and discuss the plans and possibilities for the future. There will be time with Michael Murphy and the staff, an opportunity to interact as a group, as well as time to enjoy being at Esalen with some optional planned activities.

For more information, contact Ginger Hart, Coordinator, Friends of Esalen at 408-667-3007. $380

Week of June 25-30

Reawakening the Artist Within

Esalen Arts Center Staff

For workshop description see May 19-21 $740

Practicing in the Marketplace: The Diamond Approach — A Spiritual Teaching for Our Times

Sandra Maitri & Joyce Lyke

> *God has made non-existence appear*
> *solid and respectable;*
> *He has made Existence appear*
> *in the guise of non-existence.*
> *He has hidden the Sea and made the foam visible,*
> *He has concealed the Wind and shown you the*
> *dust.*
>
> — Jalal al-Din Rumi

There is something within each of us that cannot be seen or touched with our ordinary senses, yet many of us intuit that this dimension is more important than anything else — it is the fathomless source of who we are. Through our conditioning, opaque inner veils have come to obscure our contact with these depths, leaving us to reside on the surface of ourselves and our lives, in at best a state of discontent and at worst deep suffering. We look outside of ourselves for happiness and fulfillment, but when we finally recognize that what we long for is really deep within, a great turning begins.

This is the beginning of the spiritual journey. The Diamond Approach evolved as a way of making that journey for those of us leading ordinary lives of work and family in our modern world. Combining traditional spiritual understandings and practices with the most current knowledge of depth psychology, we are able to contact dimensions of reality and of the human potential traditionally accessible only to a very few.

In this workshop, students will be introduced to the fundamentals of the Diamond Approach. Specific practices and exercises focusing on presence, awareness, and inquiry will be taught to encourage participants to sink more deeply into themselves, and the obstacles that are generally encountered as we make the inward journey to our true Home will be worked with.

Please note: Registration requires completion of a questionnaire. For more information see Special Programs, page 56.

Recommended reading: A.H. Almaas, *Essence* and *Diamond Heart – Book One.*

$740

The Body and Zen

Dub Leigh & Audrey Nakamura

The goal of this seminar is twofold: (1) to use bodywork methods and principles for releasing tension, trauma, and toxins from connective tissue, and (2) to circulate the vital energy in an aligned body. The group will draw from Rolfing® (structure), Feldenkrais (function), and Zen (energy) to obtain these goals.

This is a hands-on workshop. Participants will give and receive bodywork and learn methods to recognize, work with, and relieve some types of chronic muscle pain. Participants are asked to bring a swimsuit – a two-piece for women.

Please note: Since this is a hands-on class using particular methods, participants are asked not to receive bodywork outside of class until the workshop is over.

Recommended reading: Leigh, *Bodytherapy: From Rolf to Feldenkrais to Tanouye Roshi.*

C.E. credit is available; see page 60. $740

Letting Go — Moving On

Mary Goldenson (*Devarani*)
& Gustavo Rabin

Beliefs, fears, and emotions from the past can continue into present relationships and interfere with spontaneous feelings of trust, love, and joy. The goal of this workshop is to experience and let go of these defenses and create new ways to relate – in the moment – to ourselves, our work, and those we love.

The workshop includes periods of intense bodywork for those who want to let go of past anger, fear, and pain, which are reflected in the body as armor and tension. As armor softens, feelings held in since childhood can be released, and positive feelings can be experienced more fully. By also using dreamwork, massage, dance, and group process, a new capacity for loving can emerge.

This workshop will have no more than thirty participants. $740

Turning on the Light: A Choice to Live Consciously

Laura DeNuccio & Guest Leaders

> *In the sunlight of awareness,*
> *each thought and action becomes sacred.*
> – Thich Nhat Hanh

Laura DeNuccio writes: "What would you love to see in your life? What has meaning to your heart? What is truly of value? To live fully, mindful of these questions, is a choice each individual can make moment-by-moment. This workshop is about honoring, empowering, and celebrating each person as we reclaim our wholeness/holiness as human beings making choices to live fully.

"Through the creative use of breath, sound, music, movement, and visioning, we can explore and discover what our spirit longs to express. Included will be guided meditations to increase body awareness and aliveness, to dissolve and balance energetic blockages, and to quiet, still, and expand the mind. Participants will engage in self-care and personal growth practices for daily living, offered as a basic awareness practice to increase mindfulness, self-understanding, and the ability to be present with one's experience in the moment. Emphasis will be on cultivating compassion and patience as we align with our personal truths in relation to others and the planet.

"Attuning with Nature, taking light hikes into Big Sur, we can deepen our capacity to listen to our innate wisdom and intelligence. And by applying the creative use of the Spoken Word, we can expand a vision of possibilities for ourselves and the world in which we live."

Recommended reading: Fields, et al., *Chop Wood, Carry Water;* Chopra, *Quantum Healing;* Hanh, *The Miracle of Mindfulness.*

C. E. credit is available; see page 60. $740

June 30-July 7

Language of the Drums: African Percussion, Chanting, and Dance

Babatunde Olatunji & Friends

Nigerian musician Babatunde Olatunji has been bridging the gap between American and African culture for more than thirty years. In this workshop he will show how drum sounds and rhythms communicate, stimulate, and pace the activities of traditional African life. He will teach the consonants of the Yoruba language, reproducing its sounds on drums and through chants, body percussion, and dance. This workshop is for dancers, percussionists, musicians, and anyone who wants to speak the language of the drums. Drummers can experience the dance and dancers can experience the drums. Bring a drum if you have one.

Please note: This has always been a popular workshop, with lots of people drumming and dancing in a small area. The energy runs high – be prepared for a crowded, exuberant atmosphere. $1110

Weekend of June 30-July 2

Disarming the Ogre: Recognizing and Transforming the Inner Critic

Sarah La Saulle

The Ogre – also known as the inner negative voice, the committee, the dark and hopeless perceptions, black-and-white thinking – is the voice of old belief systems. Many people experience their Ogre as a feeling of malaise or heaviness. Often it goes unrecognized by posing as the voice of reason, of ultimate reality. The Ogre judges. It counsels by criticism and continually re-inflicts wounds. The fundamental goal of the Ogre is to protect from pain and further loss. Unfortunately, the voice is cruel and distorted in its effort to preserve.

In this workshop, participants will catch their Ogre, illuminate him, and utilize various methods to transmute his negative influence. Writing, drawing, partnering, and group discussion will be used to deal with conscious and unconscious self-hatred. $380

The Body of Metaphor: The Craft and Magic of Figurative Language

Jim Dodge

This writing workshop will be a journey into the realm of figurative language, or tropes, and its core expressions – metaphor, simile, image, and symbol. It will concentrate on metaphor-making, emphasizing the craft and art of imaginative associations. Particular regard will be given to the skills and strategies of giving interior forces (emotion/idea/spirit) exterior density in the physical world through what Aristotle called "the art of the likely impossible."

The primary focus will be on group and individual practice in creating and elaborating metaphors – the ancient "alchemical marriage" mediated by the imagination – as well as the skills that bring clarity and grace to that union. Along the way the group will also:

- Consider the history of metaphor and the role of imagination in various cultures
- Explore the notion that an aesthetic (and a culture) is virtually defined by its metaphorical practices
- Discuss writing as a collaborative act of imagination with the reader
- Examine the properties/powers of words and language as a "wild system"
- Consider the intricate relationships (and perhaps the necessary unity) of language, imagination, and the natural world

In short, we will try to get a firm grasp on the workings of metaphor – and then let go. $380

Reconnecting Business with its Soul

David Trickett, Anita Roddick, Bill Sechrest & Ron Loeb

Einstein asked the question, "Is the world a friendly place?" In this time of rapid global change and worldwide hostilities, executives, managers, and all stakeholders in our global business community may wonder why anyone would even pose the query. Yet an affirmative answer can shift our worldview from an inherited model based on scarcity and disconnection to a systems model grounded on abundance and interrelationship with the universe. This shift can provide renewed energy to conduct business in a manner that is values-based, socially responsible, and integrated with our surroundings. This view is a key not only to survival but also to success in the twenty-first century, wherein productivity, ethics, prosperity, growth, and spiritual wholeness all will be seen to emanate from the same creative source: the conscious human mind.

Participants will be guided through exercises using their own personal stories, selected brief readings, music, meditation, and dialogue, all aimed at a powerful awakening allowing them to see afresh the rich systems context in which business thrives. The workshop will seek to discover the key lying in each of us for answering Einstein's question in a way that can transform our businesses into global change agents capable of providing abundance for all their stakeholders. The workshop will provide practical tools for business leaders to be touched powerfully by Nobel Laureate Ilya Prigogene's insight that "the world is richer than it is possible to express in any single language." $380

Art from the Heart: A Workshop for Families

Janet Greenwood

For centuries, families naturally created and worked together to provide food, clothing, and shelter for survival. This teamwork was also a way for family members to connect with each other, play, talk, and learn to appreciate each other's talents. Today our sophisticated technology has allowed us to lighten our workload. Unfortunately, it has simultaneously reduced opportunities for families to create together and naturally strengthen interdependence, cooperation, and trust.

Through an approach Janet Greenwood calls "Art from the Heart," families will participate in specific art experiences – drawing, play, collage, and music – designed to deepen understanding, communication, and joy in being together. Art creations become symbols to learn about ourselves and teach each other about what most contributes to our feeling loved and cared about. Symbolic art can thus be used to heal past wounds. By creating and understanding a personal symbol vocabulary, combined with verbal and psychological understanding, we can become more conscious of behavioral patterns and more intentional in developing loving, healthy relationships.

No prior art experience is necessary. The workshop is designed for families of all configurations, appropriate for most children over age five. Students and professionals in psychology or education may find these processes to be useful personally as well as professionally.

For information on recommended readings and videotapes, contact A+ Relationship School, 3021 Citrus Circle, Suite 110, Walnut Creek, Ca 94598, or call 510-806-8255. $380

(For family rates, see Reduced Rate Options, page 5.)

Week of July 2-7

The Power of Growth

Seymour Carter

For workshop description see June 9-11. $740

Mending the Sacred Hoop: The Use of Ritual in Therapy and Life

Terry Tafoya

The original English roots of the word "heal" are the same as those of "whole" and "holy." This workshop presents tools for healing and explores possibilities of wholeness. It utilizes a foundation of Native American traditional storytelling, music, and movement combined with approaches from Brief Systemic Therapy and paradoxical interventions from the trickster tradition of the Sacred Clown.

The workshop draws on the leader's extensive experience as clinical faculty and senior staff at the University of Washington's Interpersonal Psychotherapy Clinic, as well as the traditions of his Warm Springs and Twana Native heritage. The cross-cultural elements of healing will be examined in detail, and participants will work with metaphor and meaning to construct their own rituals of healing.

This workshop is designed to provide tools, techniques, and technologies for people who work with people – teachers, therapists, nurses, social workers, managers, massage practitioners, salespeople. Please bring drums and other instruments (if you have them), along with a strong sense of humor. $740

Movement, Touch, and the Healing Process

Patrick Douce

This workshop will approach the concept of a free, effortless body through Moshe Feldenkrais's work in movement and touch. Balinese and other Indonesian systems of working with the human body's energy field will broaden the Feldenkrais work.

Participants will be introduced to the complexity and simplicity of the spinal column. They will use soft, conscious movement to increase their sensitivity for safe, hands-on explorations. Moving away from the notion of a straight, stiff, rod-like back, they will find that posture and overall flexibility of the spine improves.

This program is designed for both beginners and professionals interested in movement and touch. Individuals with chronic tension or stress, and those with lower back, neck, shoulder, or hip pain may find alternatives through learning more about the human body's possibilities.

C.E. credit is available; see page 60. $740

Forgotten Treasures of Western Spirituality: Christian Alchemy and Pagan Icons

Olga Luchakova & Christopher Castle

This workshop combines ancient Western methods of attuning to subtle energies with a pursuit of sacred iconography, presenting practices for wholeness and transcendence. It unearths the legacy of Pagan soul within Christian mysticism and demonstrates the continuity of Pagan and Christian archetypes.

Mornings are devoted to the purification and refinement of the body's energies and accessing various planes of creation through special meditations and prayers. This transmutation of energies is an important part of Christian yoga, harmonizing physiological processes and bringing about inner silence, positive states, and psychological healing. Both Pagan and Christian traditions considered energy practices to be the ladder of ascension to Spirit.

These practices prepare participants for afternoons of painting in the studio. Here, maintaining the consciousness developed during the morning sessions, each participant selects an image from the pantheon of pre-Christian and Christian goddesses, saints, angels, and other divine figures. Giving life to this icon is a process of using the little-known methods and materials of gold leaf and egg tempera. These are powerful alchemical tools exerting their own magic through beauty. We can thus begin to discover the icon within ourselves, the image which integrates the human and the divine.

Evenings include contemplative practices, slide presentations, and discussion of the archetypal meaning of icons, their mystical qualities, and their applications for healing.

No prior art experience is necessary. Participants should wear loose, comfortable clothing, preferably of natural fibers.

C.E. credit is available upon agreement with JFK University, the California Institute of Integral Studies, or the Institute of Transpersonal Psychology. $740

(plus $30 materials fee paid directly to the leaders)

Weekend of July 7-9

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 12-14.

$380

The Language of the Drum: Intermediate Level

Babatunde Olatunji

This workshop is designed for those who would like to further explore the polyrhythmic aspect of African music. It will include exploring varying combinations of rhythmic patterns, the ability to play rhythmic patterns on two drums, rhythmic exercises to help develop stamina and dexterity of the hands and fingers on the drum, and the use of sticks in playing. Participants will also be introduced to different styles of playing the agogo (cow bell), shekere (African maracas), and body percussion.

There will be time devoted to open discussion of the healing power of the drum through history. The group will learn how to meditate with drumming and chanting. No special dancing is involved in this class except for occasional movements conducted by the leader.

Please note: This class is open to those who have taken at least two full workshops with Babatunde Olatunji or a professional percussionist.

Things to bring: one or two drums, congas, djembes, or ashidos; shekere (African maracas); agogo (cow bell); and djun-jun (not required). $380

Big Sur Wilderness Experience: For Families

Kai, Kim & Steven Harper

In our modern world it is easy to overlook the importance of our relationship to nature and our relationship with our families. Using the natural world as the primary teacher, this workshop will offer an opportunity to play, work, and laugh together in nature. Big Sur's many moods — sometimes dramatic, sometimes subtle — inspire silence, playfulness, activity, thoughtfulness, awe. This will be a time to share these moments with your family.

This wilderness experience provides an opportunity for parents and children of all ages to explore the Big Sur backcountry on day-hikes, returning each day to Esalen. The leaders will introduce exercises, games, and practices to cultivate awareness of how we relate to nature, ourselves, and our families. They will demonstrate approaches for hiking as a family, introduce useful equipment, teach appropriate safety considerations, and encourage each family to find its own unique pace, style, and interest for being in nature together.

Previous wilderness experience is not necessary. Families of all configurations are welcome. $380

(For family rates, see Reduced Rate Options, page 5.)

Practical Intuition: Introduction

Laura Day

We are all psychics. Every time we draw a conclusion, we work with intuition as well as linear and emotional processes. Identifying how our intuitive faculty works enables us to use it selectively for effective decision-making. A predominantly linear process may be preferable when clear, empirical information is available. But when little data is at hand, or if the question relates to how current choice might affect future results, an intuitive process may be more efficient.

"Practical Intuition," an experiential workshop, introduces intuitive methods for gaining empirical information. Participants will give and receive several present and future intuitive readings a day, focusing on predicting and retrieving verifiable data. Different intuitive styles, such as clairvoyance, clairaudience, and telepathy will be taught, along with exercises for continued training at home.

Participants are requested to bring a few photographs of themselves and people they know well, their personal and business questions, and a willingness to work as if they already know how to do something that they in fact already know how to do.

C.E. credit is available; see page 60. $380

Moving World: Nature, Movement, and Art

Kathryn Roszak & Christopher Castle

This workshop offers the opportunity to explore the great natural beauty and sanctuary of Esalen/Big Sur through movement, dance, writing, and art. There was a time in our history — whether in the distant past of our ancient ancestors or the recent past of our own childhood — when we knew our surroundings with the immediacy and spontaneity of our senses. Now, by responding to the environment as the initiator of experience, we can transform our sense of being, both within ourselves and in relation to the world.

The group will embark upon a pilgrimage of the senses, a journey of discovery and surprise. Places of exploration will include the Esalen garden, the hot springs, and the shore. Participants will create wayside shrines of natural materials, allowing these places to speak through us and tell us their stories. There will be guided meditations and interplay with the elements of nature. The workshop will explore ancient people's relationship to nature through art as well as other cultural perspectives. The group will probe the archetypal meaning of place and its significance in our lives.

The only requirements are a willingness to move, to investigate, and to leave your preconceived ideas at home. $380

Replenishing the Vision: A Retreat for Educators

Betty Halpern, Lia Thompson-Clark, Eduardo Eizner & the Gazebo Staff

Based on the vision and educational philosophy of Janet Lederman, this workshop will give educators at all levels a chance to replenish their professional souls. The weekend will include the following areas of exploration:

- Play and its relationship to human development and learning
- Ways of planning curriculum and observing children's development consistent with playful modes of knowing
- The growth of the professional self through dreams, dance, and movement

Participants will also explore their own childhood experiences insofar as these experiences influence their work with children and families. In addition, there will be time for massage and herbal baths, as teachers join with other teachers in an opportunity to nurture themselves and therefore the children they teach. $380

Week of July 9-14

The Enneagram of Relationship: Men and Women, Love and Work

Helen Palmer

The Enneagram is an ancient spiritual description that highlights interactions between different types of people. The stories of relationship emerge from panel interviews, from interactions between participants, and from inner attention practices that help us to identify with each panel's unique perspective. These interactions are characteristically played out all through life, particularly with authorities, co-workers, family, and friends.

Understanding the nine agendas opens compassion for many of our own relationship dilemmas. Instead of polarizing between "my side" and "your side," we grasp the logic of different viewpoints. Being in the presence of panelists who speak with the authority of their own beliefs can be of great help in understanding different styles of relating.

By hearing others speak for themselves we can:

- Find the trigger issues that shape our relationships with different types of people
- Make professional relationships more effective in management, team-building, co-worker, and client settings
- See our intimate relationships from the perspective of the significant people in our lives

The immediate goal of knowing how your viewpoint differs from the people with whom you live and work is to improve the quality of current relationships. The larger goal is spiritual: To know others as they see themselves, rather than as a projection of our own internal bias. This workshop is for both advanced Enneagram students and for newcomers.

Recommended reading: Palmer, *The Enneagram in Love and Work.*

C.E. credit is available; see page 60. $740

Massage Mbunde

Peggy Horan, Brita Ostrom & Guest Drummer

This workshop will unite the fundamentals of Esalen massage with expressive movement and African drum rhythms. Participants will learn to give and receive soothing touch, with emphasis on contact with awareness, sensitivity, and presence. The leaders will present a basic understanding of specific tension patterns and their relief.

Days will be spent at the Esalen baths. In the evenings the group will join a guest drum teacher for movement and rhythm, prompting participants to replace old postures with newly found spontaneity. Drum meditations will provide focus and echo the heartbeat, the pulsation of energy through the body.

This workshop is designed for those who want tools for reducing stress in their lives, for bodywork practitioners and therapists, and for those in the creative arts interested in learning new skills with sound, rhythm, and expression. It is also a good introductory course in Esalen massage. $740

Following the Thread... Revealing the Fabric

Joyce Lyke & David Silverstein

> *I went everywhere with longing*
> *in my eyes, until here*
> *in my own house*
> *I felt truth*
> *filling my sight.*
> — LALLA, 14TH-CENTURY MYSTIC

Our culture consistently delivers the message that happiness and success come from buying, attaining, or consuming material things. Throughout the day professional salespeople, masquerading as ordinary folk, try to convince us that a new car, a bigger house, or a vacation in the tropics will bring us deep satisfaction. These things may bring temporary happiness, but what truly satisfies the longing in our hearts, the yearning for something more, does not come from outside: it resides within, and is present always, even when we choose to ignore it.

This message is not new. Most people would agree that what makes life truly satisfying is our awareness of deep connection to ourselves, to our families, to our world. How to find and maintain the connection to those threads of awareness is the real issue. During this time together participants will gently and precisely sort through the tangle of life to find those threads within that lead us toward ourselves, toward the rich fabric of our Being, toward who we really are.

This workshop is designed for people who want to know themselves in a deeper way both emotionally and spiritually. It will present specific practices to deepen awareness and explore whatever emerges, using Sufi self-remembering exercises, meditation, gestalt awareness practice, and the power and peace of place that is Esalen.

Recommended reading: Almaas, *Essence* and *Diamond Heart – Book One*; Helminski, *Living Presence.* $740

Embodied Gestalt Practice: Body and Soul

Edward Smith

Gestalt practice focuses on personal process, unfolding moment to moment in the here and now. Value is placed on awareness, actuality, and personal responsibility. As a path of growth, Embodied Gestalt Practice integrates methods from Eastern and Western body-oriented systems. It includes one-on-one work with the leader, group exercises, and spiritual practices in the natural environment to foster personal and spiritual growth.

Recommended reading: Smith, *The Body in Psychotherapy*; *Sexual Aliveness*; and *Gestalt Voices*.

C.E. credit is available; see page 60. $740

Ninth Annual Children's Safari: A Music and Dance Festival

Babatunde Olatunji & Ensemble

Coordinated by Lia Thompson-Clark & Ivy Mayer

The Annual Children's Safari is a music and dance festival for children [illegible]-15 years old, led by musicians and dancers who teach musical ritual worldwide. Through storytelling, chanting, and learning rhythms in drumming and dance, children will work toward a performance guided by Babatunde Olatunji.

This year there will be both beginner and advanced classes for children. Adults who wish to participate may do so as musicians.

Baba Olatunji's message is more than musical; it carries a dedication for the future: "We hope that children's programs will become the concern of all who work diligently for a peaceful world, full of love, for those who take our places tomorrow. *Omelere* – children are the reward of life."

Please bring your own drum or bells if you have them.

$400 for children ($740 for adults)

Un Viaje Interior

Gustavo Rabin & Sara Szpektor

Muchas veces emprendemos un viaje como una expresión metafórica de nuestra necesidad de un cambio interior. Es el momento en el que buscamos en el afuera, la respuesta que yace en nuestro interior. La claridad nos llega cuando tenemos el conocimiento, y con el conocimiento buscamos la comprensión. Asi encontramos la armonia entre nuestro ser interior y el mundo exterior, lo aprendido y nuestra propia verdad.

En el conocimiento de uno mismo se encuentra la puerta por la cual salir de nuestros programas inconcientes, para relacionarnos desde un estado de libertad. Este workshop proveerá a los participantes la oportunidad de recorrer un proceso de exploración y crecimiento personal, afirmando la base sobre la cual ejercemos esa libertad y construimos nuestra vida, nuestros vinculos, nuestro ser.

Con este workshop, Esalen abre sus puertas a la comunidad de habla hispana para ofrecer el marco en el que recorrer ese viaje interior. A traves de ejercicios gestálticos, proceso grupal, meditación y trabajo corporal, crearemos el medio adecuado y protegido en el cual transitar el sendero interior. Habra tambien tiempo de explorar la espectacular Naturaleza que rodea a Esalen, los bosques y la costa de Big Sur.

Creando un puente con la comunidad de Esalen, invitados especiales presentaran diferentes ideas y técnicas de desarollo personal. Este workshop tendra lugar totalmente en español, las presentaciones de los invitados seran traducidas simultaneamente. $740

Weekend of July 14-16

Why Men Are the Way They Are

Warren Farrell

> *I've never had a couple come to me and say, "Warren I want a divorce; my partner understands me."*

This workshop can help both sexes to understand each other via role-playing in which participants experience the pressures that mold the other sex's psyche. Men can experience, for example, women's view of sexual harassment; women can experience men's fear of sexual rejection and the powerlessness it engenders.

In a safe yet boundary-pushing environment, the leader introduces innovative perspectives – initially hard to hear because they are not only female-positive, but also more male-positive than is currently in vogue. The workshop challenges us to create more compassionate ways of relating to the other sex and viewing ourselves.

Group interactions are allowed to become emotional enough to simulate how we communicate when we become defensive. The leader then facilitates work on how both sexes can listen to criticism – even personal criticism – without becoming defensive, thus creating a model for expressing to our loved ones those "tough to hear" feelings.

This workshop offers insights on everything from male power and powerlessness to date rape and sexual harassment; from why men are afraid of commitment to why they commit more suicide; from a new view of equality in the home to myths about equality in the workplace.

A common response to this workshop, from both sexes, is "I've never felt so much love for the other sex."

Recommended reading: Farrell, *The Myth of Male Power*. $380

Healthy Back, Healthy Mind: Do-It-Yourself for Backs and Stress

Larry Payne & Brian Bergstrom

If you have already had your first bout with back problems, you are not alone. Ninety percent of all Americans will seek professional help for back problems at some time in their lives. Seven million people miss work daily from back-related illness, costing American business 22 billion dollars annually. Perhaps the saddest statistic is that eighty percent of all back problems can be prevented.

This workshop is user-friendly for those who want to explore real and safe do-it-yourself tools for preventing or healing back problems and coping with stress. It offers a creative synthesis and artful balance of ageless wisdom from the East and contemporary therapeutic methods from the West. The work is inspired by pioneers in the fields of yoga, movement, massage, and dialogue. It includes:

- Biomechanical education and exploration
- Safe, effective 15-, 20-, and 30-minute breath and movement routines for home or office
- Numerous effective relaxation practices
- Simple and fun partner massage for upper and lower back
- A sensible approach to the relationship of aging and back health

The workshop is open to all levels and ages. It is not recommended for acute back problems. For further information, please phone Samata International at 800-359-0171.

C.E. credit is available; see page 60. $380

Identity, Community, and Politics: The Ontogeny of Everyday Life

Andra Akers & Tim Kennedy

If there are many paradigms in this nonlinear, ever-shifting, postcultural world, how do we create ourselves, our social, political, and spiritual worlds? How do we make meaning in this transition to a global human soul? What is the ground of being for a twenty-first century identity, the characteristics of a planetary citizen?

Could the sciences of biology and complexity serve as models for this new identity, both individual and global – and a way to envision new ways to live and work?

Biology is a potent vision of life's appreciation of itself, one way the human species recognizes its participation in the embodiment of this living planet. Organisms are both ends and means. Molecular, cellular, organismal, and ecological insights provide clear indications of the biological heritage that we share with the rest of the living earth – a vivid story of being, identity, and becoming.

With biology as the blueprint and imagination as the engine, it is possible to think of a new kinship story, with identity as an ecosystem of ideas, in a creative commonwealth founded on diversity with a new definition of power, a strategy of inclusion.

Recommended reading: Chomsky, *World Orders Old and New*; Kramer, *Listening to Prozac*; Waldrof, *Complexity*. $380

Through the Psyche to the Sacred: Transforming Inner Oppressors

Joan Hertzberg & Karen Peoples

The leaders write: "Many of us are deeply moved by the suffering in our world and are committed to actively doing what we can to heal it. Yet ceasing external violence and intolerance can only proceed along with the dismantling of patterns of dominance and submission that live within us, patterns that lead us to dissociate from full and *essential presence*.

"Internal processes of recognition, mutuality, and interdependence offer different modes of relatedness to self crucial to restoring our conscious connection to body, culture, and Nature. These processes balance our chronic Western tendency to objectify, dehumanize, and oppressively control aspects of our self-experience. Working with a broad definition of trauma, we will explore the more insidious and subtle forms of invalidation learned from the environment that we now replicate inside us. These patterns disrupt the crucial trust in self so necessary to being fully present and effective in the world.

"Using music, movement, and guided imagery, we will seek to establish a sacred space in which participants may discover their foundation of essential presence and relatedness. From here we will explore how points of rupture in self-trust and the patterns of dominance surrounding them can become initiatory gateways into consciously reweaving aspects of ourselves we are now ready to acknowledge and integrate."

C.E. credit is available; see page 60. $380

The Kabbalah: Doorway to the Mind

Edward Hoffman

For thousands of years, adepts of the Kabbalah, the mystical offshoot of Judaism, have explored the nature of the human mind and its vast potential. Its practitioners have focused extensively on such intriguing topics as consciousness, dreamwork, meditation, inward states of ecstasy and bliss, healing, and the mind/body unity. In recent years, a true renaissance of interest in the Kabbalah has been occurring. Throughout the world, men and women of all backgrounds are discovering the unique wisdom and power of this long-standing visionary system.

In this workshop, Dr. Hoffman will present specific Kabbalistic ideas and practices for achieving greater joy and direction in our lives. The focus will be on the Kabbalah's understanding of our inner world and ways to better identify – and actualize – our particular *tikun*, or life purpose.

The workshop will highlight how to develop the key inner traits of *kavanah* (intentionality) and higher imagination. No previous background in Jewish thought is necessary. $380

July 16-22

Origins: A Rite of Passage Journey in the Ventana Wilderness

Little Bear Nason & David Schiffman

For workshop description see Wilderness Programs, page 58. $790

Week of July 16-21

The Naked Soul: A Ritual Theater Lab

Gabrielle Roth

Gabrielle Roth writes: "This is a workshop for those who want to explore the mysteries and dynamics of relating fearlessly with humor and compassion. We will cultivate and deepen our ability to see and hear each other as we break through masks and myths to face each other with naked souls.

"Each day will include movement practice and specific theater techniques. Mornings we will dance, afternoons we will immerse ourselves in theater exercises to expand our capacity to relate and behold. To weave witness and warrior into a vulnerable presence is our prayer and our hope."

Assisting Gabrielle Roth will be Jonathan Horan. $740

A Journey into the Mother

Andrew Harvey

"This is an invitation," writes Andrew Harvey, "to journey into the heart of the Divine Mother, the heart in which the whole universe lies embraced and shining, and in which all pains and paradoxes are healed and resolved in an experience beyond words of unconditional love."

The course will explore the principal aspects and splendors of the Sacred Feminine from most of the main mystical traditions, especially Sufi, Hindu, Mahayanist, Buddhist, and Taoist, and will pay attention to the ancient matriarchal wisdom of the Aborigines, Kogis, and Hopis in an attempt to obtain as large and vibrant a vision as possible of what the Mother is. The workshop will investigate both the meaning and the demands of the Sacred Marriage of heaven and hearth, sexuality and sacredness, mysticism and action.

Participants will be encouraged to share their own mystical experiences of the Mother, to write, and to spend solitary periods communing with the splendor of the Mother as Nature. Music, chanting, and mystical poetry from different cultures will be used to awaken every sense to its divine potential.

Continues Andrew, "The Mother must be contacted by individuals directly within the terms of their own psyches and lives without any need of mediators or gurus. I hope to enable participants to find their own inner Mother and inner Divine Child." $740

Weekend of July 21-23

Massage Intensive for Couples

Brita Ostrom & Dean Marson

This workshop is for partners who want to learn to massage each other. Emphasis will be on "hearing" with the hands, de-stressing the home, asking for what is needed, and giving to those we love. Sessions will include demonstrations and hands-on guidance. Individual concerns will be addressed so that participants can continue to practice at home.

$380 per participant

The Subtle Self

Judith Blackstone

All spiritual traditions refer to an essential dimension of existence, calling it unity consciousness, emptiness, universal consciousness, and many other names. This dimension is not an abstract concept. It is the core of our own true nature and can be experienced by anyone who is willing to approach it with patience and openness. Unity consciousness is experienced as clear, mirror-like space, pervading our body and our environment, transcending the duality of self and object. It is deeper than the physical and energetic levels of our being and beyond our psychological defenses, projections, images, and archetypes. Subtle Self Work is a precise method of attuning to the clear space of unity consciousness.

In this workshop participants will explore how to: relate to others in this clear space, commune with nature, experience and live in the inner depths of the body, and integrate the body, authentic self, and unity consciousness. Group members will use the Subtle Self Work attunement exercises, daily sitting meditation, and sound, breath, and movement exercises to stimulate the channels in the vertical core of the body and expand the sense of unity consciousness. In this essential dimension of ourselves, we can find the source of our love, clarity, vitality, and peace.

Recommended reading: Blackstone, *The Subtle Self*. $380

Intimate Connections

Mariah Fenton Gladis

Creating stable and fulfilling relationships is a challenge that everyone faces. To be successful, human relating must be understood and accepted as an activity, an ability that requires movement, purpose, emotional capacity, and extensive contact skills. People often believe that good relating evolves naturally, but they discover in the routine of living with families, friends, and lovers that, in truth, they have not been adequately prepared to meet the demands of loving relationships.

This workshop will focus on the nature and basic requirements of healthy relationships. It will offer participants opportunities to assess their abilities and disabilities, to develop awareness, and to practice risking positive action with others. It is for anyone who has "hit the wall" in a relationship or who has experienced being stuck at some seemingly impenetrable contact boundary and wants to break through. Particularly helpful for adult children of dysfunctional families, ACAs, and human relations professionals, this experiential and didactic workshop will blend individual and group gestalt work, spiritual healing, bodywork, and personal metaphor. $380

Choice in Dying: Toward a Good Death

Derek Humphry

Dying and death as subjects for honest discussion have "come out of the closet" in recent years. No longer taboo is rational suicide to escape the suffering of terminal illness. Physician-assisted suicide has just become lawful in Oregon.

Derek Humphry, author of the best-selling *Final Exit*, brings his twenty years' experience in the subject to bear in this workshop, leading a discussion on dying and death in the 1990s. He will trace the history of euthanasia back 2,000 years and explain its turbulent path through many fascinating legal and ethical barriers. Find out how the major religions of the world view euthanasia and why the sudden change in attitudes has taken place in the last forty years.

This is an opportunity first to gain an overview of the subject of dying in our culture and then to make your own statements from personal experiences. Come with a notepad and pen because you will be asked to pin down your personal philosophy on dying as well as debate it. Expect to learn, laugh, and cry. $380

Fathers and Daughters: Understanding the Pattern of Your Relationship

Joan Minninger

Ideally fathers keep their promises and forgive their daughters' mistakes. Ideally daughters grow up to be fair players. When this has not occurred we need to build new paths to healing by breaking out of limiting patterns to achieve authentic, unique relationships.

This workshop is for daughters and fathers who wish – singly or together – to understand their relationship better and to identify ways to change it to produce opportunities for mutual growth and enjoyment.

It's the tension between conscious and unconscious that causes so many of the difficulties between fathers and daughters. By bringing embedded but unconscious attitudes into sharp relief, fathers and daughters can break through the impasses that have kept them estranged and unfulfilled. The workshop will consider:

- Why it may be "no one's fault" if father and daughter can't get along – how customs and culture can lock fathers and daughters into rigid roles
- How the "Too Late Syndrome" may stand between fathers and daughters and how the right redecision can bring them together
- How to transform a dysfunctional scenario into a loving father-daughter dance – and when it's better to dance solo

In this workshop participants can practice ways to make their father-daughter relationship an improvisation wherein each offers the other status to heal grief and enhance pleasure. $380

Week of July 23-28

Animals, Angels, and Other Spiritual Allies: A Study in Film

Francis Lu & Brother David Steindl-Rast

The dog with whom you grew up or the invisible friend in the tree house with whom you shared an otherwise lonely childhood may have helped shape your character more than any human teacher. In later life, a pet that proves a faithful companion in crisis may give you a sense of belonging when humans let you down.

The archetypes of messenger/angel, mentor, and ally appear in nonhuman form more often than we might suspect. Through films that celebrate these archetypes of spiritual friendship we can explore their power in our own life.

This seminar is designed to help participants remember the support received from spiritual friends in human and nonhuman shapes. Through group sharing of films, we may taste again the sweetness of experiences that nourished us in the past. This can sharpen our senses for gifts of friendship that don't quite fit into our everyday frame of reference. Nourishment of this kind can heal the soul and provide sustenance for life's journey.

This will be the seventh time that Francis Lu and Brother David co-lead a seminar that brings together film enthusiasts – be they private film buffs or film professionals – to view and discuss films in the incomparable setting of Esalen. $740

Our Children — Ourselves

Josette & Sambhava Luvmour

Can life with a teenager be full of humor, joy, and compassion? How does a three-year-old map her world? How do children develop awareness of community? Of personal mortality? Of transcendence? Of responsibility? Is a child's personality formed in the first few years of life? What is the relationship between education and the future of the planet?

These questions live in the heart of everyone who relates to children. This workshop asks: Is there a way to relate to children beyond rewards and punishments? Is there a way to "dance" with our children so that all members of the family, or classroom, can enjoy wisdom-based relationships? How can education truly serve the awakening of consciousness in children?

This workshop is for all of us. Through the understanding of a child's developmental stages and the findings about the stage-specific wisdom that guides it, the workshop will explore all of these questions, as well as the ones you bring. Not only can participants gain insight into creating close families and communities, but also into themselves. In sharing how to nurture the healthy development of children, there will be opportunities to heal family rifts, to resolve conflict, and to develop highly effective communication skills.

Parents of children ages 1 to 7 are especially encouraged to bring their children to experience Esalen's Gazebo school. Arrangements can be made through Gazebo (see page 5).

Recommended reading: J. & S. Luvmour, *Natural Learning Rhythms.* $740

The Singing Cure

Paul Newham

The human voice is the primary means of communication in human beings. It is an expression of who we are and how we feel. In a person's voice you can hear the innocence of youth, the wisdom of age, the yearning of need, the edge of anger.

The voice is also one of the ways in which we preserve our identity: When we sound good we feel good – when we feel good we sound good. The voice and the individual's psychological state mutually influence each other.

Just as the voice can become limited and constricted by our psychological, physical, and social predicaments, it can also be a celebrated medium through which we can express the multicolored fabric of our inner self – images, moods, characters, impulses, ideas, and dreams. This workshop will introduce the techniques and processes of a new form of self-expression called Voice Movement Therapy, founded by Paul Newham. Through his insightful and imaginative direction, participants can take their voices on a journey through the contours of the soul, giving authentic expression to the inner landscape of the psyche and imagination in sound for all to hear.

The workshop is rigorous and demanding on body and mind, combining exercises in breath, movement, and voice with personal journeys of an intimate nature using the vocal instrument as vehicle and guide.

Recommended reading: Newham, *The Singing Cure.* $740

Gender War, Gender Peace: The Art of Gender Diplomacy

Aaron Kipnis & Elizabeth Herron

Why is it so difficult for women and men to get along? How can we create more love, understanding, and pleasure in our relationships?

This workshop will explore the ways in which men and women are members of different cultures. It will present new biological, linguistic, social, and spiritual perspectives that support more compassionate and balanced partnerships between the sexes. Through various exercises and playful encounters, the group will demonstrate male and female styles of communication and ways in which collective differences often contribute to relationship conflicts.

The leaders will ceremonially create a safe and just container in which to host "gender peace councils" and demonstrate how to apply this healing process to personal relationships. Therapists and other helping professionals can gain valuable skills for working with the gender conflicts of clients.

Participants will:

- Explore differing emotional, nonverbal, and spoken languages of men and women and how they affect power and intimacy in relationships
- Have opportunities to both question and inform the other sex
- Discuss differing domains of power and pain
- Explore the unique gifts each sex offers and the value of relationship as a spiritual path
- Be invited to sing, drum, dance, and play along the way $740

The Dream Master: Dreams and Fantasies

Pierre Grimes

This workshop teaches how to understand the structure and function of dreams, and how fantasies, or spontaneous dream projections, are the doorway into the power and nature of the Dream Master, the massive intelligibility that presents us with our dreams. By coming to recognize how dreams select and represent the dynamics of our issues, we are brought to appreciate the intrinsic intelligibility of the Dream Master's reality. For the dream draws from our past those unresolved conflicts and offers them for reflection within a form of unmatched artistry.

The drama presented through dreams and fantasy has a common dynamic and structure which can unlock personal blocks to achievement of excellence. These blocks are conclusions we learned to draw from youthful experiences, but which now we unknowingly misapply to the present; they are false beliefs about ourselves and our reality. Since they are in principle irreconcilable with our highest ideals, they can become the causes of our sense of dissatisfaction and failure.

Participants will be offered a new way of understanding themselves, their reality, and the profound nature and role of the Dream Master. This approach is *philosophical* rather than *psychological*, since it challenges the legitimacy of beliefs by exploring the conditions that first made them believable.

Participants will explore dreams which occur during this week; please bring a tape recorder. $740

Creating Exact Moments of Healing

Mariah Fenton Gladis

Adult children of alcoholic, dysfunctional, or abusive families (ACAs) must walk a road of recovery that requires determination, lifelong commitment, and the creation of specific moments of healing. This workshop offers participants an opportunity to take a major step toward health, helping them define a plan for necessary moments they must create so they can move forward, transforming their personal history from one of liability to one of strength and wisdom. Focus will be on the promotion of healing in four fundamental relationships:

- With oneself – developing awareness, freedom from addictions, and healing of the body and soul from the residual effects of trauma
- With others – improving one's capacity for moving out of isolation and into direct, open communication and trust; expanding intimacy skills while securing healthy boundaries
- In the world – moving away from chaos and deprivation toward stability and abundance
- Spiritually – searching for the meaning of one's history and accessing that part of the self that can utilize universal blessings

This workshop will be experiential and didactic, blending individual and group gestalt work, music, spiritual practices, and bodywork. A step-by-step recovery process developed by the leader will be incorporated throughout the workshop. The atmosphere will be one of trust and mutual support. This workshop is also appropriate for professionals who work with ACAs.

C.E. credit is available; see page 60

$740

Weekend of July 28-30

Esalen Chamber Music Festival

Chaparral Quartet and the Esalen Staff

This weekend will offer a tapestry of the best that Esalen has to offer interwoven with performances by a world-class string quartet.

This unique program will be inaugurated Friday night with a concert by the Chaparral Quartet. On Saturday morning, in keeping with a festival spirit, you may attend the quartet's open rehearsal or participate in any one of an ongoing smorgasbord of activities – yoga, meditation, massage, or simply enjoying the Esalen grounds and baths. On Saturday there will be two hikes to choose from, an all-day hike or an afternoon hike; on Sunday, a morning hike is offered. Saturday night the Chaparral Quartet will once more perform. Sunday morning you may again choose from an array of activities led by Esalen's residential staff. Throughout this weekend the Esalen Art Center will be at your disposal, presenting the opportunity to explore creatively in a variety of artistic media.

Come and experience the beauty of Big Sur, the best of Esalen, and the magic and intimacy of live chamber music. $380

Week of July 30-August 4

Friendship and Intimacy: The Dance of Caring and Conflict

Joel Isaacs and Anne Isaacs

The leaders write: "Our goal in this workshop is to help each person touch the deepest place of longing to be whole *and* connected to others. We want to realign the balance point where the desire for contact and love is often countered by the fear of being engulfed or abandoned. We want to expand options beyond isolation or losing oneself to be close.

"As children, our personalities are formed in response to how our connection with others is supported or prevented. Our adult personalities are largely the result of how we learned to balance this interplay of caring (harmony) and conflict. In this workshop we will create a safe space where concerns and conflicts become more accessible to us, more visible. Healing these conflicts, likely the same ones we experience in our intimate relationships, frees the expression of caring to grow and deepen. Through risking we can create a new intimacy."

Since connecting at Esalen seventeen years ago, the leaders have lived and worked together, sharing a commitment to personal and professional growth, intimacy, and family. Tailoring each workshop to the needs and desires of the participants, they employ depth body-psychotherapy, body sensing and movement, and exercises to experience/clarify/affirm boundaries. They also work with the polarity of opposing desires, group process, humor, play, and music. $740

Core Zero Balancing: Basic I & II

Fritz Smith

Zero Balancing is a simple yet powerful method for aligning body structure with body energy. Science has shown that energy and matter are fundamentally coupled; advances in psychology have shown that the body and mind are interconnected. Zero Balancing is born of these perceptions, with roots in both Eastern and Western concepts. It is based on the experience that the balance of energy and structure within the body has a direct effect on our physical, mental, emotional, and spiritual health.

The structural/energetic interface of the body is beneath conscious awareness. When imbalances occur at this level, the body tends to compensate for them rather than resolve them directly. These imbalances often lead to loss of vitality, chronic body pain, and decreased potential for vibrant health. Through touch, Zero Balancing can assist in overcoming these imbalanced patterns.

The workshop will review anatomy, physiology, and skills of touch. It will present Zero Balancing methods for evaluating and balancing the structural/energetic interface of the body. Eastern concepts of chi energy and the chakra system will be discussed.

This seminar will be both didactic and experiential, with emphasis on new bodywork skills, and is open to all health care professionals. It is approved for C.E. credit for R.N.'s and acupuncturists, and as Z.B. I or II in the Zero Balancing certification program.

Recommended reading: Smith, *Inner Bridges: A Guide to Energy Movement and Body Structure.*

C.E. credit is available; see page 60. $740

Managing Your Stress, Your Heart, and Your Life

Mel Lefer

Dr. Dean Ornish produced the first major study showing conclusive evidence that reversal of heart disease and other disorders, such as high blood pressure, diabetes, obesity, and high cholesterol, was possible without the use of drugs or surgical intervention. This workshop will apply the tools developed by Dr. Ornish to provide the direct experience of how powerful, comprehensive lifestyle changes can affect one's heart and overall sense of well-being.

The workshop will utilize many approaches, including diet (special nonfat dishes will be available for participants), exercise, stretching, progressive relaxation, breathing practices, meditation, visualization, and group discussion. The goal will be for participants to transfer these good habits into every aspect of daily life, and to pave the way to the peace of mind that physical well-being can provide.

Recommended reading: Ornish, *Eat More, Weigh Less – Stress, Diet, and Your Heart*; and *Dr. Dean Ornish's Program for Reversing Heart Disease.* $740

Writing the Natural Way

Gabriele Rico

Writing well can be as natural as telling a story to a friend, as fluid as daydreaming. In this course, Gabriele Rico builds on the new science of Chaos as a metaphor for the work-

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ings of the mind, the creative process, and ways of accessing it to write freely and richly. She presents a series of writing activities to free you from the restrictions imposed by a linear, judgmental left-brain approach. She can help you to become receptive to your creative intuition and to express ideas, images, and feelings more authentically in a fresh, personal voice.

If we can understand something about the creative process, we begin to glimpse answers to such questions as "Where do ideas come from? How can we best hold them? What is the role of the emotions in the creative process? In what way is all writing creative?"

A few of the many writing activities include:

- Clustering – a non-linear process that accesses seemingly random thoughts and feelings
- Improvisation and play with language
- Images – "strange attractors" which evoke visual, tactile, auditory, and gustatory memory patterns
- Metaphoric thought – moving beyond literal thinking

This workshop is appropriate for writers of all levels, from beginners to experts. Please bring colored felt-tip pens and a bound notebook.

Recommended reading: Rico, *Writing the Natural Way* and *Pain and Possibility: Writing Through Personal Crisis.* $740

Relationship Intensive for Sexual Abuse Survivors and/or Partners

Carolyn Braddock & Guest Staff

Survivors often have great difficulty sharing what they think and feel because old patterns have prohibited them from "telling secrets" and expressing themselves emotionally. The objective of this workshop is to help participants disengage – both verbally (spoken aloud) and nonverbally (spoken by the body) – from the "victim" position in relationships. Focus will be on the areas in relationships which are most commonly affected by sexual abuse and how those areas can become barriers to intimacy. They include body image, sexuality, trust, establishing clear boundaries, and taking responsibility for the kind of relationships one wants to create.

Participants will explore new ways of being emotionally honest and "feeling" their experiences, and will work on developing new patterns that empower relationships. Using breath, sound, and movement, the group will role-play and take part in experiential exercises that demonstrate new patterns of responding and relating. The goal will be to develop healthy ways of creating safety, trust, and aliveness in close relationships. Gestalt, bodywork, creative cognitive work, humor, and play will also be used.

Please note: This workshop is for couples and singles, as well as professionals who counsel.

Recommended reading: Braddock, *Body Voices: Using the Power of Breath, Sound, and Movement to Heal and Create New Boundaries*; Hendricks, G. & K., *Conscious Loving* and *Radiance*; and Covington, *Awakening Your Sexuality.* $740

VALERIE HAIMOWITZ

Weekend of August 4-6

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 12-14. $380

Creative Bonding: Changing Destructive Detachment

George Kohlrieser

Recent medical and psychological research validates the idea that "no man is an island," and that bonding behavior to people, pets, places, things, and goals is central to physical, psychological, and spiritual well-being. Disruption in the bonding/grieving cycle can lead to destructive detachment, victimization, and chronic loneliness, which can shorten one's life and limit the quality of genuine aliveness.

Through presentations, guided imagery, emotional release, and group process, participants can explore, reinforce, or establish new and more effective ways to keep the bonding process alive and healthy.

Recommended reading: Lynch, *The Language of the Heart*; Bowlby, *Attachment and Loss, Volume 3*; Steindl-Rast, *Gratefulness, the Heart of Prayer.* $380

Play, Spontaneity, and Performance Art

Nina Wise

The leader writes: "I read once that rats were put in a maze with one path leading to a small room with food, another leading to a room charged with an electrical current, and a third path leading to a room with playthings. The rats learned to avoid the electric shock, but the food room and the play room were equally popular. Play, it seems, is as essential to rats as nutrition.

"Play is also an integral part of human culture. In tribal societies, people sing, make music, drum, dance, and tell stories as part of their daily lives. With the advent of technology and specialization, we modernized folk have forgotten how to play together. Singers sing, dancers dance, actors act, while the rest of us sit and watch.

"This workshop is about remembering how to dance, how to sing, how to tell stories about our lives, how to make it up as we go along, how to be together in a way that is lively, spontaneous, and creative. The workshop will include meditation, chanting, relaxation, movement, singing, writing, drawing, and theater games. We will also do spontaneous performance with and for each other in a safe and supportive environment.

"Everyone is afraid of performing, even professionals. Don't let your fear stop you. It's fun, challenging, and rewarding." $380

Keeping a Good Relationship Alive

Gerald Smith

How can we be close and vulnerable as partners, yet separate and free to grow as individuals? The dilemma of merging and yet still maintaining a strong sense of individuality is never completely resolved, because each partner is continually changing. But it can be dealt with in ways that add to the aliveness in the relationship. This workshop will focus on the necessity of dealing with this issue in order to keep a good relationship alive.

Much of the participants' time during this weekend will be spent with their partners, separate from other couples. The workshop will use verbal, nonverbal, and written exercises to enhance openness, support, and affection, as well as skills to resolve differences in ways that do not produce "scar tissue." Also, since play is an essential part of keeping a relationship alive, there will be experiences to spark the imagination and willingness to play together.

Enrollment is limited to 12 couples.

$380 per participant

Awakening From Trauma: Healing Body Image and Sexuality

Carolyn Braddock & Paula Murphy

This workshop is for women and men who have experienced bodily trauma, including sexual and emotional trauma, surgeries and physical illnesses, and disfigurement or loss from accidents. It is also designed for professionals, friends, and others who work with those who have experienced such trauma.

The goal is to empower participants. The focus will be on establishing a new relationship with ourselves, our bodies, and our sexuality, both internally and externally. This means releasing messages which have kept us stuck in old patterns.

Each body will be honored as sacred as participants will be taught to listen to the wisdom of their bodies. New positive approaches will be developed toward awareness, change, and health. In a safe and trusting environment, participants will explore ways of creating more energy, intimacy, and passion with a new view of our bodies and our sexuality.

Group discussion, breath, sound, movement, gestalt, imagery, journal work, body dialogue, and video will all be used.

C.E. credit is available; see page 60. $380

Week of August 6-11

Managing With Heart: Changing the Leadership Paradigm

Maggie Seeley, Thom Allena & Paul Temple

"Managing With Heart" is all about bringing the wisdom of the heart into the business world. It is about the rediscovery of your passion. It is a time to re-vision your life and work.

The business paradigm we inherited is hard, heartless, competitive. Its sole objective is to make money and/or sustain bureaucracy. To be successful, one must fight to survive, protecting one's turf and hiding one's feelings.

The essence of the new leadership is building an intentional culture of mutual trust where people can bring forth their creativity and sensitivity. Tapping into one's essential self, integrating the heart (intuitive mind), the head (rational mind), and body awareness can stimulate a new level of personal excitement and organizational motivation.

This seminar emphasizes personal change while providing in-depth training in organizational dynamics and paradigm shifting. It offers coaching, experiential learning, and concrete material in such areas as: leadership practices, outdoor teamwork, organizational culture, conflict, change and wounding, and acknowledgment of our ancestors. Movement, music, meditation, massage, art, time in nature, and intuitive practices will be interwoven throughout. Participants will spend a day writing a Personal Vision Statement, with specific steps to bring the learning back to work and home. "Managing With Heart" can be fun, transformational, inspiring, and joyous.

For more information, please call 800-943-2782.

C.E. credit is available; see page 60. $740

Drawing and Painting

Leigh Hyams

Artwork comes straight through an open mind – and with it come clarity of vision, increased awareness of oneself in relation to the environment, and a deepening understanding of the world of art and its meaning in one's life.

Leigh Hyams's unique teaching methods enable students to work fearlessly, exuberantly, sensitively, and observantly from the very first session. Using a variety of art materials, many techniques and ideas about image-making will be explored. Participants will work from Esalen's natural landscape, unorthodox still lifes, models, dreams, fantasies, and memories.

Individual and group critiques, demonstrations, slides, and discussions of art from many cultures will be used to give students a broader understanding of visual language. Participants will complete portfolios of their own drawings and paintings and work toward developing a new sense of themselves as creative human beings.

This is a workshop for people who want to revitalize their connection with art and the environment, as well as those who have had no previous experience. The only prerequisites are curiosity and willingness to explore the rich possibilities inherent in the act of making marks. $740

(plus $45 materials fee paid directly to the leader)

The Enneagram and Self-Realization

Eli Jaxon-Bear

The leader writes: "Every soul longs for happiness and peace. This longing is the call home, the call within, to discover the depths of limitless love. If you feel this longing for the end of suffering, the Enneagram is an enlightened guide to find the way home.

"The Enneagram is a sacred teaching uncovering subconscious identification with patterns of suffering. Disidentification with these habitual patterns is the first step in directly realizing who you really are.

"The Enneagram presents a new form of self-inquiry by giving a perfect description of who you are *not*. All patterns of negative emotion, such as fear, anger, jealousy, and negative thinking are exposed as forms of self-hypnosis.

"This work offers the possibility to wake up from the trance of suffering. It can happen on several levels simultaneously. There will be group trance and individual work to uncover the patterns of subconscious identification and directly experience the truth of love underlying all phenomena.

"Learning the Enneagram usually elicits a deep sense of forgiveness and relief as you recognize patterns in your parents, lovers, and children, as well as yourself. A deeper possibility is the quest to discover the truth of Being."

This work is appropriate for beginners as well as those who might already be using it in their work or teaching it. $740

Living Dance: A Moving Way

Anna Halprin & Rick Lepore

Anna Halprin writes: "I envision a future where more of us will call ourselves dancers and work together to make art concerned with the primary issues of life. I envision a future where dance is once again honored for its power to inspire, teach, transform, and heal. I envision a future where all people dance together, where the circle is open to people of any color, culture, or spiritual practice. We will ask to join the four-legged and the winged creatures instead of asking them to join us. We will dance with the mountains, the oceans, the sun, and the moon.

"In this workshop we will experience this future as it is unfolding right now. I invite you to join me in this quest. Themes will include the healing power of dance, myth and ritual, dance in the environment, and the evolution of the human being in relation to the natural world."

Through an approach Anna Halprin calls the Life/Art Process, using movement, visualization, and group interaction, participants will create dances from their own lives. Such dances intend to bring about life changes and therefore may become powerful rituals, born of the heart and revealing personal and collective myths of relationships, life and death, healing, peace.

Professionals and nonprofessionals are welcome. Potential students for the Tamalpa Trainings may find this a valuable orientation.

Recommended reading and viewing: For information, contact Anna Halprin at 15 Ravine Way, Kentfield, CA 94904. $740

Women's Wisdom

Lenore Lefer & Anne Yeomans

What is the nature of women's wisdom? What are the sources of our knowing? As women what does it mean to reclaim and trust again our wisdom and deep instinctive knowing in a culture which has neither sought our counsel nor valued our perceptions?

In this workshop we will explore:

- The wisdom of our bodies, including our relationship to sexuality
- Our relationship to cycles and seasons
- The knowing of our hands and hearts
- Our relationship to the unconscious as it comes to us through image and dream
- Our understanding of ritual and sacred places
- Our relationship to nature

We will look at the legacy handed down to us from our mothers and grandmothers, and how we carry their attitudes and beliefs, their wounds and their gifts, as well as our own. We will also spend time with images of ancient goddesses and see how they can help us in our efforts to recover and remember the depths of our knowing.

Our exploration will include words, silence, drawing, movement, yoga, and ritual. Bring something that expresses an aspect of women's wisdom, and also a fragment of a dream. $740

Weekend of August 11-13

Stress Reduction: An East/West Approach

David Levenson & Mark Abramson

Stress comes to us in many forms. Our bodies and minds are stressed by chronic pain and persistent illness. Relationships are stressful. We find stress at home and at work, in our social and financial lives, even in our recreation.

Stress often leads us to suffering. Medical problems may be magnified by our reactions to stress. Muscles tense up, pain tolerance decreases, inflammations increase, intestines go into spasm, fatigue may become profound. Our minds are often filled with anxiety, fear, depression, anger, and helplessness.

All of this suffering is normal and understandable, but it is not a requirement: Suffering is optional. In this workshop, you will be taught to minimize suffering with the help of mindfulness meditation, yoga, self-hypnosis, deep relaxation, healing imagery, and cognitive approaches. Through these practices, you can develop a self-caring objectivity that will allow wise choices and bring the best health to body and mind. You will be shown how to respond to your pain and suffering with compassion instead of self-criticism, guilt, and shame.

The workshop is designed to be practical. The aim is to integrate your experiences and give you tools to use in your everyday life.

The workshop is open to non-meditators and meditators alike, as well as to people with or without medical problems.

C.E. credit is available; see page 60. $380

Introduction to Gestalt Practice

Christine Stewart Price

> *The Way, when declared*
> *Seems so thin and flavorless.*
> *Nothing to look at, nothing to hear –*
> *And when used – is inexhaustible.*
>
> –Lao Tzu

Gestalt practice is a form – nonanalytic, noncoercive, nonjudgmental – evolving out of the work of Fritz Perls. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that awareness is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. This form is similar to some Reichian work as well, in that emotional and energetic release and rebalancing are allowed and encouraged.

The emphasis is *intra*personal rather than *inter*personal. It is explicitly understood that participants are not patients but persons actively consenting to work (or play) in awareness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure or accomplishment. Through group exercises, meditations, and discussion, this workshop will introduce participants to the gestalt practice approach. Open seat work may be demonstrated.

Recommended reading: Perls, *Gestalt Therapy Verbatim*; Chodron, *The Wisdom of No Escape*. $380

The Eastern Path to Long-Term Fulfillment

George Leonard

We've tried them all – the fast weight-loss diets, the shortcuts to enlightenment, the "ten easy steps" to wealth, wisdom, and a perfect sex life. One by one, we've seen the shortcuts fail, leaving us empty and disillusioned. We've witnessed our entire nation brought close to bankruptcy by this same short-term thinking.

Now the news is in: The quick fix doesn't work. Long-term fulfillment takes long-term dedication. Success eventually comes not from obsessively pursuing short-term goals, but from living fully in the present and dedicating yourself to a never-ending path of mastery. At best, you follow this path not so much for hope of achievement as *for its own sake*, because it represents the best of who you are. And that, paradoxically, is what often produces the highest achievement.

This workshop combines ancient Eastern wisdom with recent Western research to map a journey of self-development that is revolutionary for these times. Through lecture, discussion, and simple movement exercises inspired by the Japanese art of aikido, participants will be introduced to the basic mastery principles that apply to all skills, whether one seeks to play tennis, become a physician, or improve a relationship. Here is a journey that offers the delicious feeling of moment-by-moment satisfaction transcending material gain, along with the possibility of achieving great things without diminishing others, creating harmony where once there was discord.

Recommended reading: Leonard, *Mastery* and *The Silent Pulse*. $380

Learning to Tell: Finding Your Essential Stories

Herbert Gold

The storyteller seeks to bring private fantasy into the shared reality of meaning for others – through passion, eloquence, narrative, the *Aha!* reaction. "In dreams begin responsibilities. . ." This workshop explores techniques which enable the dreamer to communicate – not only to express, but to *communicate* – the deepest inner life to others.

The group will work to grasp the great themes, love and death, through the gift of language. Participants will practice shaping memories to make contact with others through story. This workshop jump-starts that process. The techniques of shaping a moving narrative follow with instinctual natural force when the audience is attentive and the teller of the tale is in touch. Bring paper, writing tools, and a willingness to ride toward eloquence. $380

The Helper's Journey: Working With Grief, Loss, and Life-Threatening Illness

Dale Larson

Writes the leader: "The rewards and challenges of working with people facing grief, loss, and life-threatening illness are part of the helper's journey. Together, as fellow travelers, we will explore how this journey can be one of discovery and personal growth as well as service to others.

"Our exploration begins with the inner world of helping, as we look at: our desire to help others and its roots in human nature; the myth of the codependent caregiver; the varieties of emotional involvement we experience as helpers, and how to remain involved without falling into the Helper's Pit; helper secrets; and other invisible stressors in caregiving. We'll also look at the interpersonal challenges of caregiving: How can we offer the healing words and helping relationships needed by the people we care for? How can we create healthy, high-functioning caregiving teams where we can learn and grow through our work together?"

Through group discussion, lectures, experiential exercises, humor, and films, this workshop will offer you support, practical skills, and rejuvenation as you continue on your helping journey.

Recommended reading: Larson, *The Helper's Journey: Working With People Facing Grief, Loss, and Life-Threatening Illness*.

C.E. credit is available; see page 60. $380

August 13-20

Creating Intimacy

George Kohlrieser & Elisabeth Pringle

Intimacy is impossible without emotional bonding. The foundation and core of intimacy is the ability to create bonding to people, pets, places, and mutual goals. From cradle to grave, life involves a changing script of "affectional bonds." A lack of intimacy is a way to explain many forms of physical, emotional, and spiritual distress, including emotional detachment, depression, and burnout. Previous experiences in relationships, whether positive or negative, strongly influence how intimacy is created and maintained in the present. Life energy is connected to the quality and depth of intimacy in one's life.

This experiential workshop will focus on understanding intimacy by studying patterns of forming, maintaining, breaking, and renewing affectional bonds. Persons wishing to increase the depth of their intimate relationships and their understanding of bonding – or those experiencing difficulties in creating intimacy – may find this workshop particularly enjoyable and helpful. Methods include affective imagery, emotional release, group process, early bonding work, and current bonding work to understand, create, and celebrate emotional intimacy.

Recommended reading: Lynch, *The Language of the Heart*; Bowlby, *Attachment and Loss, Volume 3*; Steindl-Rast, *Gratefulness, the Heart of Prayer*; Hendrix, *Getting the Love You Want*; Goulter & Minninger, *The Father-Daughter Dance*. $1110

Week of August 13-18

Five-Day Massage Intensive

Sherry Galloway & Oliver Bailey

This massage workshop explores the fundamental elements of bodywork: grounding, centering, breath awareness, touch sensitivity, and intention. A hands-on approach will combine a balance of long, integrative strokes with detailed attention to specific areas of the body. There will be emphasis on discussion and modeling of boundaries and trust with respect to the client's physical and emotion well-being. Meditation and movement will be included, as they enhance the connection between client and practitioner.

This workshop is for beginning bodyworkers and those interested in learning some new approaches to massage.

C.E. credit is available; see page 60. $740

Living a Spiritual Life in a Practical World

Judyth Weaver

This workshop is based on the conviction that we are indeed whole and our innate creativity is alive within us. We can reclaim the feeling and sensitivity that we were born with but which society has taught us to suppress.

In this workshop, spirituality is not about adhering to any religion or ism. It is about bringing more awareness to our daily processes and restoring the natural balance of body, mind, and, spirit.

Using our breath, senses, and inner rhythms as guides, participants will practice being present, living one moment at a time, exploring these experiences, and investigating creative applications for daily living. The group will focus on everyday activities and relationships, practicing them in more integrated, conscious modes. Working from the inside out, participants will create community and explore boundaries to clarify what is needed for authentic, heartful living.

The workshop will present traditional meditation practices such as Zazen and vipassana, and nontraditional forms such as sensory awareness and inner movement. There may be time spent in "noble silence" and an introduction to the Chinese energetic practices of T'ai Chi Ch'uan and Qi Gong.

These explorations can give participants a sense of how to create the practices, relationships, and community they really want, and how to integrate it all into daily life to enhance health, well-being, and wholeness.
$740

A Workshop for Couples: Independence & Intimacy

Mary Goldenson (Devarani)

Very little in our culture prepares couples for the challenge, "There is room for both of us." Too often the relationship becomes a battleground for unresolved issues, hurts, and beliefs.

In this workshop, couples will have an opportunity to explore and reclaim the unspoken expectations they project onto each other, begin healing past hurts that create distance, and learn new ways of communicating. They will have a supportive environment where they can experience themselves as courageous and able to take risks. Experiential processes will be drawn from gestalt, Reichian work, dance, imagery, and meditation.
$740 per participant

Kinship With All Life

David Schiffman & Little Bear Nason

"Our aims for this week are simple," writes David Schiffman. "To be rooted deeply in the timeless, magical realities of the natural world. To feel the powerful, restorative, sacred rhythms of Big Sur's sea, sky, and mountains in our every breath. To rediscover the lovingly creative inner resources of our own music, poetry, and prayer. To feel physically and emotionally healed, rested, and cleansed, ready to face whatever comes next in our lives.

"This workshop is intended for people who value a practical, down-to-earth approach to spirituality, change, and relationship. It is especially useful for those who would like to develop the shamanic aspects of their own instinctive and intuitional power. The week will be grounded in the Native American practices of Big Sur's first people, the Esselen Tribe, the original gatekeepers of the West. Earth-based rituals involving initiation and purification will be combined with original inner vision work, innovative bodywork, as well as the creative use of music, movement, and ceremony for inducing ecstatic transport and deep emotional release. It will be a special opportunity, as well, to be met by kindred spirits who share a sincere interest in true apprenticeship to the earth." $740

Weekend of August 18-20

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach

Patrick Douce

For workshop description see June 16-18.

C.E. credit is available; see page 60. $380

The Healing Power of Humor, Compassion, and Gentle Touch: The Rubenfeld Synergy Method

Ilana Rubenfeld

"Humor lightened the dark, painful places in my life and helped me onto a path of healing," writes Ilana Rubenfeld. This workshop is for people who want to include humor, movement, body language, and compassionate touch as a way of taking care of themselves personally, professionally, and spiritually. Using the Rubenfeld Synergy Method, a healing system for the dynamic integration of body, mind, emotions, and spirit, participants will have the opportunity to listen, recognize, and work through feelings and memories locked in their bodies.

The workshop will use body/mind exercises, individual demonstrations, hands-on practice, dreamwork, gestalt practice, and music, all designed to support contacting, releasing, transforming, and balancing the energy of inner body language.

The workshop atmosphere will be one of caring, healing, laughter, tears, and inspiration — encouraging participants to experience empowerment, integration, and new possibilities.

Recommended reading: Rubenfeld, *Twenty-Five Years of Simple* (copy available through The Rubenfeld Center, 115 Waverly Place, New York, NY 10011).

Participation in this workshop fulfills one of the requirements for acceptance into the Rubenfeld Synergy Training Program. $380

Big Sur Bead Making

Noel Mapstead & Keiko Suga

The Big Sur coast is uniquely endowed with natural clays that have been decomposing from granite rock for millions of years. This workshop will be dedicated to the making of clay beads from local natural sources.

The group will explore parts of the Big Sur coast to gather clays, make beads, and bake the beads in open-pit fires using cow dung and seaweed. Participants will be taught to identify natural clays, work and process clay, and fire with traditional and modern methods. Other activities will include bead stringing and clay hot baths.

The very act of pinching clay with our fingers marks us as human. The impulse to fashion natural materials that we share with the beasts of the field is what distinguishes us from them. The workshop will develop from this simple ground. It will also explore the human history of hand-crafted beads as monetary value versus the dehumanizing value of money today.

Emphasis will be on creating objects to give to loved ones. No experience is necessary. $380

The Inner — and Outer — Game of Baseball

Jeff McKay

> *Practical training in skills, if done in a certain way, is a method of spirit-discipline.*
> — SADAHARU OH, *A Zen Way of Baseball*

Writes Jeff McKay, "This workshop will be a Fantasy-Camp-with-a-Difference — we'll explore both the spirit and practice of baseball. The spirit of the workshop is founded in Eastern philosophy (the principles of martial arts, especially aikido). The practice of the workshop will by guided by Western science (sport psychology, especially peak performance theory).

"The camp will include instruction, competition, and reflection. In practice we'll learn the fundamentals of the inner game, emphasizing the art of hitting. Our games will be an opportunity to play hard in the spirit of sportsmanship. In the evenings we'll tell stories, sample a few readings, and explore what we're learning.

"The workshop will unfold as a spring training in a weekend. Friday evening will be an experiential introduction to the fundamentals of inner baseball: grounding, breathing, rhythm, power, awareness, and relaxed concentration. Saturday we'll go to Carmel, practice hitting, fielding, and throwing in the morning, and play a doubleheader in the afternoon. Sunday we'll reflect, relax, and seek to understand what Yogi Berra meant when he said, "Ninety percent of the game is half mental."

Participants of all skill levels are encouraged. Women are welcome. Bring whatever baseball equipment you have. Limited to 18 participants.

Recommended reading: Sadaharu Oh, A *Zen Way of Baseball*. $380

Romantic Choice: How We Choose Who to Fall in Love With

Ayala Pines

When we fall in love we are sure that our beloved is not only perfect, but perfect for us. In time we realize that neither is true. Disappointed and disillusioned, we wonder: How is it that we choose who to fall in love with? And why are we so often wrong?

Many theories in psychology have tried to answer this question. In this workshop, participants will explore these theories as they apply to their own romantic choices, right or wrong. More importantly, participants will examine what they can do about these choices, both to enhance current romantic relationships and to avoid making the same mistakes in the future.

Through group discussions and a variety of experiential exercises, participants will have the opportunity to increase their understanding of the causes, both conscious and unconscious, of their romantic choices. In addition, they will be presented with tools to use this understanding to improve the quality of current and future relationships.

The workshop is for anyone who seeks better understanding of his or her romantic choices, especially people who seem unable to make the "right choice," and for counselors who work with couples or individuals with a problem in romantic choices.

Recommended reading: Pines, *Romantic Jealousy: Understanding and Conquering the Shadow of Love* and *Keeping the Spark Alive*. $380

Week of August 20-25

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 28-June 2. $740

Enhancing Communication Hypnotically

Paul Lounsbury & Nancy Winston

We are often unaware of how deeply identified we are with the patterns that recursively tune our perceptions, color our emotions, shape our ideas, and inform our actions. If we act with courage to break out of these patterns, a new world can appear, bringing a fresh, inviting quality of relatedness. This workshop is for people who would like to go beyond their current thresholds of awareness to develop more original, vital, effective communication.

Drawing from the leaders' training in hypnosis and psychotherapy with Milton Erickson, conceptual tools crafted from Gregory Bateson's communication research, and advances in cognitive neuroscience and "New Cybernetics," the workshop is designed to increase flexibility and control in interpersonal communication.

Through group interaction, playful experiments, and hypnotic inductions, the leaders will guide participants through various dimensions of the communication process. Special attention will be given to the hypnotic relationship, recognizing individual uniqueness, utilizing conscious and unconscious awareness, and examining the dynamics of induction, influence, and suggestion.

Participants will explore ways to be more responsive, more willing to enter unknown territory, and more capable of extending the range and flexibility of sensory motor, emotional, and mental controls in their communication behavior.

Prerequisites include tolerance for a modicum of confusion, willingness to be a group member, a sense of humor, and a desire for novel experience.

C.E. credit is available; see page 60. $740

Continuum

Emilie Conrad-Da'oud

This workshop explores the idea that movement is something we *are* rather than something we *do*, that what we call a "body" is actually life expressing itself.

Using deep rhythms and intrinsic motion, participants can discover a sensitivity to movement at all levels – not just familiar movements, but the "dance of intelligent life." Both individually and in rapport with a partner, participants will explore the subtleties of breath and tissue, the undulation of the spine, and the effect of being witnessed by others. The goal will be to experience a visceral, neuromuscular connection to all life, celebrating a richness and depth that go far beyond social or cultural connections. Emilie Conrad-Da'oud writes: "As we enliven ourselves from the inside, our dynamic expressions in the world increase. This remarkable oscillation from intrinsic to extrinsic, this elegant movement of creativity from cell to action, this flow of life urging itself into new creative channels – this is Continuum."

As a movement specialist at UCLA, the leader has contributed to a study demonstrating that primary movement is essential to mediating disease and aging. Her work is incorporated into the fields of physical therapy, massage, and psychoimmunology. This workshop can give participants a deeper awareness of the body as a system where change, growth, and innovation are possible.

No dance or movement experience is necessary. $740

Healing the Emotional/Spiritual Body: The Rubenfeld Synergy® Method

Ilana Rubenfeld

This workshop is for people who want to learn how to listen to the messages, memories, and feelings locked in their bodies. The leader will introduce and demonstrate the Rubenfeld Synergy Method, a powerful holistic system developed over the past thirty years that integrates Alexander Technique, Feldenkrais Method®, Ericksonian hypnosis, and gestalt practice.

Each day will include: body/mind exercises to relax, to stretch, and to heighten awareness;

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hands-on teaching to develop intuitive, gentle, and listening touch; discussions and demonstrations; and music and humor. The workshop community will become an active culture for learning and growth that will focus on:

- Changing habits to choices
- Experiencing the interdependence of emotions and posture
- Developing a sense of humor
- Healing the wounds of dysfunctional families
- Honoring the sacred within
- Moving beyond therapeutic techniques toward intuitive wisdom
- Exploring dreams and metaphors that reveal life patterns

"The body is the sacred sanctuary of the soul. Care for it like a flower garden," writes Ilana Rubenfeld. In this workshop she will demonstrate the possibility of achieving emotional, physical, and spiritual integration.

Recommended reading: Rubenfeld, *Twenty-Five Years of Simple* (copy available through The Rubenfeld Center, 115 Waverly Place, New York, NY 10011).

C.E. credit is available; see page 60. $740

The Medicine Wheel Way

Carol Proudfoot-Edgar

This workshop draws on Native American Medicine Wheel ceremonies and teachings as resources for personal growth and renewed experiencing of ourselves within the larger web of the natural world. Just as Western psychological theory provides a framework for describing human development, the Medicine Wheel offers a map for self-individuation. A primary difference, however, is that the Medicine Wheel Way views humans as sacred beings and maintains that each must find his or her own path for "walking with beauty in the world."

The Medicine Wheel Way illuminates the relationship of all things. Each direction on the wheel has its particular meaning and points to aspects needed for fuller integration and individuation. Rituals mark the passage of seasons and significant events of life, connecting the individual to the great mystery of life.

This experiential workshop will use these ancient teachings while providing a supportive means for participants to continue their process of self-development and deepen their relationship with the natural world. Activities will include learning the Medicine Wheel, making medicine pouches, learning about shamanism, using the shamanic journey method to find power animals and spiritual teachers, and drawing upon ancestral knowledge available to all of us. The group will be drumming, rattling, and chanting throughout the week. Please bring a journal, a bandanna (to cover your eyes), and rattles (if you have them).

Please note: This workshop has a sequential structure. Each session builds on the previous one. Therefore, participants are requested to be present for all sessions. Please arrange for massages or other non-workshop activities between session breaks.

C.E. credit is available; see page 60. $740

Weekend of August 25-27

Experiments That Could Change the World: Radical Research Anyone Can Do

Rupert Sheldrake

Rupert Sheldrake has been described as the "most controversial scientist on Earth." His new book *Seven Experiments that Could Change the World*, due to be published in America in September, is a bestseller in Britain and Germany. It has been serialized in the London *Timers* and denounced by the editor of *Nature*. Thousands of people in Europe are participating in simple experiments, some costing less than $10, that could revolutionize our understanding of the world. For example, how do many dogs and cats know when their person is homeward bound? The animals often go to wait at the door long before the person arrives. They seem to be telepathic. Another well-known but puzzling phenomenon is the sense of being stared at from behind. How can the power of the gaze be explained? How do pigeons home? How do scientists' beliefs influence the outcome of their experiments?

In this workshop, Rupert Sheldrake will explore biological and mental interconnections, discuss how they might be understood in terms of morphic fields, report on the latest results from Europe, invite participants to do experiments themselves, and open up a discussion on the implications of this research on our understanding of nature and ourselves. $380

Beyond the Enneagram

Kathleen Riordan Speeth

The enneagrams of personality classify psychological processes into nines: nine stymied mind-sets and the exalted ideas that might redeem them, for example, or nine ruling passions and their corresponding virtues, or nine aspects of three instincts. This presentation will examine the psychological and metaphysical implications of the enneagram system and explore its many benefits as well as its dangerous potential for evoking dreams of awakening while making heedlessness more interesting and comfortable. It will addresses such questions as:

What is the enneagram? What are its sources? What does it mean when applied to psychology? How does it relate to other maps such as Jungian or DSM types?

Is it true? Is it sound? Will knowing this system help me be kind and wise, engaged and true, as I live in the world among my fellowmen? Will it make me stronger as I tremble before the riddle of my humanity?

Much material will be offered, yet the workshop will be fundamentally experiential, with journalling, structured interaction, rhythmic Gurdjieff exercises, music, and video. The goal is personal growth. Wear comfortable clothing, bring a journal, and, if possible, come with prior enneagram training and unbiased intelligence. $380

Intimate Relationships: Keeping the Spark Alive

Ayala Pines

When two people are in love, it seems like the magical spark between them is going to last forever. More often than not, however, with the effects of everyday pressures and stresses, the love is eroded and eventually burns out. Burnout is not caused by individual pathology or inadequacy nor by major dramatic events. It is caused by a buildup of petty annoyances, minor dissatisfactions, and a gradual increase in boredom. How can this insidious process of love's erosion be prevented? How can a couple in love keep the romantic spark alive?

Participants will be encouraged to find the romantic images they shared at the beginning of their own relationships. This workshop is recommended especially for couples committed to keeping the spark alive in their relationships, and for marriage and family counselors. It may also be helpful for individuals who are trying to figure out what went wrong in a relationship that burned out.

Recommended reading: Pines, *Keeping the Spark Alive.* $380

Breema Bodywork: The Nonjudgmental Treatment

Jon Schreiber

Breema Bodywork originated in a remote Kurdish village, where it still serves as the primary health care method. Developed by people whose profound insight into the nature of the human body affords them longer and more active lives, this ancient system has a health-enhancing and deeply harmonizing effect on those who practice and receive it.

Rather than analyzing and focusing on the recipient's pathology, Breema emphasizes the experience of the practitioner. Both the giver and receiver of a Breema treatment receive benefits, which commonly include increased mental clarity, emotional balance, physical vitality, and instinctive movement reeducation. Breema treatments are hands-on, safe and gentle. They encompass a joyous array of unique movement sequences, and affect the body simultaneously through the musculoskeletal and physiological systems, as well as via the chakras and meridians. At its core, Breema is vibrational or energetic medicine.

A full series of treatment sequences will be presented. Participants will be taught the flowing movements that comprise the bodywork and the underlying universal health principles. The group will also do Self-Breema, specific exercises done on one's own body. Designed for both health professionals and lay people, this workshop can help students of Breema to enhance their professional work, and can be a nurturing and balancing addition to their personal lives.

C.E. credit is available; see page 60. $380

Vision Painting

Helen Jerene Malcolm

Trust your creative spirit. Vision Painting is a form that can enable you to move beyond the rational mind to deeper levels of motivation, intention, and desire. It is playful, creative, and expressive. It is also fun and profoundly educational.

Visionary art is an expression of the core and yearning of the painter's spirit. It is a sacred journey into self, a form of active meditation in which the painter allows a flow of images and color to speak through her or him.

Vision Painting is a way to acknowledge your creative spirit and exercise intuitive abilities. Feelings, color, music, movement, and dream images will all be used to evoke self-expression. The creative impulse will be explored as an opportunity to play, take risks, face fears, and suspend judgment.

The visionary process paints a treasure map of your life. Through guided visioning participants can witness areas of the self that desire change or healing. This is a transformative adventure recreating aspects of your life spiritually, professionally, and physically. The vision painting becomes a visual affirmation, a vision of the future you intend, crafted from its highest potential.

Please note: All who wish to explore self-expression through painting, beginners and artists, are welcome. $380
(plus $20 materials fee paid directly to the leader)

Week of August 27–September 1

Reawakening the Artist Within

Esalen Arts Center Staff

For workshop description see May 19-21. $740

Naming the Lost: Improvisation, Storytelling, and Grief

Corey Fischer

The leader writes: "Through storytelling, spontaneous writing, and nonverbal theatre work, we will mourn and celebrate those who are no longer in our lives. This will be an opportunity to touch the creative energy that is often released when we give generous attention to the extent of our loss – the loss of loved ones, of youth, or of expectations.

"Paradoxically, giving attention to this dimension of our lives can bring us closer to joy. Similarly, by attending to our own sense of mortality, we can set the stage for inner transformation.

"The structures and tools of experimental and improvisational theatre will serve as vessels to contain, shape, and transmit our personal experiences. We will work as a group, in dyads, and individually with the intention of creating a community of trust in which we can relinquish our inner censors and lay claim to the full expression of our humanity." No performance experience is required. Bring writing materials and wear loose, comfortable clothing. $740

Intuition and the Dance of Attention

Anne Armstrong & Randy Cherner

> *At the still point of the turning world, Neither flesh nor fleshless;*
>
> *Neither from nor towards; at the still point, there the dance is,*
>
> *But neither arrest nor movement. And do not call it fixity.*
>
> *Where past and future are gathered. Neither movement from nor towards,*
>
> *Neither ascent nor decline. Except for the point, the still point,*
>
> *There would be no dance, and there is only the dance.*
>
> – T.S. Eliot, *The Four Quartets*

Intuition is a gift that everyone possesses. It takes many forms. The foundation for intuitive practice is the process of shifting one's attention in very precise ways to lead to enhanced awareness. Anne Armstrong's intuitive opening came through the psychic intuitive process, Randy Cherner's through movement and touch.

The aim of this workshop is for participants to reclaim their intuitive powers in all areas of their lives – personal, professional, and spiritual. Group members will learn to develop their intuitive styles through meditations, sensing practices, refined touch, aikido, and Feldenkrais exercises. This workshop is unique in its attention to intuitive style in both its psychic and somatic dimensions. $740

Playing the Edge

David Schiffman

In the early stages of growth, success seems to be its own reward. Excitement, vitality, and the willingness to face life boldly are often characteristics of those who are involved in new and successful ventures. To keep this spirit alive is not easy. The enormous pressure, the grinding routines, and demands of substantial involvement can dispirit even the healthiest people. To listen to one's heart and know what's real requires the courage to pause. In this willingness to stop and listen to the deeper self live the true resources that guide and protect us.

The purpose of this week is to create a mood of sanctuary for people who are in transition and facing major changes in career, relationship, or matters of the spirit; those in need of a break from demanding stressful responsibilities; individuals interested in breaking new ground in the areas of self-nurturance, intuitive functioning, and problem solving.

The process will be gently restorative, illuminating, and enlivening. The group intention will be to create a community based on trust and goodwill with emphasis on individual freedom. Traditional methods of self-inquiry (gestalt practice, bioenergetics, psychosynthesis) will be combined with innovative methods using music, meditation, poetry, and prayer to foster this spirit of living fully and comfortably. $740

Conscious Embodiment: The Study of Boundaries and Relationship

Wendy Palmer

"The discipline of conscious embodiment allows us to penetrate the movement of the mind beyond our fears and desires," writes Wendy Palmer. "Using principles from aikido and other spiritual practices (Buddhist meditation, Shintoism, Native American approaches), these classes offer ways of understanding mental and emotional habits of attention from an energetic viewpoint. Through centering techniques known as Basic Practice, the body becomes our stable reference point. This allows us to contact the part of ourselves that is wise, kind, and capable of powerful, embodied action. Training these principles strengthens our sense of self and deepens our capacity for relationship with all things." $740

Trigger Point and Esalen Massage

Arthur Munyer & Ingrid May

Trigger point, the movement of myofascial tissue through soft, deep contact with pressure points, and Esalen massage are methods of working with the body that can help the practitioner contact areas of tension, chronically troubled areas, toxins, and trauma of connective tissue. This workshop will combine these techniques, along with joint release, movement, and studies in anatomy.

The workshop is designed for bodyworkers, physicians, physical therapists, chiropractors, health care practitioners, and individuals with some massage experience who want to expand their hands-on skills and awareness. As such it will also address concerns of burnout, nurturing, creativity, and peer support for those who have chosen a demanding profession.

Arthur Munyer adds: "I believe that feelings live in the very fiber of the tissue and can remain silent until touched or nurtured to release. Learning to be present and sensitive to these feelings is the most important area of my work."

C.E. credit is available; see page 60. $740
(plus $10 for the Trigger Point work manual)

Weekend of September 1-3

Women, Men, Sex, and Power: Life in the 21st Century

Helen Fisher

Anthropologist and author Helen Fisher will trace male/female relations back to their origins on the grasslands some four million years ago, explaining the beginnings of romantic love; why we fall in love with one person rather than another; when our modern patterns of adultery, divorce, and remarriage emerged; how the sexes misunderstand each other; why our problems with sexual harassment and teen pregnancy evolved; and where many of our modern beliefs about gender come from. Her five lecture/discussion sessions (with slides) will include:

- "The Evolution of Human Sexuality"
- "Sexual Legacies: Gender Differences in the Brain"
- "Women, Men, and Power"
- "Origins of Morality, War, and God"
- "Future Sex: The 21st Century Family"

She will make several predictions about the future of women and men in business and the home, concluding that we are returning to traditions of powerful, sexual women and family lifestyles that evolved millennia ago. $380

The Healing Voice

Jill Purce

This workshop will teach practical explorations with sound for healing and the transformation of consciousness. By liberating the voice, it is possible to make contact with deep levels of the self and release an untapped source of energy.

Participants will work with the psychophysical effects of breathing, chanting, mantric and sonic meditations, and learning to tune and listen together, moving from the intuitive level into meditative states. Breath and sound will be developed so that different parts of the body/mind come into resonance to give sonic massage, and to heal and tune the chakras and subtle body. Participants will be taught ways to find their own note and hear inner sound, entering directly into the subtle dimensions of sound by the magical voice practices of traditional cultures, including trance music, Mongolian and Tibetan overtone chanting, and other ancient group chants and vocal practices.

To *enchant* means to "make magical through chant." It is the aim of the workshop to inspire participants to *re-enchant* themselves and their world. This work is accessible to anyone, regardless of musical ability. $380

Accepting Life's Transitions: Letting Go — Moving On

Mary Goldenson (Devarani)

The only certainty in life is change, yet we often resent our transitions because of patterns of fear and self-denial. Old beliefs keep us stuck in our resentments, unsuccessful marriages, friendships, and careers, and can cause illness, sorrow, and the inability to forgive. Transitions are crossroads in our lives that give us the opportunity to take time out and reconnect with our truth. It is never too late to change. Transitions are doors to the renewal of our passions, courage, and commitments.

This workshop will present you with ways to help complete the past, be open to the present, and create a future. Participants will experience a safe, supportive environment that includes taking risks, intense bodywork, gestalt imagery, dance, and meditation in order to support the transitions that keep us committed to the process of discovering ourselves. $380

Week of September 3-8

Spiritual Healing: Laying-on-of-Hands

Maria Lucia Sauer Holloman

This workshop will present practical methods for using the hands as instruments of physical and spiritual healing. This energy practice is one that incorporates both hands-on and energetic work, using the power of natural forces for healing. The emphasis will be on intentionality and personal clarity as fundamental tools in any healing art.

"Intentionality moves energy," says Maria

Lucia, "and it is through this focus that you can learn to take responsibility for your own thoughts and actions."

Born into a family of healers with a generations-old tradition, Maria Lucia studied with healers in her native Brazil, where spiritism – receiving healing knowledge from the spirit world – is a practice familiar to much of the population. Having also lived and studied at Esalen for nine years, she applies both Brazilian and North American approaches to healing.

Participants will be shown how to practice and refine this technique, as well as experience the personal benefits that come from receiving this work. The workshop is designed for bodyworkers, therapists, health professionals, and anyone interested in working with energy and people's bodies.

C.E. credit is available; see page 60. $740

Nature and Contemplation

Steven Harper & Brother David Steindl-Rast

From time immemorial, nature has inspired human hearts to contemplation. Can we make this experience our own today? This week is designed to help participants experience both nature and contemplation deeply. Direct experience and contemplative reflection are the key words.

Earth under our feet on gentle hikes, water of the Pacific pounding against the shore, air of Big Sur's refreshing breezes, fire that heats Esalen's hot springs – all the elements of nature combine to touch our bodies and to raise our minds and spirits.

"Nature is never spent: there lives the dearest freshness deep down things," wrote the mystic poet Gerard Manley Hopkins. To drink from that freshness, from the fountain of youth, is what this workshop is all about. $740

Healing the Heart

Julie Bowden & Richard Balaban

This five-day workshop will be a journey into the vulnerable, tender part of the self that carries childhood traumas. Experiencing and integrating the pain from our past allows us to live more fully in relationship to ourselves and others, and helps us to acknowledge and nurture our inner voice. Enhancing intimacy and relationship skills is an important part of this work. Issues specific to both men and women will be explored.

We welcome adult children of alcoholic and dysfunctional families, people with a history of unfulfilling relationships, recovering alcoholics and addicts, codependents, and treatment providers. Participants are asked to forego alcohol and other mood-altering, nonprescription drugs for these five days. This will help create an atmosphere of safety, care, and respect for core issues to emerge, an environment to facilitate transformation.

If there is unresolved pain from your past or relationship issues in your present, this workshop is designed for you.

C.E. credit is available; see page 60. $740

The Writer's Way: A Personal Adventure Through Writing

Nancy Bacal

Writing personal story is a process of discovery. It is an opportunity to claim who we are and what we know as material. The task is to place a breath of air between ourselves and the situation, wide enough for a trail of ink to transform it into story. As the details emerge, they bring vitality to our writing and meaning to our lives. When we claim even a snippet of life for the artist, we cease to be victims of circumstance, for in that moment we have substituted curiosity for expectation and are free. Life is not tidy. Writing will not change this, but it will provide a container eager to receive it.

The intention of this workshop is to bypass the critic, to liberate the authentic voice and put it to use. The schedule will include writing in and out of the group, movement, meditation, reading, and discussion of pertinent material. Whether you are a non-writer, occasional writer, or professional, you can see your writing come alive with the immediacy of feelings and the raw wisdom of experience. The goal, as always, is to coax the mind out of its cycle of expectation and disappointment into a positive, functioning relationship with our work and our lives.

Recommended reading: Needleman, *Work of Craft*; Chodron, *The Wisdom of No Escape*. $740

Life Energy Process

Stephano Sabetti

The Life Energy Process (LEP) is a spiritually-oriented approach to self-development and professional growth based on Eastern and Western energy dynamics. Specially designed subtle and intensive movements (micro-movements) can increase energy flow and lead to the discharge of nonessential processes in the body (repressed emotions, chemical toxins, etc.). Each of us has an energy frequency that can be felt when attuned through LEP. This unique vibration helps to center and ground, as well as to find clearer direction and meaning in daily life. Each participant will have a chance to feel her/his unique energy process and explore it through process inquiry.

Life Energy Process includes: dance, theater, massage, pool work, and various other forms. The workshop is of particular interest to professionals and laypersons who are excited by the integration of theory, pleasure, and hands-on application of energy concepts. $740

The Art of Ceremony

Cynthia Gale

Each of us may live more gently and harmoniously upon this planet by deepening our spiritual connections to the earth through ceremony. It is through ceremony that we connect our physical world to the spiritual realms. This workshop will offer experiential exercises in prayer, meditation, and ceremony, as well as practical approaches to living a life rich in the celebration of Mother Earth spirituality. The focus of this workshop will be:

- The intention and power of prayer and the prayer circle
- Creating sacred space in one's physical world
- Working with the medicine wheel of life
- Uncovering the meanings of the universal symbols in the natural world
- Honoring the spirits of the birds and animals

Group members will also spend four sessions creating tree-of-life rattles of driftwood, shells, deerskin, and beads. Participants will be taught about the rattle's use in prayer, cleansing, and ceremony. The workshop will conclude with a ceremony for Mother Earth.

$740

(plus $35 materials fee paid directly to the leader)

Weekend of September 8-10

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 12-14.

$380

Soul and Spirit

Brother David Steindl-Rast, Phil Cousineau & David Darling

During our time a profound transformation is under way, one marked by the reappearance of *soul* in the cultural conversation. From poetry to boardrooms, religious conferences to architecture offices, soul has galvanized discussions about the *vital force* in our lives. To explore what it means to live soulfully and spiritually, this workshop will be a series of dialogues between Benedictine monk Brother David Steindl-Rast and author-filmmaker Phil Cousineau, while accompanied by master cellist David Darling.

Together they will present imaginative pictures of soul and spirit at the moments of birth and death, in love and romance, dreams and creativity, the contemplative life, the crisis of loss and depression, as well as in our work and the natural world.

The discussions will range from ancient world myths to poetry, literature, philosophy, and theology, and will utilize live music, slides, and film clips ranging from the environment and the spiritual quest to Carl Jung, Joseph Campbell, Ray Charles, and Georgia O'Keefe. The focus will be on how to enrich our everyday life in these troubled times by revitalizing our soul and spirit through the cultivation of compassion and gratefulness.

$380

Chi Gung: Opening the Energy Gates of Your Body

Bruce Kumar Frantzis

Become more energetic, alert, calm, and flexible with Chi Gung. Based on developing *chi*, internal energy, this 3,000 year-old physical, mental, and spiritual fitness program is the source of healing and power in Chinese medicine, martial arts, and Taoist meditation. Chi Gung can reduce stress, improve health and sexual functioning, promote healing, combat aging, deepen meditation, and enhance performance in daily work, sports, or martial arts.

Bruce Kumar Frantzis has the ability to demystify subtle Chinese healing techniques and make them understandable and relevant to Westerners. Drawing on ten years of study in China, he will teach you to feel, circulate, and increase the internal energy of your body, and to dissolve energy blockages. You will learn standing meditation to open the body's energy centers, as well as how to strengthen your internal organs and spine and adjust your internal biomechanical alignments.

This workshop is suitable for any age or fitness level, and both beginners and advanced students are welcome.

Recommended reading and viewing: Frantzis, *Opening the Energy Gates of Your Body*.
To order *Opening the Energy Gates* video, call 415-454-5243.

C.E. credit is available; see page 60. $380

Creating from the Spirit

Dan Wakefield

> *Miracles...seem to me to rest not so much upon faces or voices or healing power coming to us from afar, but upon our perceptions being made finer, so that for a moment our eyes can see and our ears can hear what is there about us always.*
>
> — WILLA CATHER

Each of us has a rich source of creativity within us, a living well of ideas, stories, pictures, music, and dreams. This workshop, led by author Dan Wakefield, will guide participants through fascinating exercises in drawing, writing, music, and meditations on natural objects (trees, flowers, mountains), to appreciate and develop each individual's own creativity.

Breaking the myth of drugs and alcohol as stimulants to creative work, the workshop will show that the key to the natural process of creativity is getting in touch with our deepest sources, the "spirit" within us that comes from clarity. Together the leader and the group will share ideas in breaking the "creative slump," and participants will draw the continuing "road maps" of their own creative journeys. $380

Forgiveness

Julie Bowden & Maria Nemeth

Every culture has its healing rituals, ways of letting go of old attachments to make way for new possibilities. An essential component is the practice of forgiveness.

As the years go by, many of us develop a history of incomplete relationships and unfulfilled expectations. As these experiences accumulate, our trust in others and ourselves diminishes, and our commitments in life become conditional. To release these burdens is to forgive the past.

This workshop will guide participants through exercises focusing on our judgments and characterizations, with emphasis on how these distorted perceptions affect us and interfere with our relationships. This work is preparation for a powerful forgiveness exercise, designed to facilitate letting go, allowing more joy and light into our lives. $380

Week of September 10-15

Dzogchen — Awakening the Buddha Within: A Silent Meditation & Self-Inquiry Retreat

Lama Surya Das

Buddhism teaches awareness techniques for awakening to inner freedom. Dzogchen introduces the inherent freedom, purity, and perfection of innate Buddha-Mind. Dzogchen — Tibetan for "the Natural Great Perfection" — is considered the summit of all Buddhist teachings: swift, easy, joyful, and direct.

Through meditation, chanting, energy exercises, self-inquiry, and personal instruction (including talks and individual interviews), this quintessential Vajrayana path will be introduced and practiced according to the nonsectarian way of the Practice Lineage of Tibetan Buddhism, relying on authentic Tibetan texts, meditation manuals, oral tradition, and personal experience. Constant themes of this nondual awareness practice include appreciating the true joy of meditation, the incredible lightness of being, and opening to effortlessness.

This meditation retreat, conducted in silence, offers a unique opportunity for experienced practitioners of meditation as well as beginners to better know themselves through the timeless wisdom of this ancient Tibetan teaching. Much of the day will be devoted to sitting practice, interspersed with both guided and walking meditations, chanting, self-inquiry, question-and-answer periods, and breath/energy relaxation exercises.

$740

Village Concepts: African Music — Esalen Massage

Sarah Abukutsa & Carl Chase (C.C.)

Ancient languages combined dance, music, and poetry as one concept. In this workshop, the integration of these original communicational instincts with rejuvenating bodywork will provide a unique experience designed to be physically, mentally, and spiritually exhilarating. It is a workshop created to touch, both culturally and physiologically, the oneness of the world community.

The program will alternate sessions of group experience — singing, moving, and drumming — with the individual experience of massage instruction and one-to-one, hands-on massage work. This powerful combination can launch a journey — conscious and unconscious — into the core of body-mind-spirit.

JOYCE LYKE

C.C. will present massage methods that stimulate and relax through manipulation of muscles and nerves and through cross-fiber friction. Sarah will teach traditional East and West African movements, rhythms, and songs that evoke centuries of spiritual connections through the rituals these dance forms are based upon. The workshop will incorporate ethnology and ethnomusicology to share the wisdom of Africa.

This workshop is open to anyone, regardless of dance or massage experience. $740

Midlife Crisis as Spiritual Emergence

Karen Turner

This workshop will present midlife transition as a descent into contact with the soul, there to find spiritual emergence and renewal. This is a time when old systems which seemed foundational are stripped away, leaving chaos and challenging long-held beliefs. It is a time of soul-searching, of confronting both inflated and deflated self-concepts, of surrendering to deeper, more expanded states of awareness, and of learning to trust inner guidance as absolute authority in one's life.

This workshop will be a rite of passage for both men and women going through this transition. Together they will have the opportunity to discover each participant's unique self, and how each is in relationship to self, each other, the world, and spirit. Tools for self-exploration and awareness gathered over thirty years from psychology, mysticism, and shamanism will be presented, with time for discussion and sharing. The workshop will be uniquely designed to meet the needs of those attending. $740

Drawing the Mystic Light of Nature

Judith Cornell

Experience an initiation into the consciousness of Nature through meditative drawing and gentle nature walks. This workshop combines knowledge of integral yoga and shamanic art with the esoteric skills of working with the subtle energies of plants. In the beautiful setting of Esalen, participants will explore the gardens in a new way by working collaboratively with the flower and vegetable kingdoms to see and draw the inner light.

The workshop offers instruction in making a sacred connection to Nature by learning how to see and draw from an integral perspective. Inner vision will be integrated with the outer physical perception of the colored lights reflecting from the surface of flowers and vegetables; this integration can then be captured on paper as luminous images. The workshop will present innovative color theory for blending rainbow-colored pencils to create radiant, vibrant works. There will be emphasis on understanding Nature as a living being.

The foundation of this workshop is a convergence of art, science, ecology, and spirituality, drawing from the Eastern yoga traditions rooted in the mystery of light, sound, and consciousness as the matrix of all existence.

The workshop is also a practicum in applied ecopsychology to reconcile the experience of Nature's consciousness with the scientific worldview.

This workshop is designed for those with or without previous art experience. Please bring a notebook, a drawing board or smooth masonite board (approximately 18" x 18") with several large clips to hold drawing paper, and a quality hand-held pencil sharpener. Also bring any Berol Prismacolor drawing pencils you have.

Recommended reading: Cornell, *Drawing the Light from Within*. $740
(plus $30 materials fee paid directly to instructor)

Moving Beyond Memory: The Eidetic System of Personal Growth

Heather Burch

Heather Burch writes: "Like a seed, we are fully endowed at birth with a blueprint for full development. However, during life we take on layers of experience that mask the original blueprint — the full expression and fulfillment of our potential. These experiences become memories which shape our view of our self and the world.

"Ultimately, we become imprisoned by these memories. We allow them to define not only what we believe we have been, but who we are and can become, regardless of our blueprint. But memory is notoriously inaccurate and limiting to our potential.

"Imagination unleashes our potential and gives us access to the original blueprint — our deeper nature. By engaging the imagination with specific approaches developed within the eidetic system we can move beyond the frozen memories.

"The resulting new experience, rich in images, physical and emotional states, and perspective, frees us from the bondage of memory and initiates the healing process. As our deeper nature begins to emerge, new possibilities in life and significant aspects of ourselves long-forgotten or lost to us are revealed."

Participants will explore their inner landscape, the nature of mind, and the role of memory and imagination. They will be taught specific methods from the eidetic system for resolving conflict and reclaiming their potential. The workshop will be of special interest to individuals seeking healing and self-acceptance, as well as to therapists and bodyworkers. It will be primarily experiential but will include didactic work as well. $740

Weekend of September 15-17

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach

Patrick Douce

For workshop description see June 16-18.

C.E. credit is available; see page 60. $380

The Intersubjective Approach to Psychotherapy

Robert Stolorow, Leonard Bearne, Elena Bonn & Linda Loomis

During the past decade, Robert Stolorow and his collaborators have been elaborating a new theoretical paradigm for the conduct of psychotherapy. In this new paradigm, called intersubjectivity theory, the central guiding metaphor is the larger relational field in which psychological phenomena crystallize and in which experience is continually and mutually shaped. From an intersubjective perspective, crucial clinical phenomena such as transference, resistance, impasses, and the therapeutic process itself are seen to take form at the interface of the interacting subjective worlds of client and therapist.

On Friday evening Dr. Stolorow will present an overview of the basic concepts of intersubjectivity theory. On Saturday his associates will discuss the clinical application of the intersubjective perspective to specific therapeutic issues. On Sunday morning Dr. Stolorow will return to address questions that have emerged during the weekend.

This workshop is recommended for psychotherapists and counselors who wish to enlarge their capacity to gain access to their clients' inner experiences.

Recommended reading: Stolorow and Atwood, *Contexts of Being*; Stolorow, Brandchaft, and Atwood, *Psychoanalytic Treatment* and *The Intersubjective Perspective*. $380

Jewish Humor

Michael Krasny

What makes Jews funny? Do you need to be Jewish? Is there a non-missing link from the Old Testament to Mel Brooks and Woody Allen, Jerry Seinfeld and Gary Shandling? Is there really even such a thing as Jewish humor? AND WHY DOES A JEW ALWAYS ANSWER A QUESTION WITH ANOTHER QUESTION? Well, why shouldn't a Jew answer a question with another question? AND WHAT IS JEWISH ALZHEIMER'S? You forget everything but the grudges. AND AT WHAT STAGE DO JEWS CONSIDER A FETUS VIABLE? After completion of medical school.

This weekend will be a feast of Jewish jokes, humor, stories, and anecdotes which lead to laughter, wisdom, and deeper understanding of Judaic, Hebraic, and Yiddish culture, metaphor, folk spirit, and ritual. So do it already. Sign up. Be there. It will make your mother happy. $380

The Meditation Hall and Everyday Life: Transcending the Separation

Olga Luchakova

The goal of this workshop is to transcend the imaginary gap between sitting meditation and everyday activities by experientially realizing that the Self/God/Love is ever present. Tranquility and freedom are not states to be achieved but rather to be unveiled in the present moment.

The sublime teaching of Self-Realization, called Advaita Vedanta or Jnana Yoga, has been transmitted since ancient times by such sages as Dattatreya and Shankara. In this century, through the grace of Ramana Maharshi and Nisargadatta Maharaj, this teaching has become known to a larger number of Western spiritual seekers.

These sages recommended certain practices that help to progress from temporary awakening experiences to the steady flow of Realization. The group will practice those most direct meditative methods that allow us to reveal our divine nature in its different aspects:

- Tracing the "I" to its Source (the aspect of Being)
- Halting the mindstream (the aspect of pure Awareness)
- Cultivating the longing (the aspect of Love/Bliss)
- Total surrender and gratitude (the aspect of Non-doing)

The workshop will address the most common doubts, concerns, and fears sometimes associated with rapid spiritual growth. $380

Transpersonal Medicine

Jeanne Achterberg & Frank Lawlis

The concept of transpersonal medicine has been coined from two fields of study, transpersonal psychology and medicine. Transpersonal medicine is healing from beyond the self, and recognizes that there are many resources beyond what we consider our consensual reality. This definition honors the integration of many eras of health care, expanding to include the ancient practices of shamanic work as well as the contemporary frontiers of psychoneuroimmunology and imagery.

This workshop will present many of the doors to alternate realities and specific avenues for accessing the wisdoms that lie just beyond the boundaries of the limits of self. Altered states of consciousness, ritual, advanced imagery techniques, the experience of community through joy, and transcendence are the basic topics for presentation. The workshop is designed to be primarily experiential with clinical applications for dealing with physical and mental problems from a professional perspective.

C.E. credit is available; see page 60. $380

Week of September 17-22

Gestalt Practice

Christine Stewart Price

For workshop description see August 11-13.

This five-day format will combine introductory group work with the open seat form in which each participant will have the opportunity to work with the leader in a group context.

C.E. credit is available; see page 60. $740

Turning on the Light: A Choice to Live Consciously

Laura DeNuccio & Guest Leaders

For workshop description see June 25-30.

C.E. credit is available; see page 60. $740

Five-Day Massage Intensive

Laurie Lioness Parizek & Robert Helm

Esalen massage consists of more than the long, flowing strokes for which it is well known. In this workshop, Esalen bodywork in many of its forms will be demonstrated, practiced, and discussed during this week of learning and relaxation.

The workshop will introduce grounding techniques, pressure point work, meridian massage, stretches, and manipulations. The instructors will present a bodywork style that both addresses individual needs and integrates the whole person, focusing on the concept of working from our essential being. Special attention will be given to self-care, quality of contact, breath awareness, and stress reduction.

The workshop will also incorporate movement, dance, and rhythm to integrate the bodywork. Yoga and meditation will be taught to encourage focus and serenity.

Participants will make full use of Esalen's beautiful grounds and facilities. Please bring warm, comfortable clothing and your favorite music or instrument.

C.E. credit is available, see page 60. $740

Zen Teachings of Mountains, Rivers, and the Great Earth

Tenshin Reb Anderson & Steven Harper

Through the ages seekers and mystics of all cultures have gone to nature for inspiration, wisdom, and compassion. In this workshop, traditional Zen meditation will be taught and practiced as a vehicle for discovering a radically different way of experiencing the world. The workshop will take participants into the mountains and rivers where they can employ their newly awakened senses to receive the teachings of nature.

Each day there will be regular periods of meditation, group discussions, and day-hikes exploring the wilderness backcountry. This will be a time to cultivate and nurture awareness, listen to the silence of nature, and discover what Zen practice has to offer our experience of nature and daily life. Special emphasis will be placed on integrating Zen and the experience of nature into the inner vitality of our lives outside of the workshop.

No previous experience in hiking or Zen meditation is necessary. Students at all stages of practice are welcome. $740

Biodrama

Katriona Munthe

Biodrama is an interdisciplinary approach to the timeless human quest – to find the secrets of existence. It incorporates elements of art, music, theater improvisation, mythology, and modern psychology. It draws from the ancient Greek Orphic and Eleusinian Mysteries, where individuals set out on a journey to discover the depth of their spirituality – and were transformed in the process. It also remembers Dante, who introduced Virgil as our guide to the underworld, a model for the modern psychotherapist.

Biodrama was originally developed in Italy by Lorenzo Ostuni, who then brought it to America with Katriona Munthe in 1989. Here, it was described as a "journey into an archetypal universe which speaks of our capacity to live, to love, and even of our courage to die."

Workshop participants will re-enact through improvisation, mime, and music a journey into the body which commemorates the fundamental stages of existence: Bios (Life), Eros (Love), and Thanatos (Death). They will be invited to travel down into their own underworld – the unconscious – to meet the spirits and demons of their own creative passions. They can come to resonate with each other's emotions as they see them expressed in body language by another living human being and learn to compare their own gestures with those portrayed by the great masters who painted the human body. Biodrama, in acting out the human drama, becomes an expression of art, of knowledge, and of caring.

Please note: Participants are invited to bring any photos or slides that have special meaning to them. $740

Weekend of September 22-24

A Weekend with Matthew Fox

Matthew Fox, theologian, writer, and teacher, is best known as the father of Creation Spirituality, a blend of mysticism, psychology, feminism, and environmentalism that emphasizes humanity's "original blessing" rather than its "original sin." Creation Spirituality integrates the wisdom of Western spirituality and global indigenous cultures with science's emerging understanding of the universe and the passionate creativity of art. For twenty-three years Fox has been presenting this ecumenical theology, which he describes as "a tradition that fosters an attitude that can change lives by giving hope and imagination. . . one that can so energize the wisdom from artists and scientists and world religions that it offers a substantially new way of thinking. It is a bridge that carries us back to the ancient past and forward with hope for the future."

An ordained Dominican priest, Fox was silenced by the Vatican in 1988 and dismissed from his order in 1993. He is founder and Editor-in-Chief of *Creation Spirituality* magazine, cited by the *Utne Reader* for "Best Coverage of Cutting Edge Issues." He established the Institute in Culture and Creation Spirituality at Holy Names College in Oakland, which he describes as a "wisdom school. . . [whose] primary purpose of knowledge is compassion, which is understood as celebration and justice-making."

This will be a weekend of thought-provoking talks, stimulating discussion, and experiential exercises. $380

Week of September 24-29

Reawakening the Artist Within

Esalen Arts Center Staff

For workshop description see May 19-21. $740

Golf in the Kingdom: An Exploration of the Inner Game

Stephen Cohen, Fred Shoemaker & Brian Bergstrom

For workshop description see June 11-16. $740

(plus greens fees paid directly to the leader)

Change and Self-Esteem

Phyllis Shankman

Change is an ever present aspect of living which must be accepted and used creatively if one is to sustain a healthy, interesting, and exciting life. Many individuals talk about wanting change while actively or passively resisting it. Self-esteem, which includes self-acceptance, self-appreciation, and self-confidence, enables one to confront resistance and fear, and increases the willingness to change and take risks.

This workshop includes an in-depth process for finding and allowing self-acceptance and for creatively confronting opportunities for change and growth. Group activities include gestalt process work, discussion, massage, meditation, music, dance, art imagery exercises, and whatever else happens spontaneously.

C.E. credit is available: see page 60. $740

Stepping into Your Body of Light

Julian Isaacs & Patricia Fields

"Lightbody activation" is a path that helps individuals work consciously with their own subtle energy systems, utilizing the healing and transformative powers of transpersonal energies to refine the energy centers of the body. Lightbody activation synthesizes many sources, including kundalini yoga, depth psychology, and the teachings of Aurobindo and Mother Mirra. These practices can catalyze the growth process, facilitating the release of old emotional and somatic patterns, thus extending the work of self-healing to all levels, from the physical body to the emotional, mental, and soul domains.

Participants will be shown how to differentiate among various energies and their applications, including the use of altered states of consciousness to unfold soul purpose, manifest reality, harmonize relationships, heal, and live in a more playful, joyful way, filled with grace. The workshop will include sound, music, movement, toning, meditation, imagery, dowsing, intuition training, group and individual process, psychokinesis training, energy exercises, discussion, and fun. It is particularly useful for mental health professionals and bodyworkers, as well as others seeking to utilize subtle energy practices for personal growth, as the skills presented can support both one's own as well as one's clients' process.

C.E. credit is available; see page 60. $740

A Course in Miracles

Julian Silverman

A *Course in Miracles* is a curriculum for changing your mind so that you can enjoy life. Its basic premise is that the mind can learn to empower itself by learning to *extend* itself. According to the *Course*, "All confusion comes from not extending life."

In this workshop the vision of A *Course in Miracles* is set within a framework of three of its critical ideas. Each one is introduced with a quote which spotlights a basic human learning need:

1. "Instruction in perception is your greatest need."
2. "You do not know the meaning of love and that is your handicap."
3. "Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it."

Julian Silverman elaborates, "The first dovetails with my years of scientific research in the area of perception, in both the normal state and altered states of consciousness. The second fits with my lifelong search for a conception of love which integrates the spiritual and the physical. The third enables me to draw on my more than twenty years of experience as a psychotherapist and supervisor of psychotherapists, and my abiding interest in spiritually-based self-examination."

The workshop uses a combination of conceptual and experiential learning methods.

Prerequisites: Own a copy of A *Course in Miracles*. Be interested in learning what's in it.

$740

Relationships: Letting Go — Moving On

Mary Goldenson (Devarani)

> *For one human being to love another:*
> *that is perhaps the most difficult of all our tasks,*
> *the ultimate test and proof, the work for which*
> *all the other work is but preparation.*
>
> – RILKE

The fabric of our lives is made up of relationships. All of life's relationships will be the focus of this workshop: family, friends, lovers, co-workers, partners.

Often beliefs, defenses, fears, and emotions about past relationships continue into our present relationships and keep us from spontaneous feelings of love, trust, and joy. The goal of this workshop is to experience these patterns and create new ways to relate in the moment to ourselves, others, and our work. This workshop can help you:

- Find out how your relationships mirror you
- Get a clearer picture of what you want and how to get it
- Examine ways you sabotage yourself
- Learn more about how others see you
- Learn practical tools and knowledge that will help create empowered relationships

$740

Weekend of September 29-October 1

Reinhabiting Your Body: An Experience in Authentic Movement

Tina Stromsted

"Authentic Movement" is a meditative form of dance influenced by the psychology of Carl Jung. This workshop offers a structure within which natural movement can bloom and be nurtured, allowing individuals to discover ways to engage their creativity and make soulful self-contact.

The body is the mediator for all of life's experiences. Our bodies form our closest link to the unconscious, providing avenues for deep and lasting change. If we are locked into a muscular pattern held around a specific image, this can determine not only how we move but how we live. Uncovering images of the self that may have locked us into painful or dissatisfying ways of living can help us to heal wounds and find freedom of expression.

Through moving and witnessing in a safe space, participants in this workshop may explore their own inner dance as it unfolds. Body-related issues, unresolved developmental material, preverbal memories, and transpersonal experiences may emerge, leading toward integration and wholeness.

Designed for mental health professionals, educators, artists, and those interested in personal growth, this experiential process aids participants in bridging body and psyche through expressive movement.

C.E. credit is available; see page 60. $380

Psychoneuroimmunology and Its Implications

George Solomon & Margaret Kemeny

The rapidly developing field of psychoneuroimmunology (PNI) is concerned with the nature of complex interactions between the central nervous system and the immune system. The central nervous system mediates stress effects, coping, emotions, and other psychological processes that, by way of the immune system, affect the onset and course of many diseases.

The leaders will present a didactic and interactive workshop which will describe the immune system, how it works, and how it is regulated. They will discuss human and animal research on the effects of stress and other experiential factors on immunity and on immunologically-resisted and -mediated disease, including bacterial and viral infections, cancer, autoimmune disease, allergies, and AIDS. The as yet poorly researched area of interventions, including psychotherapy, on immunity and disease will be discussed. Some of the possible mechanisms underlying traditional and alternative healing systems and placebo effects will be explored.

Whether health or mental health practitioners concerned with the clinical relevance of PNI, or individuals who are concerned with maintaining or improving their own health, participants will be encouraged to set goals for their particular health needs.

C.E. credit is available; see page 60. $380

Return, Remember, Renew: The Jewish New Year

Rabbi William Cutter

Writes Rabbi Cutter: "The Saturday between Rosh HaShanah and Yom Kippur is called 'The Sabbath of Return,' a day between the two major observances of the Jewish year devoted to reflection, study, and fellowship. In the spirit of Esalen, we shall work together to reflect on the year past, on sins and old wounds; and we shall anticipate the new year through story, poetry, and ancient Jewish texts: halkha, aggada, and kabbala. The workshop will include Sabbath observance – Shabbat at Esalen is easy to observe – and inquiry into the nature of Jewish repentance and elevation of our spirits. An opportunity to remember and forgive."

This will be the third year of this Esalen series on the Jewish New Year. The workshop is limited to twenty participants. $380

Self-Empowerment and Purification: The Farther Reaches of Gestalt

Julian Silverman

"We badly need a new orientation, a new perspective," wrote Fritz Perls. "We have graduated from the infant's 'I can't help myself,' to the adult's 'I can't help myself because . . .' But psychology and psychiatry were never meant to be after-the-fact justifications for continuing neurotic behavior, behavior which does not permit the individual to live up to the maximum of his capacities."

In his autobiography, Perls speculated that a new form of psychotherapy would emerge and that it would entail some kind of cleansing or purification process. He was not clear, however, how it would work. In actuality, he had prepared the way quite well for the next form.

In this workshop the boundaries of the "next form" are defined and examined using both didactic and experiential sessions. Two interrelated processes are emphasized: the first, a purification process, has the purpose of "wiping the slate clean" of mental debris; the second has the purpose of identifying a personal center from which to act with power. Introductory Workshop Principle #1: Take responsibility for every emotion, every movement you make, every thought you have.

Recommended reading: *A Course in Miracles.*

C.E. credit is available; see page 60. $380

Drawing with Color

Leigh Hyams

This is a workshop for people who want to reconnect with the heightened awareness that comes with drawing and the pleasure that comes from deeply experiencing color. Previous art experience is not a prerequisite.

The leader's unusual teaching methods enable students to draw immediately with joy, inventiveness, sensitivity, and wildness. Participants will be introduced to a variety of techniques and media – both orthodox and unorthodox – while exploring the pleasure of working with color. They can leave the workshop with a portfolio of drawings, a full sketchbook, and the ability to see the world with fresh eyes. $380

(plus $25 materials fee paid directly to the leader)

Week of October 1-6

Creative Bodywork: An Advanced Workshop

Deborah Anne Medow
& Esalen Teaching Staff

> *No one is ever competent enough, nor is any technique ever effective enough. It is only the continuing growth of the practitioner that can guarantee competence and effectiveness.*
>
> – THOMAS HANNA

This is an opportunity for massage practitioners to improve their skills, stimulate their creativity, and experience current trends in massage and bodywork. Cross-fiber friction, polarity therapy techniques, spiritual massage, yoga, movement, and meditation will be included.

Enrollment priority will be given to Esalen-certified practitioners.

C.E. credit is available; see page 60. $740

Consciousness and Healing: History, Philosophy, and Practice

Eugene Taylor

This workshop, examining practices of inner exploration, is designed to help you think more clearly about self-knowledge, character development, and the probable means by which healing takes place. It will present an overview of the mind-body problem; a history of mystical experiences, healing practices, famous healers, and spiritual communities; an exploration of psychotherapeutic and psychoanalytic techniques; and experiential sessions to learn *ki* development. The format will consist of slide-lectures, discussion and feedback, and in-depth experiential sessions. This balanced combination is intended to:

- Make you want to learn much more about the history of healing
- Make you feel better about involvement in any aspect of healing
- Provide you with an opportunity to interact with kindred souls who feel the same way

C.E. credit is available; see page 60. $740

Pilobolus Technique: Choreographic Creation

Jonathan Wolken

Since its first appearance, Pilobolus Dance Theatre has been a pioneer in American contemporary dance, creating its own unique method of choreography. This workshop is based on Pilobolus's evolving understanding of technique as a creative collaborative process. Dance is approached not as an inflexible physical regime but as an expressive medium for people of all ages, backgrounds, and levels of experience.

Taught by Pilobolus founder Jonathan Wolken, this workshop will focus on the choreographic process that makes movement a powerful means of expression. The group will investigate the lively mixture of form and flow, abstraction and theatricality, strength, force, and balance that are at work in the realm of dance.

Participants will explore a wide variety of movement through improvisation and will choreograph a number of short dances. It will be an opportunity to indulge in the incredible panorama of human motion.

Extensive dance training is not necessary, although a reasonable degree of fitness is advised. Participants should be willing to be physically energetic and enthusiastic. $740

Moving Through Idealization and Shame to Love: A Workshop for Gay Men

David Hawkins

David Hawkins writes: "Men who are homosexual (or bisexual) live in a bicultural world. Our personalities are shaped by the expectations and values of the culture into which we were born and those of the culture we may choose to join. In each culture certain aspects of our humanity are idealized while other aspects are shamed. Our lives and our options are limited or supported by the strategies we have developed to respond to idealization and shame.

"Each of us achieves a unique balance of adaptation/individuation, confrontation/capitulation, hiddenness/openness, coming out/passing. Since no lifestyle is inherently more honorable than another, each must be evaluated as to its costs and benefits to each individual's current developmental needs.

"Because loving relationships depend on knowing and being known, understanding and being understood, strategies for achieving the ideal and avoiding the experience of shame may actually be preventing us from reaching the love and intimacy we desire. This workshop is for men who are willing to risk and work together to create an environment in which the true self can be seen and heard." $740

Handwriting Patterns: Possibilities for Healing and Change

Vimala Rodgers

From birth we listen to teachers, parents, friends, and relatives, and we interpret what they say about us. We begin to believe that this is who we really are, and shape our personality accordingly. As a result, we create a belief system that often prevents us from utilizing our natural resources. All of this is clearly reflected in our handwriting, which child psychologist William Preyer calls "brainwriting." When we write, each stroke of the pen not only reveals our personality, it reinforces it.

Conventional handwriting analysis is the study and interpretation of writing patterns. This workshop in applied graphotherapy goes a step further and focuses on altering specific writing patterns as a means of restructuring and unlearning old beliefs and imprinting new ones that can expand our potential beyond what we imagine. Graphotherapy provides a powerful model of the mind and a set of behavioral tools that allow us to unlock some of the hidden mechanisms of our belief systems.

Participants will learn how to identify both limiting and expansive belief patterns in their writing, and will be given personalized stroke or letter changes that reinforce self-esteem and create the possibility of uncovering long-hidden talents and abilities.

Recommended reading: Rodgers, *Change Your Handwriting, Change Your Life*; Chopra, *Quantum Healing*.

C.E. credit is available; see page 60. $740

Fibers of Infinity: Adventures in Handmade Paper

Madeline de Joly

Paper juxtaposes issues of communication and silence, nature and culture, permanence and change. In this workshop participants can discover, from the first impulses of creativity, the wonder of working with vacuum-formed paper through a week of experimental art-making, discussions, slides, videos, and inspirational readings.

The range of possibilities of the medium is extraordinary. The remarkable attribute of this technology is that both convex and concave surfaces are simultaneously possible. Initially the pulp can be used in its pure form or it can be altered by embedding non-organic or organic materials within the fibers. An infinite variety of imprinted or cast textures can be introduced. Before drying, the resultant pressed paper can remain flat or be shaped by being rolled, folded, draped, squeezed, tied, or cast over forms. Further investigation can include the embedding of dimensional or flat graphic imagery, the casting or imprinting of objects, and layering. Forces of nature, found objects, and multimedia components can be integrated at any stage of development.

Emphasis will be on working in a self-referential manner with an underlying conceptual component. The tacit goal is to invoke spiritual contemplation through witnessing the evolution of amorphous material becoming two- and three-dimensional expressions. On the level of feeling, the artistic expression of the individual can radiate the completeness of life.

Recommended reading: Yanagi, *The Unknown Craftsman*; Saint-Exupery, *The Little Prince*; and Heller, *Papermaking*. $740

Weekend of October 6-8

Relationships, Power, and Abuse: A Process Work Seminar

Max Schuepbach

Process Work, developed by Arnold Mindell, works with relationship difficulties using a wide array of methods. Many relationship problems, including stagnation and loneliness, can remain nearly unchanged in spite of working on one's personal history. Working with sexism, racism, and homophobia, Process Work has found that many of these difficulties are not only rooted in the personal psychology of the individual, but reflect a political and cultural reality. This workshop will introduce the methods of Process-oriented group process to increase awareness of these connections and will use this awareness for conflict resolution around issues of power and hierarchy.

In addition, Process-oriented methods will be used to work on old abuse traumas that surface in relationships and create difficulties that stop us from finding and living our ideals in relationship. Participants will work individually and in dyads on these issues. $380

Building a Successful Career as a Writer, Public Speaker, and Consultant

Ken Dychtwald & Bob Kriegel

In this seminar, two highly sought after speakers and successful entrepreneurs (and long-term friends of Esalen) will share many tips and strategies they have learned about how to avoid mistakes, save time, and achieve some measure of inner and outer success and satisfaction in writing, public speaking, consulting, and business development. Topics will include:

- The best way to get published and what to expect from the process
- How to make the most of selling audio and video programs of your work
- Shortcuts to developing a rewarding career as a public speaker
- Why be a consultant? How to make a living from it? Where does it lead?
- Strategies for effective self-promotion
- Methods for gaining access to broadcast media and what to do and say on the air
- How to negotiate the best fees for your work
- Tips for building a leveraged business around your energy and ideas

- Money and karma – reflections on the ups and downs of success
- How to chase your dreams, conquer fear of failure, and take risks
- How to develop and keep passion – the fire in your belly

In addition to the meeting agenda, ample time will be provided to enjoy the wonders of Esalen and Big Sur.

Please note: The leaders are donating their fees to the Esalen Scholarship Fund. This is the only time and place that this workshop has ever been offered. $380

Toward Waking Up: Cultivating Mindfulness

Charles Tart

Ordinary consciousness is a kind of waking sleep, an absorption in our personal and cultural illusions. This apparently strange Eastern concept is actually supported in detail by Western psychological data. Given this, how can we awaken? Our essential selves were invalidated and suppressed in childhood, as part of our "education." How can we rediscover and nourish them? Our instinctual and sensory wisdom is buried under cultural noise and distraction. How can we come to our senses?

G.I. Gurdjieff, one of the first teachers to adapt Eastern spiritual methods to Western culture, developed practices for awakening from our sleep, our cultural trance. Occasional retreats to exotic places like Esalen are quite useful, but ordinary life is the best setting for using psychological and spiritual development practices that emphasize balanced work on mind, emotions, instincts, and body. This workshop will examine Gurdjieff's main ideas, integrating them with modern growth psychology.

Self-observation and self-remembering will be taught as a primary meditation-in-life for increasing self-understanding and living more effectively in the here and now. These practices use that most marvelous tool that is always with us – our bodies. The workshop will also review basic formal meditation practice as an aid to mindfulness. The emphasis will be on practicing awakening as part of everyday life.

Recommended reading: Tart, *Waking Up* and/or *Living the Mindful Life.* $380

Building in a Sacred Way

Tom Bender

Many social problems, such as alcoholism, drugs, homelessness, and child abuse, share a common root. They arise out of lack of self-worth and mutual respect, and a lack of opportunity to be of value to family and society. They are all diseases of the spirit and of the absence of a sacred basis to society.

Similarly, our homes and communities embody our attitudes, good, bad, sacred, or indifferent. Changes to our surroundings can reaffirm the sacredness of our world. They can embody the values and reestablish the sense of respect and honor essential for social health and a sustainable society.

This workshop will examine how to create sustainable communities and nurturing homes, and the importance of a spiritual base. It will explore the economics which make that essential and possible. Group members will explore the modern application of *feng-shui*, which involves the energy interactions of people and places. Participants will probe the reasons for rituals of founding and using places which sustain their energy and the meaning they hold. The workshop will use the power of Esalen's setting to teach how to embody the same spirit in our homes and communities. $380

Self-Transformation: The Art of the Actor for Everyday Life

Jane Marla Robbins

Transforming feelings of anxiety and insecurity into feelings of self-confidence and joy is a miracle that can happen in all areas of one's life – physical, emotional, spiritual. This transformation can help us fulfill our potential for the roles we have chosen to play – child, parent, artist, public speaker, shaman, sensualist, or spouse.

The group will explore and discuss a wealth of acting techniques, including: physical, mental, emotional, vocal, and spiritual preparations, relaxation, sense memory, the magic "as if," animal exercises, overcoming self-consciousness, speaking the truth, perfect props, and psychophysical action.

Participants can learn how to replace old fears and paranoid projections with self-manufactured pleasures and positive projections. Many "real-life" situations ordinarily fraught with worry can easily be transformed using the Actor's Imagination. The power and pleasure of being able to create a sense of well-being can be experienced by everyone, and, once discovered, it cannot be easily shaken.

No previous acting experience is necessary.

$380

October 8-15

Cortical Reeducation® and the Feldenkrais Method®

Harriet Goslins & Patti (Lawrence) White

For workshop description see May 12-19.

C.E. credit is available; see page 60. $1110

Week of October 8-13

Tantra: The Art of Conscious Loving

Charles Muir & Caroline Muir

Few of us have been blessed with healthy childhood conditioning and education regarding the mysteries of sexual love and sexual energy. This can leave many individuals less aware and conscious about their sexuality than they are in other aspects of their lives. Tantra can transform sex into a loving meditation, putting more consciousness, energy, intimacy, joy, and love into sexual exchanges.

Participants will learn and discuss various ways to increase intimacy and passion in their relationship. Tantric meditation and ways to exchange sexual energy in a safe, nonsexual manner will also be taught in the workshop. These methods can then be practiced in a sexual way in the privacy of your own home.

This workshop is open to couples only.

$740 per participant

The Subtle Art of Meditation

David Streeter

The experience of insight, tranquility, inner strength, and aliveness can be found within our everyday life through the ancient art of meditation.

This workshop will approach traditional meditation practice in an unusual way. In a retreat atmosphere, participants will prepare the body/mind for silent listening with fluid movement from the martial arts and yoga. The workshop will incorporate breathing methods (Prana-Yama) and energy work with Zazen (sitting meditation). Other activities

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will include a silent listening hike in the wilderness, group meditation in a nearby contemplative monastery, and Zazen at Esalen's meditation center nestled close to a waterfall.

This approach to the subtle practice of meditation through the body can inspire the student to discover his or her rich interior life and that crystal-clear still point described so well in every spiritual tradition.

C.E. credit is available; see page 60. $740

Opening to Ourselves and Others

Rachel Harris

In order to survive and make our way in the world, we develop defense mechanisms, rigid patterns of thinking, feeling, and behaving. We deaden, dissociate, or sacrifice parts of ourselves during early childhood experiences, chronically stressful situations, or traumatic events. These brittle habits, originally designed for survival, limit our vital connection to ourselves as well as to others. We create our own self-limiting prisons.

"This workshop is about softening, melting, opening," writes Rachel Harris. "We will create a safe opportunity to identify our chronic defense patterns and explore who we are underneath these personality structures. We will seek to become more objective about ourselves and increase our psychological freedom. The focus is to deepen our sense of ourselves and enhance our capacity for relationship with others.

"An integrated approach of body awareness, mindful introspection, breathing, creative expression, and dyadic exercises will be used to gently lighten the burden of our chronic defenses. The opportunity is to stop being who we think we have to be and develop the process of being with ourselves as we are, which is all we really have and what we will take home with us." $740

Weekend of October 13-15

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 12-14. $380

Pushing the Envelope

Terence McKenna

Submits Terence, inimitably: "Fun and conviviality for ravers, anarchs, cyborgs, boppers, androids, vat clones, zippies, and old-fashioned just plain freaks. The plot is revealed and the stakes rise as we approach the end of the Millennium. Join us for a pre-solstice meditation on the state of the condensing techno-lapis of the collective human soul and the mysteries of the attractor at the end of time. We will discuss self-directed psychedelic cartography, zippie culture, post-everything sexuality, four-dimensional map-making, and the care and feeding of psychedelic plants and people. Excursions into botany, ontology, epistemology, pataphysics, and dubious puns are bound to occur. Think-along fun for double Scorpios, pagans, explorers, fans of Tantra and alchemy. Practical approaches to rave culture, the problem of post-Modernism, and the search for real love and community. All are welcome." $380

When Drummers Were Women

Layne Redmond

This century has seen a vast unearthing of the images of the Great Goddess and her priestesses. Throughout the ancient Mediterranean world, she is portrayed with her tambourine or frame drum. The frame drum is one of the oldest, most primal instruments and was predominantly played by women with their bare hands. A powerful trance-inducing instrument, it was used in the religious rites of many goddesses, including Inanna, Ishtar, Cybele, Hathor, Isis, Sekhmet, Aphrodite, Demeter, and Artemis.

This weekend will focus on hand drumming techniques and their relationship with the elements of earth, water, fire, and air. Working in a circle and using the force of gravity, participants will practice synchronizing with the energy of the earth and radiating a group pulse. These rhythmic rituals are an ancient technology for accessing higher levels of awareness and releasing a deeper feminine energy.

This workshop is for women only. No prior experience with frame drums is necessary. Drums will be provided. $380

Psychosynthesis: Personal and Transpersonal Growth

John Firman & Ann Russell

Psychosynthesis was born in 1910 when the Italian psychiatrist Roberto Assagioli became dissatisfied with psychoanalysis. Although Assagioli was a colleague of Freud and Jung and an early pioneer of psychoanalysis in Italy, he saw that psychoanalysis neglected the healthier and "higher" aspects of human nature.

A student of philosophical and spiritual traditions of both East and West, Assagioli sought instead an approach which would address not only psychological wounding and personal development, but, in addition, the "transpersonal" dimension – the dimension of inspired creativity, altruistic ideals, and peak experiences. Since that time, psychosynthesis has grown to become a compassionate and comprehensive psychology of the whole person, providing the practical means for examining one's life and for discovering how to grow more fully into one's true self.

This workshop will be an experiential overview of the theory and practice of psychosynthesis. It is an invitation to explore the heights and depths of human *being*, including subpersonality or "ego-state" work, object relations and family-of-origin issues, the superconscious and transpersonal self, and the experience of "vocation" or "call" in life. The intention is to gain a deeper feel for our unique psychological and spiritual journey, to get a sense for what our next steps on this journey might be, and, most essentially, to find a greater compassion for ourselves and others.

C.E. credit is available; see page 60. $380

Week of October 15-20

The Upledger Institute's SomatoEmotional Release I

John Upledger

SomatoEmotional Release is a healing process that helps rid the mind and body of residual effects of past trauma and associated negative emotional experiences. Joint research efforts by Dr. John Upledger and biophysicist Dr. Zvi Karni led to the discovery that the body often retains (rather than dissipates) physical forces as the result of an accident, injury, or emotional trauma, and then isolates the dysfunctional area, creating what we call an "energy cyst."

Although a reasonably healthy body can work and adapt to "energy cysts," extra energy is required to perform normal bodily functions. As the years pass, the adaptive pattern of the body loses its effectiveness, and symptoms and dysfunctions begin to appear which become more difficult to ignore or suppress.

In SomatoEmotional Release I, students learn how to assist the patient/client in physically identifying and expelling the "energy cyst" and in re-experiencing and resolving unpleasant memories.

Students must complete CranioSacral Therapy I and II before participating in this course, either at Esalen (see May 21-26) or elsewhere.

Required reading: Upledger, *SomatoEmotional Release and Beyond* and *CranioSacral Therapy II: Beyond the Dura*; Fisher and Ury, *Getting to Yes*.

C.E. credit is available; see page 60. $740

Focusing: Treasure Maps to the Soul

Ann Weiser Cornell

Focusing is a body-centered process which you can use to bring clarity and fresh air to all the life issues you face. Eugene Gendlin developed Focusing after researching why psychotherapy doesn't always succeed. He discovered that successful therapy clients had a vague, hard-to-describe inner awareness, a bodily *felt sense* about their issues. Listening to the felt sense proved to be a key component of psychological change.

This workshop is an opportunity to learn this gentle, powerful process of bodily attention, to listen to your own felt senses, exploring the subtleties of feeling that are there for you, in an atmosphere of respect and safety.

Ann Weiser Cornell writes: "I have discovered seven Treasure Maps that show where wholeness can come back into your life: self-criticism, confusion, obsessions and secrets, blocks, addictions, depression, and unfulfilled desires. Step by step, I'll show you how to listen to the parts of you that seem most stuck, and invite them to tell their stories, and release. We think we have to push ourselves to change, but inner gentleness and compassion bring change faster."

This workshop is designed for beginners as well as those familiar with Focusing. Helping professionals can learn powerful tools for working with clients.

C.E. credit is available; see page 60. $740

Taoist Chi Kung: Enhancing Vitality

Master Share K. Lew

Traditional Taoist concepts of health, longevity, and harmony with nature will be introduced by Master Lew, a monastery-trained Taoist priest from southern China. The core of the workshop will be instruction in the "Shen," a set of twelve Chi Kung exercises (six standing, six sitting) whose primary purpose is self-healing. These rare exercises can also develop better concentration, increase visual and auditory acuity, and enhance sensitivity to oneself and others. Master Lew will discuss the use of everyday foods and Chinese herbs in healing, and tell stories from his life in the monastery.

Master Lew, now seventy-seven, was among the first to openly teach Chi Kung (Taoist internal energy cultivation) to non-Chinese. His monastery style, Tao Ahn Pai, dates back 1300 years to Lui Dong Bin in the Tang Dynasty, who is one of the Eight Immortals of Taoism.

Recommended Reading: Porter, *Road to Heaven: Encounters with Chinese Hermits*; Deng Ming-Dao, *The Wandering Taoist*.

C.E. credit is available; see page 60. $740

Proprioceptive Writing: Demystifying the Creative Process

Linda Trichter-Metcalf & Tobin Simon

"Proprioception" is a physiological term for kinesthetic sensation — feelings that originate in the body's interior. Proprioceptive Writing is a method through which inner intelligence is stimulated: meaning is approached through feeling. The originators of this method will lead participants in an experiential exploration of a simple yet richly subtle method of writing that demystifies the initial stages of the creative process.

Proprioceptive Writing is practiced to music in 25-minute sessions under stress-free conditions, either in groups or alone. This method takes the emphasis off writing and focuses on the experience of inner hearing, activating the auditory imagination — the key to emotion and the path toward feeling. Once participants relax into a listening stance, their psychological space expands and they can begin to speak through their writing with simplicity and strength. Writing becomes textured as well as cathartic. Because this process releases the writer from the painful pressure to produce form, it feels fluent, like meaning in motion. It lets you enter your own mind and forget the world.

This workshop is valuable for people who are seeking a form of written expression, a creative ritual, or a meditative discipline, and also for those who desire increased focus and personal meaning in their lives. $740

The Future of Leadership: Integrating Creativity, Value, and Accountability

Bruce Gregory

Bruce Gregory writes: "In the future, leaders will work creatively to transform climates of exploitation, frustration, and discomfort with climates of accountability and value."

This workshop is for executives, managers, and other people who are committed to improving their leadership skills. The focus of the workshop will be on:

- Developing skill to respond with creativity — as opposed to reactivity — to communication of blame, defensiveness, manipulation, and intimidation
- Developing skills to transform blame into accountability when facilitating conflict resolution
- Assessing personal needs to stay grounded and focused on the achievement of goals and visions
- Exploring internal resources via creative use of unconscious processes for the purposes of expanding availability and trust of these resources

Some of the processes used will include: giving and receiving feedback on communication and leadership styles; role-playing; and mind/body exercises for learning to creatively use the unconscious. Some didactic information will also be covered.

C. E. credit is available; see page 60. $740

Weekend of October 20-22

Awakened Mind II: Advanced Brainwave Training and Transcendent States

Anna Wise

After the initial Awakened Mind brainwave training, how do we develop brainwave states and practice meditations that take us to internal spaces of greater spiritual awareness and transcendence?

Focusing on the union of beta, alpha, theta, and delta brainwaves, participants will explore "the space of consciousness" which can unlock hidden realms of perception and understanding, leading toward inner light and wisdom. The group will work with developing concentration power and memory, opening up the storehouse of internal energy, deep psychic relaxation, and the expansion of consciousness for self-healing and healing.

A variety of practices will be utilized to help access and develop higher states of consciousness, including inner visualization and sensualization, Yoga Nidra, Chidakasha meditation, open-eyed brainwave training, Trataka, and Antar Trataka. Participants will also look at how Eastern meditations and visualizations as well as meditations from the tantras are used for personal transformation.

The Mind Mirror EEG will be used to demonstrate and monitor brainwave patterns, and Electrical Skin Resistance Meters will be available to measure the depth of arousal and relaxation.

The seminar is open to anyone who has participated in a previous workshop with Anna Wise.

C.E. credit is available: see page 60. $380

Taking Care of Yourself While Helping Others: Survival Tools for Service Professionals

Dennis Portnoy

Service professionals — nurses, counselors, educators, administrators, those in helping roles — are at great risk for burnout and decreased effectiveness. In addition to facing increased pressures in the workplace, they frequently perpetuate familiar self-defeating habits of relating such as:

- Over-identifying with their role as helper
- Taking on too much responsibility for both work and the feelings of others
- Making everyone else's needs more important than their own
- Deriving self-worth from being needed by others

This behavior limits effectiveness personally and professionally and leads to burnout. Participants will be shown ways to:

- Deliver service excellence without becoming overextended
- Distinguish between healthy and unhealthy giving
- Minimize the negative effects of stress in a demanding work environment
- Learn how to protect themselves and recover from continual exposure to other people's suffering
- Identify and counteract dysfunctional helping styles

Nonprofessionals who are in a helping role or people involved in taking care of loved ones are also welcome to attend.

C.E. credit is available: see page 60. $380

Writing and the Act of Creation

George Leonard

Participants will be encouraged to break through ego-barriers and cultural conditioning that inhibit expression. In so doing, they will have a chance to experience the creativity that is inherent in all of life. There will be little in the way of theoretical discussion and no critiques of past works. Simple movement will serve to reduce stress, free the mind, and focus the will. Participants will have the opportunity to write furiously in the here and now and to get immediate feedback. Before the weekend has passed, they in all probability will have completed a short article or fictional work, and will have experienced some of the joys and heartaches that accompany publication. Bring pencils, pens, or portable typewriters — and plenty of paper.

Recommended reading: Strunk & White, *The Elements of Style*; Leonard, *The Silent Pulse* and *Walking on the Edge of the World*. $380

Forgiveness: The Key to Intimacy

Mary Goldenson (Devarani)

All life is about relationships. Creating an alive and honest connection with an intimate partner requires us to go deeply into our hearts and allow the courageous self to emerge. The journey to intimacy begins with the path of forgiveness.

How does forgiveness lead to intimacy?

- It allows us to let go of our anger, resentment, and grief
- It allows the agitated mind to move more deeply into the healing heart
- It resolves separation with ourselves and with others
- It allows us to give up punishment we inflict on ourselves and others
- It allows us to complete unfinished business

Once we forgive, we can experience ourselves and our relationships in a state of more lightness, love, and laughter.

This workshop can be especially helpful for those working with boundary issues, the effects of a dysfunctional family life, or addictions that have been used as a defense against intimacy. One may come whether in a good relationship or troubled, as a couple or alone, mother, father, daughter or son, or in the healing professions.

The workshop will provide you with ways to help complete the past, be open to the present, and create the future. It will offer a safe, supportive environment that includes taking risks, intense bodywork, gestalt imagery, dance, and meditation in order to support the commitment to the process of discovering ourselves. $380

Joy, Inspiration, and Hope: A Retreat for Gay Men

Scott Wirth

"As gay men," writes Scott Wirth, "Our psychological lives are too often defined in terms of deficit and injury: we are the targets of homophobia; we are not "real" men; we are "sick and sinful"; our lives are being robbed from us by AIDS — the long, dark list goes on. Whether we are fully or only dimly aware of it, our gay male psyches are invariably overburdened with the images and emotional residue of victimization, oppression, and tragedy.

"Without denying the dark and painful aspects of our lives as gay men, we will emphasize and make room for the joyful, inspiring, and hopeful aspects of our histories, present lives, and futures. We will visit five phases of our lives: infancy, boyhood, adolescence, young manhood, and midlife. We will imaginatively blend together memory, fantasy, and stories we have heard.

"In a series of guided experiential sessions, we will construct and journey through what Jungian analyst Verena Kast has called our 'biography of joy,' this time as gay males. We will discover ways in which our soul remained inwardly steadfast throughout the different phases of our lives, nurturing and protecting us in ways that no parent or caregiver ever did. We will also recall and gratefully honor those who supported us — usually unknowingly — in the formation of our gay identity."

If you wish, bring a cassette of music which you find joyous, inspiring, or hopeful (each piece five minutes or less).

Recommended reading: Kast, *Joy, Inspiration, and Hope*. $380

Week of October 22-27

Esalen Arts Festival

This week Esalen will be hosting its first Arts Festival, a five-day appreciation of the arts, bringing together painters, musicians, dancers, actors, and writers. There will be guest performances, instruction in various art media, poetry readings, multimedia events, and panel discussions. Participants will be offered a range of classes from which to choose, including instruction in painting, sculpting, singing, and dance. A number of events will take place outdoors – on our sloping lawn overlooking the Pacific Ocean, in our new amphitheater and dance platform, and in the Esalen garden.

Because appearances by guest actors and musicians are subject to touring schedules, we cannot list, at Catalog publication deadline, the names of individual teachers and performers. A full schedule will be provided to participants. There will also be several unannounced surprises. The biggest events will be held in a forum that will comfortably accommodate all participants.

Whether you are an artist, an art lover, or an artistic spirit, the Esalen Arts Festival is sure to be a stimulating, enriching, and memorable event.

Please note: Since there will be only 70 beds available this week, early registration is recommended. $740

Weekend of October 27-29

Introduction to Vipassana Meditation

James Baraz

For workshop description see June 2-4.

C.E. credit is available; see page 60. $380

The Art and Craft of Screenplay

Lewis John Carlino

This work will be an exploration into the form of the screenplay. It will examine questions of story, plot, character, theme, and images, with particular emphasis on what constitutes a *dramatic action* and the pitfalls encountered in building sound film structure.

The group will investigate the seeds of creativity, its blocks, and what can and cannot be taught about screenwriting. Participants will write their own short motion picture scenarios which will then be analyzed by the group.

Lewis John Carlino is a screenwriter, playwright, and director. Among his films are *The Great Santini, Resurrection, I Never Promised You a Rose Garden,* and *The Sailor Who Fell from Grace with the Sea.*

Recommended reading: Aristotle, *Poetics;* Froug, *The Screenwriter Looks at the Screenwriter;* and Goldman, *Adventures in the Screen Trade.* $380

A Massage Workshop for Women

Ingrid May & Ellen Watson

This is a weekend massage workshop for women of all ages and backgrounds who wish to learn in a nurturing and supportive setting how to give and receive massage. The workshop will enable participants to master some fundamentals of bodywork as developed by Esalen massage practitioners, including grounding, movement, and breath awareness. This is an invitation for women to rediscover the innate wisdom of the body and to honor and celebrate being female. $380

Horror and the Holy: Wisdom-Teachings of the Monster Tale

Kirk Schneider

What makes horror films and books so compelling? What fascinates us about the macabre, extreme, or ostensibly repellent? What can we learn from these tales – about ourselves, spirituality, and the direction and values of our society?

In this workshop, Kirk Schneider will utilize films, stories, and experiential exercises to shed light on these questions. He will show that despite classic horror's reputation for sensationalism, it has a rich and underappreciated insight into the human condition – and into the most timely questions of our age.

Drawing upon his recent book *Horror and the Holy,* Dr. Schneider will explore such themes as the fascinating in the terrifying, the terrifying in the fascinating, the interplay of despair and fanaticism, and the redemptive element in despair and fanaticism, indeed, in horror itself: wonderment.

Discussion, self-exploration, and the play of ideas will be encouraged.

Recommended reading: Schneider, *Horror and the Holy: Wisdom-Teaching of the Monster Tale* and *The Paradoxical Self: Toward an Understanding of Our Contradictory Nature.* $380

CoHousing: Creating Your Own Community

Kathryn McCamant & Charles Durrett

Dramatic demographic and economic changes have created a mismatch between today's household and most conventional American housing. Households experience this mismatch as they face a child-care crisis, deepening isolation, and a chronic time crunch. Things we once took for granted – family, community, a sense of belonging – must now be actively sought out.

CoHousing addresses many of these needs. Developed by the residents themselves, CoHousing communities are made up of private dwellings complemented by extensive common facilities. Each dwelling is autonomous, yet the common house, with the opportunity for shared dinners and child care, is a focal point of the community.

This workshop gives participants an overview of organizing, planning, and designing a CoHousing community, from site acquisition, group process, development, and design, to construction and management.

Topics will include:

- An overview of the CoHousing development process, from initial meetings to moving in
- Development strategies and the advantages/disadvantages of working with a developer
- Forming and working with a group, and organizing for effective decision making
- Financial options – ownership structures and money realities
- Designing for community – architectural considerations
- The next steps – your role, the group's role, services of professionals
- What other CoHousing groups are doing – the network and how to plug in

Recommended reading: McCamant and Durrett, *CoHousing – A Contemporary Approach to Housing Ourselves.* $380

October 29-November 10

Integrative Body Psychotherapy (IBP): Professional Training Program

Jack Rosenberg & Beverly Kitaen Morse

For workshop description see Special Programs, page 56. $1795

Week of October 29-November 3

Five-Day Massage Intensive

Kathleen O'Shaughnessy & Dean Marson

This workshop is designed for those who are just beginning to explore Esalen massage as deep communication. The central theme will be primary approaches to full-body massage, which the leaders will introduce through demonstration and experiential exchanges. Self-awareness through movement, yoga stretches, and Zen meditation will be used to enhance the senses. Discussion will offer insights into various approaches to bodywork and how they address both the physiological and the mental/emotional body.

C.E. credit is available; see page 60. $740

Life as Art — Art as Life

Wes "Scoop" Nisker & Nina Wise

Most of us spend our days concerned with the grocery list of life's demands, paying the bills, keeping the gas tank filled, maintaining our hairdos, and boiling the water for pasta. But just below the surface of our polite and upright lives lurks the living room dancer, the singing poet in the shower, and the storytelling fool.

The Hindus call life "leila," the sport of the gods. This workshop is about stepping onto the playing field. We will lift the serious veil of purpose and meaning so that our true nature, which is inherently playful, can emerge. Give up on self-transformation, forget about being politically correct or spiritually advanced, this is a come-as-you are party!

Using stories from our lives, we will make art in a safe and supportive environment. Participants will be guided in vocal and movement exercises, theater games, storytelling, and imaginative meditations. We will create performances for and with one another by allowing the characters within us to have a voice. We will turn life into art. Bring your lipstick, your tutu, your cowboy boots, your smoking jacket, your worst memories, your favorite dance steps, and your bag of confetti. $740

Transition, Risk, and Renewal: Mastering the Art of Change

David Schiffman & Susan Kuttner

David Schiffman writes: " During the last twenty-five years I have had the privilege of being a midwife for an extraordinary variety of people facing major transitions in life. During this week I would like to share and explore those influences, inner resources, and natural rhythms that best support real, healthy, sustainable change. Our aim will be to cultivate the emotional poise, mental clarity, energetic flexibility, and stamina necessary to face life's inevitable challenges in a timely, graceful, and thoroughly effective manner. Participants will be encouraged to initiate attention and support for themselves both in the group and upon returning home in fresh and innovative ways that can minimize unnecessary suffering, fatigue, and wasted time.

"The methods used will be a blending of the old and the new, the tried and the true – tailor-made to fit the actual needs of the group. The only prerequisite for attending this seminar is an honest readiness to engage in a heartfelt adventure of exploration and risk-taking that could change your approach to life." $740

Vocal Awareness: Empowerment Through Voice

Arthur Joseph

In many traditions, the throat is the center of creative power. The voice represents this power, and thus has the capacity to help access our full creative expression. This course combines the powerful techniques of Vocal Awareness with universal principles of creativity to help participants to realize their creative potential.

To develop creatively, the following must occur: creative energy is accessed, feeling is enhanced, the capacity to feel is increased, sensory sensitivity is heightened, a channel for expression is determined, and content for creative expression is identified.

Vocal Awareness – which views voice as a metaphor, representing an individual to the world – introduces techniques which are integral to this development process. Vocal Awareness includes vocalizing, sound meditation, movement, song study, and development of the speaking voice as a means for deepening contact with the self. Participants will work individually and in groups exploring breathing, toning, and vocalizing.

Singing and speaking offer an immediate outlet for creative expression. However, the voice can become a springboard for other forms of creative expression, such as writing, drawing, movement, and problem solving. Used in this way, the voice becomes a metaphor for the whole person as an integrated creative being, and this workshop can be not only a vocal training class but a step toward empowerment along life's path.

Please note: Participants are required to bring tape recorders. $740

JOYCE LYKE

SPECIAL PROGRAMS

The programs listed below are either longer than the standard Esalen workshop or part of an ongoing series. Prices quoted below for these programs are for standard accommodations as described in "Reservation Information," pages 4–5. Sometimes bunk bed space is available at a reduced rate. Scholarships are also available; please see "Scholarship Information" on page 5.

May 21-June 16

Certification in Clinical Hypnosis

Marc Lehrer with Norman Katz,
Adam Burke, Art Dann & Ramya Dann

This course is a synthesis of Ericksonian and Direct Hypnosis, neurolinguistics, and biohypnotic monitoring. It satisfies the hypnosis course requirements for the MFCC and complies with the California State Requirement for Hypnosis Certification. It is designed to help develop hypnotic skills for counseling, medicine, nursing and other health areas, education, and bodywork. This program is also an opportunity for personal growth and transformation for anyone interested in hypnotic phenomena and the uses of suggestion in daily life.

Hypnotic suggestion, advanced imagery, and relaxation methods will be explored. There will be daily presentations, numerous practice sessions, video examples of Erickson and other practitioners, and extensive written support materials. A hypnosis library will be available for in-depth learning of advanced topic areas, and there will be an opportunity to explore personal goals with trance and biofeedback equipment.

The scientific basis of hypnosis as well as its practical applications will be emphasized. Topic areas will include: induction methods, hypnotic testing, symptom and habit removal, individual and family counseling applications, pain control and psychosomatics, nonverbal and pendulum methods, biomedical hypnotic monitoring, metaphor and storytelling methods, hypnosis with children, regression and uncovering, redecisioning and reframing, self-concept enhancement, stress management, fears and phobias, early trauma, hypnotic dream programming, imagery conditioning, NLP methods, enhancing performance in sports, music, and sensation, self-hypnosis methods, teaching self-hypnosis classes, and other topics related to therapy, health, and personal growth. Selected ongoing exercises drawn from aikido, Feldenkrais, movement, massage, and shamanistic traditions will complement the traditional topic areas.

Since each of the leaders will present for a number of days, there will be an opportunity to model different ways of deepening your own hypnotic potential, trance induction, and utilization skills. This monthlong experience with various faculty members will allow each participant an in-depth opportunity to develop vivid personal imagery, make lasting self-suggestions, and relate more completely with the unconscious mind.

The Hypnosis Certification is offered through the American College of Hypnosis, Biofeedback, and Neurotherapy Practices, approved by the Department of Private Post-Secondary and Vocational Education of the State of California. Certification is granted upon faculty review of assignments, class participation, practice, and knowledge of ethical guidelines necessary for offering hypnosis to the general public. There is a $120 certificate review fee, payable to the American College, due upon registration at the first day of the program.

Space is limited to twenty-two participants. Reading lists and information about certification and graduate credit will be sent upon registration or by request. You may contact Dr. Lehrer directly for further questions at 408-426-3321.

C.E. credit is available; see page 60.

Standard accommodations:	$3150
Bunk bed room, if available:	$2260

The Upledger Institute Series

The Upledger Institute was founded by John E. Upledger, who pioneered the field of CranioSacral Therapy nearly twenty-five years ago. Dr. Upledger is a Certified Specialist of Osteopathic Manipulative Medicine, an Academic Fellow of the British Society of Osteopathy, and a Doctor of Science. He was recently appointed to the Alternative Medicine Program Advisory Council of the National Institutes of Health.

From 1975 to 1983, Dr. Upledger served as clinical researcher and professor of biomechanics at Michigan State University. During those years he supervised a team of anatomists, physiologists, biophysicists, and bioengineers in experiments testing the existence and influence of the craniosacral system. The results of those studies explained the function of the craniosacral system and its use in treating malfunctions of the brain and spinal cord.

Today the Upledger Institute teaches noninvasive modalities such as CranioSacral Therapy to doctors and health care practitioners of all disciplines. Curricula range from the structural/functional anatomical perspective to approaches that explore the physical, emotional, mental, and spiritual origins of pain and dysfunction.

Esalen presented CranioSacral I *in February, 1995, and is offering* CranioSacral II *(May 21-26) and* SomatoEmotional Release I *(October 15-20, taught by* Dr. Upledger*) during this catalog period. The workshops are sequential and each requires completion of the previous course, either at Esalen or elsewhere.*

The Diamond Approach: A Spiritual Teaching for Our Times

An Introductory Series of Classes

Teachers of the Ridhwan School are offering a series of three introductory workshops in the Diamond Approach over the next year. The Diamond Approach is a spiritual teaching developed by A.H. Almaas (Hameed Ali) to meet the needs of those wishing to contact the depths of who they are while leading ordinary lives of work and family. In addressing these needs, the teaching bridges the traditional divisions between what is considered sacred and what is considered mundane. It utilizes elements from depth psychology and traditional spiritual knowledge and practices, creating a new method for engaging in the process of spiritual transformation.

The methodology of the Diamond Approach is open-ended inquiry into one's personal experience leading to an experiential understanding of it. The format includes meditation, awareness and movement practices, talks, exercises in self-inquiry, and personal processing within the group. As we inquire into and travel through our inner terrain, our identifications and beliefs shaped by our conditioning — the obscuring veils within —

KAREN PREUSS

become more and more transparent, and we are able to contact dimensions of reality and the human potential traditionally accessible to only a few. As we gradually contact the depths of who we are, the personality becomes refined, and our lives progressively become embodiments and expressions of our true nature.

As in the case of many schools of spiritual work, spiritual development in the Diamond Approach, while noninvasive and nonconfrontational, does lead to addressing the defenses of the ego and the dissolution of its structures, and so is not appropriate for everyone. It is especially suited to those who have done a lot of spiritual and/or psychological work, and who still feel that something within has not been touched. Reading one or both of the books below is recommended to see if you resonate with this approach. Prospective participants will be sent a questionnaire to ascertain whether the work may be of personal benefit.

While each workshop will provide a foundation for the next, each will be complete on its own and so may be taken individually or as part of the series (see June 25-30). Students who have completed the series of Diamond Approach workshops will be eligible to apply for the twice-yearly Diamond Heart Retreats held in California.

For more information and to obtain a questionnaire contact Joyce Lyke at 408-375-9845.

Recommended reading: Almaas, *Essence* and *Diamond Heart – Book One*.

October 29-November 10

Integrative Body Psychotherapy (IBP): Professional Training Program

Jack Rosenberg & Beverly Kitaen Morse

This is a 12-day residential training program in Integrative Body Psychotherapy (IBP). It is primarily for professionals and graduate students in related fields. IBP is a unique and powerful transpersonal body-mind system of psychotherapy. It draws together the theories of ancient and modern healing systems. A major focus is awakening the authentic self and heightening general aliveness and sexuality through breathing, body release techniques, and IBP psychological arenas. IBP emphasizes integration of body, mind, emotions, and spirit, and views the body as the foundation for psychological and transpersonal growth. Object relations developmental theory is integrated with IBP theory and bodywork.

For further information contact Beverly Morse at Rosenberg-Kitaen Central IBP Institute, 1551 Ocean Ave., #230, Santa Monica, CA 90401; 310-395-2117.

Recommended reading: Rosenberg et. al., *Body, Self, and Soul: Sustaining Integration*; and *Total Orgasm*.

Standard accommodations:	$1795
Bunk bed room, if available:	$1245

Healthspring Outreach and Education

The Healthspring Project offers education and information that extends Esalen's work in the healing arts and sciences to the outside world. It is an independent service-oriented program of Esalen teachers and their associates. Healthspring offers a global information network linking visitors to Esalen with centers, teachers, and health professionals focused in the fields of somatics and psychology that are located in their home area. Our listings are public information and are not meant to be an endorsement of any individual or institution. Some of our practitioners and teachers travel to New York, San Francisco, and Los Angeles and are available for private sessions and classes. If you are interested in being contacted, let us know.

The Healthspring library offers books on health and healing, bodywork, somatic studies, psychology, nutrition, and related studies, which may be borrowed by students for a given period while at Esalen. Donations of appropriate books are greatly appreciated.

For access to this program, write to Laurie Lioness Parizek at Esalen, c/o Healthspring.

WILDERNESS PROGRAMS

April 28-May 6

Big Sur Wilderness Journey: From Esalen to Tassajara Zen Mountain Center

Steven Harper & Steven Waldrip

Nature provides opportunities to stretch one's limits and explore one's inner wilderness. By living in a natural environment it is possible to expand and realize a deeper sense of self and richness of being.

The group will spend a day and a night at Esalen, leaving the next morning to hike through the Ventana wilderness. Participants will travel "light," receiving instruction in minimum-impact camping, ecology, geography, and the cultural history of the area.

Wilderness will be both mirror and primary teacher as the group lives simply in direct contact with nature. Using gestalt awareness practice and group process, participants will explore emerging feelings and new sensations. Drawing inspiration from natural and native purification practices, individuals will create a time of cleansing and contemplation, culminating in a 24-hour period alone. The group will then hike on to Tassajara Zen Mountain Center, deep in a rugged wilderness valley with natural hot springs, for their last night together. Meditation instruction will be available at Tassajara for those who wish it.

Backpacking experience is not necessary, though participants should be prepared for the challenge of vigorous physical activity. More information will be sent upon registration. $740

July 16-22

Origins: A Rites of Passage Journey in the Ventana Wilderness

Little Bear Nason & David Schiffman

We are initiated into authentic self-knowledge only by genuine challenges, experiences that test us, stretch us, and open us to the inner resources that we can rely on. This workshop is patterned after ancient tribal rites of passage used for awakening to the powerful healing influences of one's inner visions.

This journey begins with a gathering at the Esselen Tribe's ceremonial grounds high in the hills above Big Sur. Here participants will be initiated by tribal leaders into the sacredness of ceremony, dreamtime, and ritual in preparation for the rites of passage.

After hiking some of the most beautiful high ridge country in northern Big Sur, the group will arrive at an area that has been used by generations of Esselen Indians for restoration and purification. From here each person will go off alone for two days and nights to his/her own sacred practice ground for the retrieval of the simple reverence for life and personal effectiveness that grows out of diligent cultivation of the soul.

Regathering after this solo time, participants will have the opportunity to share their stories. The practical application of the insights gained will be examined, marked, and celebrated.

This workshop is geared for people with a sincere interest in making real changes in their lives who are willing to take the time and receive the support necessary to make such changes.

Backpacking experience is not necessary. Be prepared for vigorous physical activity. The workshop begins on Sunday, July 16, at 6:30 p.m. at the Ventana Wilderness Ranch in Carmel Valley. Complete details and an equipment list will be sent upon registration. $790

October 7-14

Heart of Big Sur: Wilderness Journey into the Santa Lucia Mountains

Little Bear Nason & Steven Harper

Immersed in the wilderness environment, this journey will seek to reawaken the spirit of the wild, expanding and deepening the connection to self, the earth, and nature. With wilderness as the primary teacher, participants will work with local Native California Indian traditions and contemporary awareness practices to enhance contact with nature.

The group will journey directly into the heart of Big Sur's Santa Lucia Mountains to Pine Valley, the ancestral summer home of the Esselen Indians, whose village sites, stone tools, and sacred rock paintings are still found among the sandstone caves and boulders.

Mules will carry in food and equipment, giving participants the freedom to hike the six miles from the trailhead base camp in Pine Valley with only a light day-pack. From base camp, there will be optional day-hikes (averaging 6-10 miles) that lead to caves with Indian petroglyphs, along mountain streams to inspiring waterfalls, through valleys of oaks and pines, and to sacred mountain tops with expansive views.

There will be instruction and practice in local Native American traditions and culture, and an opportunity to participate in ceremonies, drumming, and chanting. There will be a time of cleansing (a sweat lodge) and contemplation, culminating in a 24-hour vision quest. In addition there will be an introduction to the area's natural history, including the geology, plants, and animals of the Ventana Wilderness.

All meals are provided and are of exceptional quality. Previous wilderness experience is not necessary, although participants should be prepared for some vigorous physical activity. The group will convene in Monterey on Saturday, October 7 at 4 p.m. A complete information packet will be sent upon registration. $790

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The Esalen Wilderness Program refund policy reflects the fact that few of these expenses can be recovered.

To reserve a space in a wilderness workshop, a nonrefundable deposit of $200 is required. The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your nonrefundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your deposit is forfeited.

JOYCE LYKE

RECENT INVITATIONAL CONFERENCES

In its continuing commitment to the fields of education, religion, philosophy, and the physical and behavioral sciences, Esalen regularly sponsors invitational conferences that bring together experts who share their research and points of inquiry. As host, Esalen covers room and board expenses for participants as a way of advancing these particular studies. These are invitational conferences only and are not open to the public. Recently held programs and their conveners are listed here.

Cultivating Ecological Design Intelligence

October 16-19, 1994

A new vision of ecological design is emerging, one that brings together architects, planners, engineer, farmers, artists, and many others in a shared search for the basic design details of a sustainable culture. This conference invited a small group of ecological design pioneers to share ideas and experiences about how to more rapidly move ecological design into the mainstream. Those assembled established the International Ecological Design Society to connect grassroots workers with those in academia, the business world, and the design professions. The Society will foster research on important issues, forge convivial links, and create new educational opportunities. Also planned is the Quarterly of Ecological Design (Q.E.D.) to provide a platform for both carefully monitored research and more speculative ideas.

Direct Mental and Healing Influences on Living Systems

December 4-9, 1994

Intentionality represents a long-standing puzzle in the study of human consciousness. Can the human mind influence the physical world by an act of intention – without physical contact of any sort?

This meeting, co-sponsored by Esalen's Center for Theory and Research, brought together 18 leading researchers from laboratories throughout Europe, Canada, and the United States, representing various disciplines, including physics, medicine, psychology, anthropology, and theology. Conference participants focused on ways to increase scientific understanding of both the conscious and unconscious role of intentionality in the physical world, including potential applications. For example, how does intentionality affect the healing process? Can one person's intentions influence another person's physiology – even from a distance? Researchers spent the week developing a series of proposals for specific projects that involve multi-laboratory, multidisciplinary, and multinational collaboration. The progress of these proposals will be reported in future issues of the *Noetic Sciences Review*.

FUTURE PROGRAMS

Listed here are a few of the programs scheduled for the months ahead. This is not an invitation to register, but information to assist you in your long-range plans to participate in an Esalen workshop. Dates are subject to change; please call the Esalen Office or see the next catalog for more specific information.

November 12-December 10, 1995

28-Day Massage Practitioner Certification Program

CONTINUING EDUCATION PROGRAMS FOR NURSES

The Board of Registered Nursing has approved Esalen as a provider of Continuing Education for registered nurses, provider number 01152. Only those programs listed below offer Continuing Education credit. Workshop leaders have the final decision in applying for C.E.U. eligibility. There is a $10 processing fee for C.E.U. certificates, payable at the end of the workshop when you turn in your evaluation form to the office. If you wish to receive a certificate, please notify the office at the time of registration.

Please note: *Two-day workshops offer 10 hours of C.E. credit and all five-day or longer workshops offer 30 hours.*

If you need additional information on our C.E. courses or future C.E. outreach programs, please contact Sherry Sanders Galloway, R.N., Continuing Education Coordinator, 408-667-3000.

May 5-7

- An Introduction to the Living Brain
- Rekindling the Spirit in Work

May 7-12

- Self-Hypnosis: Methods, Practice, and New Learning with Brainwave Feedback
- Five-Day Massage Intensive

May 12-19

- Gestalt Practicum
- Cortical Reeducation® and the Feldenkrais Method®

May 14-19

- Creating Health Through Imagery

May 19-21

- Recovery
- Time-Shifting: Creating Time for Your Life

May 21-June 16

- Certification in Clinical Hypnosis

May 21-26

- Intuition, Perception, and Altered States of Consciousness: Extending the Boundaries of Human Experience
- The Upledger Institute's CranioSacral II

May 26-28

- Refilling the Chalice: Time Out for Healers

May 28-June 2

- Making It Float
- Awakened Mind: Five-Day Brainwave Training Intensive

June 2-4

- Introduction to Vipassana Meditation
- Medicinal Herbology: An Esalen Garden Workshop

June 4-9

- Opening the Feelings

June 9-11

- Weekend Massage Intensive
- Optimum Health: Theory and Practice

June 11-16

- Sexual Trauma Survivors: Specific Strategies for Body, Mind, and Spiritual Healing
- Chakra Integration: A Complete Approach to Health and Healing

June 16-23

- Developing a Fitness Regime for Optimal Well-Being

June 16-18

- Meditation, the Self, and Healing
- Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach

June 18-23

- The Core Self: Returning to Innocence and Choice

June 23-25

- Body Rejuvenation
- Caring for the Dying: What Really Works?

June 25-30

- The Body and Zen
- Turning on the Light: A Choice to Live Consciously

July 2-7

- Movement, Touch, and the Healing Process

July 7-9

- Practical Intuition: Introduction

July 9-14

- The Enneagram of Relationship: Men and Women, Love and Work
- Embodied Gestalt Practice: Body and Soul

July 14-16

- Through the Psyche to the Sacred: Transforming Inner Oppressors
- Healthy Back, Healthy Mind: Do-It-Yourself for Backs and Stress

July 23-28

- Creating Exact Moments of Healing

July 30-August 4

- Core Zero Balancing: Basic I & II

August 4-6

- Awakening From Trauma: Healing Body Image and Sexuality

August 6-11

- Managing With Heart: Changing the Leadership Paradigm

August 11-13

- Stress Reduction: An East/West Approach
- The Helper's Journey: Working With Grief, Loss, and Life-Threatening Illness

August 13-18

- Five-Day Massage Intensive

August 18-20

- Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach

August 20-25

- Enhancing Communication Hypnotically
- Healing the Emotional/Spiritual Body: The Rubenfeld Synergy® Method
- The Medicine Wheel Way

August 25-27

- Breema Bodywork: The Nonjudgmental Treatment

August 27-September 1

- Trigger Point and Esalen Massage

September 3-8

- Spiritual Healing: Laying-on-of-Hands
- Healing The Heart

September 8-10

- Chi Gung: Opening the Energy Gates of Your Body

September 15-17

- Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach
- Transpersonal Medicine

September 17-22

- Turning On The Light: A Choice to Live Consciously
- Five-Day Massage Intensive
- Gestalt Practice

September 24-29

- Stepping Into Your Body of Light
- Change and Self-Esteem

September 29-October 1

- Reinhabiting Your Body: An Experience in Authentic Movement
- Psychoneuroimmunology and Its Implications
- Self-Empowerment and Purification: The Farther Reaches of Gestalt

October 1-6

- Creative Bodywork: An Advanced Workshop
- Consciousness and Healing: History, Philosophy, and Practice
- Handwriting Patterns: Possibilities for Healing and Change

October 8-15

- Cortical Reeducation® and the Feldenkrais Method®

October 8-13

- The Subtle Art of Meditation

October 13-15

- Psychosynthesis: Personal and Transpersonal Growth

October 15-20

- The Upledger Institute's SomatoEmotional Release I
- Focusing: Treasure Maps to the Soul
- Taoist Chi Kung: Enhancing Vitality
- The Future of Leadership: Integrating Creativity, Value, and Accountability

October 20-22

- The Awakened Mind II: Advanced Brainwave Training and Transcendent States
- Taking Care of Yourself While Helping Others: Survival Tools for Service Professionals

October 27-29

- Introduction to Vipassana Meditation

October 29-November 3

- Five-Day Massage Intensive

JOYCE LYKE

WORK STUDY PROGRAM

THE WORK STUDY PROGRAM is for those who are interested in an intense and complete involvement with the Esalen environment. It is a work-oriented program, emotionally and physically, and only rarely is it restful. Participants work thirty-two hours per week in one of Esalen's departments (kitchen, garden, farm, housekeeping, maintenance, or grounds) and participate, along with staff and long-term students, in that department's program.

During most evenings and one weekend intensive, work students are together as a group exploring different practices and approaches available at Esalen, with specifically assigned leaders who will be with the group throughout the month coordinating the study schedule and facilitating many of the evening sessions.

The selection of work students is done by Bette Dingman, the Work Study Coordinator, in consultation with department supervisors. Since this is a work program, preference is given to applicants who are open and willing to learn about themselves within the work context as well as within the evening and weekend study/process groups. Applicants with particular skills or physically limiting conditions are urged to mention them on the application. It is necessary for applicants to be able to speak and understand English.

First-month work students, in particular, are assigned to departments largely on the basis of community need. No work students will be assigned to the office until they have fulfilled a minimum of one month in one of the aforementioned departments.

The study portion of the program is divided into two groups each month: each emphasizes one type of growth practice, such as gestalt, meditation, Reichian work, massage or somatics work, and so forth. Participants must be prepared to stay at Esalen for the full duration designated for that particular program, assuming that they meet the standards of the Work Study Program.

Please note: This program is designed to explore and apply human values and potentials in both the evening groups and the workplace. It is not intended as a substitute for therapy or as a "cure."

It is sometimes possible to receive college unit credit for participating in the Work Study Program. Please check with your college or university for eligibility requirements.

Work Study Programs scheduled for this catalog period are:

April 30-May 28

Lenore & Mel (Rudra) Lefer will lead this program. Lenore will offer an exploration of the inner journey within the framework of psychosynthesis, using guided imagery, journal writing, dreams, ritual, storytelling, and nature to create a supportive environment in which healing and transformation can occur. Mel will teach all levels of Integral Yoga, including postures, progressive relaxation, breathing practices, meditation, and visualization.

The basis of this month with **Seymour Carter** will be the gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, and aikido. Each participant's process of development will be honored, encouraged, and treated as unique.

May 28-June 25

Maria Lucia Sauer Holloman & Anita Donovan will invite the creative spirit to come alive during this monthlong by combining music, art, movement, and ritual with the practice of the fundamental healing art of laying-on-of-hands.

With an emphasis on the practice of massage, **David Streeter** will explore the inner power of the human being. He will combine the essence of Zen meditation with movement from the martial arts and yoga. These principles will be applied to the art of massage and the art of being in the world.

June 25-July 23

This month with **Gideon Dreyer** will focus on the experience of becoming immobilized when confronted with certain obstacles and using these situations for inner enrichment and education. Participants will focus on spiritualizing their thoughts, feelings, and actions, and cultivating the will to act accordingly.

Eduardo Eizner & Guests will lead a month concentrating on emotional release work and self-awareness, incorporating gestalt practice, group and individual process, rituals, movement, and bodywork.

July 23-August 20

Patrick Douce will share the essence of his work with Moshe Feldenkrais, Balinese healers, and Indonesian Silat Martial-Art-for-Health systems. This program will focus on movement and touch to increase the sensitivity, flexibility, coordination, relaxation, and freedom of the body. Individual problem areas will be approached in order to improve chronic stiffness and pain. Group experience and interaction will help facilitate balance in the overall growth of each participant.

In the tradition of Milton Erickson, **Nancy Winston & Paul Lounsbury** will use cybernetic principles and hypnotic techniques to help participants bring about new forms of spontaneous interaction, novel experience, and more satisfying outcomes in everyday life. The focus will be on mobilizing and utilizing unconscious capacities to increase variety and choice in the patterns that organize our ways of bringing forth our world. This will include formal and informal trance inductions, group interaction, and exploration of individual styles of organizing and communicating experience.

August 20-September 17

Eric Erickson will lead a group devoted to the development of integral practices. Gestalt practice, meditation, movement exercises, the experience of nature, and bodywork will be explored as complementary awareness practices which, when combined, integrate mind-body-spirit into a greater whole and enhance personal development and transformation.

During this monthlong **Kenn Chase** will teach the entire sequence of T'ai Chi Ch'uan meditation technique. There are 54 postures which will be taught along with various East/West mind body techniques. He will integrate body alignment, Taoist breathing exercises, deep relaxation methods, sensory awareness, and visualization processes.

JOYCE LYKE

September 17-October 15

The focus of a month with **David Schiffman** will be on the theme of transition. It is geared for people who are facing major changes and would like an opportunity to create a time for sanctuary and a mood of mutual support. The intention will be to cultivate an individual style of approaching change that is heartfelt, open-minded, and resourceful in spirit.

Judith Cornell will focus on the alchemy of illuminating personal and group mandalas for healing and integrating body, mind, and spirit. She will share a worldview merging sacred art, transpersonal psychology, and science with perennial wisdom to perceive our wholeness and connectedness, using an approach that synthesizes light, sound, and consciousness. Participants will draw, meditate, and learn simple yoga movements and sound techniques for harmonizing the body/mind, releasing fear, and opening to higher states of creativity.

Please note: There will be a $35 materials fee paid directly to the leader.

October 15-November 12

A month with **John Soper & Friends** will focus on ways to improve the quality of life for participants. Gestalt practice will be the vehicle for personal growth in a group setting. The group may also experience other practices, including games, to bring into focus those areas of our lives that are ripe for change.

Vicki Topp & Friends will lead a monthlong journey exploring ourselves and our environment in a weaving of integral healing practices which may include massage, sensory awareness, imagery, storytelling, gestalt, creative movement, and spiritual nourishment.

INASMUCH AS the Work Study Program is a complete program in itself, please do not plan to take regularly scheduled catalog workshops during your stay. Professional services, such as massage, are available at staff rates.

Fees: A deposit of $400 in U.S. currency is required with your application. The work scholar fee is $750 for the first month, $700 for the second month, and $650 for the third month. Work students may be invited to remain for a second or third month depending on space available and community needs. Occasionally it is possible to stay for a longer period of time as an Extended Student. There are no scholarships available for the Work Study Program.

Housing: Accommodations are shared (occasionally co-ed), with up to four people to a room, usually at South Coast Center, a staff complex located 1.5 miles north of Esalen.

For more information contact Bette Dingman: 408-667-3010.

Note: Application is not registration in the program. Registration is made only after approval of application and upon receipt of deposit. The balance of the fee is due on arrival. Of the original deposit, $100 is nonrefundable and may be transferred to other programs within one year of receipt. Please return the application form (see next page) with your deposit to:

Work Study Program
Esalen Institute
Big Sur, CA 93920.

Institute of Transpersonal Psychology Offers External Master's Degrees

WORK STUDENTS now have the opportunity to integrate their work study experience at Esalen with the external degree program of the Institute of Transpersonal Psychology. The external degree format enables students to study at any location. Work students will be able to continue the dynamics of personal growth fostered at Esalen while earning master's degrees in transpersonal studies or in transpersonal psychology.

Inquiries and applications should be made directly to ITP. Contact:

Nancy Fagen
External Program
Institute of Transpersonal Psychology
744 San Antonio Road
Palo Alto, CA 94303
415-493-4430

WORK STUDY PROGRAM APPLICATION

Name ______________________________ ☐ Male ☐ Female

Date of Birth ______________ Occupation ______________

Place of Employment ______________________________

Daytime Phone (____) ______________ Home Address ______________

Evening Phone (____) ______________ City/State/Zip code ______________

Date of Application ______________ Country ______________

Do you have any physically limiting conditions which might affect your full participation in this program? ☐ Yes ☐ No

If yes, please be specific ______________________________

____

Are you currently taking any medications? ☐ Yes ☐ No If yes, please specify ______________

Which program(s) are you interested in? Please list the leader's name ______________

____

____

Please note: When focused programs continue with the same leader for more than one month, participants must be prepared to stay at Esalen for the full duration of that particular program.

The Work Study Program is for 28 days, beginning and ending on Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: __________ to __________ 2nd: __________ to __________ 3rd: __________ to __________

Work students may be invited to remain for a second or third month, depending on space available and the needs of the Esalen community. Please indicate your availability for such an invitation.

☐ No extension ☐ One-month extension ☐ Two-month extension

Assignments to departments are made according to community labor needs. However, if you have particular skills that you're willing to use, especially in food preparation, gardening, maintenance, mechanics, construction, or housecare, please mention them here.

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☐ Please check here if you have emergency medical skills (M.D., R.N., or E.M.T.) and are willing to use them during your stay.

Attach a personal statement about your interest in the Work Study Program and why you'd like to participate.

All applicants are required to sign a standard release from liability and assumption of risk form as a condition of participation in the Work Study Program.
Please Note: No pets allowed.

✱ AUDIO RECORDINGS

The Dolphin Tape Series

Each new tape list has a somewhat different emphasis in its selection of titles and speakers. In addition to the many well-known titles from speakers familiar to you, included here for the special attention of new customers, you will find several additional tapes from some old favorites, the most recent recordings from others, and a few entirely new speakers, events, and subjects.

Dolphin Tapes has no complete catalog, just overlapping tape lists. When you place an order, let us know your field of interest or your favorite speakers. We may have more information on some of them. Many tapes are in stereo. Tape length is normally 1 to 1 1/2 hours.

Single-tape titles are $10:

Abraham/Thompson: *Eccentric Thinking and Chaos Revolution*, 1993
Abraham/McKenna/Sheldrake: TRIALOGUES: *Preview and Sampler*, 1989-90
Gregory Bateson: *The Limits of Science*, 1978
Robert Bly: *Six Powers of Poetry*, 1983
Joseph Campbell: *Kundalini and the Chakra System*, 1981
Fritjof Capra: *Ecological Vision*, 1984
Fritjof Capra: *Characteristics of Systems Thinking*, 1985
Big Sur Drums: *The Sky Children*, 1968
Big Sur Drums: *Steve Genardini's Drummers*, 1971
Earl Ettienne: AIDS *and Health, Integrity, and Life*, 1983
Richard Feynman: *Quantum Mechanical View of Reality*, 1983
David Finkelstein: *A New Quantum Logic*, 1976
Stanislav Grof: *A New Paradigm for Psychotherapy*, 1980
Thomas Hanna: *An Introduction to Somatic Exercises*, 1987
Willis Harman: *Origin of the Psychedelic 1960s*, 1977
Arthur Hastings: *Transpersonal Realities*, 1979
Gerald Heard: *The Power of Wonder*, 1954
Gerald Heard: EXPLORATIONS: *Who Am I?*
Gerald Heard: INDICATIONS: *What is Love?*
Gerald Heard: REFLECTIONS: *14 Readings*
John Heider: *Living in the Tao*, 1987
Al Huang & David Darling: *Dancing Cello, Dancing Tao*, 1989
Aldous Huxley: *The Individual and History* (MIT Cambridge), 1961
Laura Huxley: *Recipes for Living and Loving* (Guided Imagery), 1963
Robert Johnson: *The Roots of Modern Masculinity*, 1990
Robert Johnson: *The Wounded Feeling Function*, 1993
George Kohlrieser: *Hostage Negotiation & Attachment Theory*, 1986
Jack Kornfield: *The Simplicity of Spiritual Practice*, 1982
Jack Kornfield: *On Buddhism: A Personal Story*, 1983
Timothy Leary: *American Culture*, 1945-1985
Janet Lederman: *Early Childhood Experience* (Gazebo), 1987
John C. Lilly: *The Dolphin Experience*, 1969
John & Toni Lilly: *Integrating Science and Mysticism*, 1981
Abraham Maslow: *Self-Actualization*, 1966
Terence McKenna: *Hot Concepts and Melting Edges*, 1994
Terence McKenna: *Laws and Freedom, Habits and Novelty*, 1994
Terence McKenna: *The Time Wave*, 1994
Ecopsychology Panel: *Response to the Negative*, 1994
Joseph Chilton Pearce: *Intelligence of the Heart*, 1992
Carl Rogers: *My Philosophy and How It Grew*, 1972
Rogers/Bateson: *Dialogue on Thinking, Feeling, Learning*, 1975
Daniel Sheehan: *Philosophy of Christic Institute*, 1991
Sheldrake/Pearce: *Resonant Fields of Heart and Brain*, 1993
John "Jay" Shelfer: *Taoist Chi Energy Breath Movement*, 1993
John "Jay" Shelfer: *Taoist Breathing and Movement Experience*, 1994
Huston Smith: *The Nature of Reality* (Boston), 1970
David Steindl-Rast: *Addiction and the Spiritual Quest*, 1987
Richard Tarnas: *The Passion of the Western Mind*, 1993
Wilson Van Dusen: *The Nature of Humanness*, 1969
Alan Watts: *Divine Madness*, 1968
Carl Whitaker: *On Becoming a Professional Therapist*, 1989
Arthur M. Young: *The Reflexive Universe*, 1973

Two-tape titles are $16:

Walt Anderson & Ted Roszak: (2) *The Upstart Spring* (Esalen), 1984
Gregory Bateson: (2) *Balinese Culture and Shamanism*, 1976
Joseph Campbell & Sam Keen: (2) *The Dark Side of the Forest*, 1985
David Finkelstein: (2) *Ancient, Medieval, and Classical Physics*, 1984
Buckminster Fuller: (2) *The Critical Path* (Maui), 1982
Bruce Kumar Frantzis: (2) *Taoist Philosophy and Practice*, 1994
Bruce Kumar Frantzis: (2) *Taoist Meditation and Health*, 1994
Stanislav Grof: (2) *The Birth Trauma*, 1981
Stanislav Grof: (2) *The Cosmic Game*, 1987
Jean Houston: (2) *The Possible Human* (Boston), 1979
Terence McKenna: (2) *The Timewave and More*, 1994
Frederick Spiegelberg: (2) *India and the Saints*, 1964
Alan Watts: (2) *Eastern Religion and Western Therapy*, 1971
Janet Zuckerman: (2) *The Feeling Process* (1987)

Four-tape titles are $34:

Ralph Abraham: (4) *The Chaos Revolution*, 1994
Joseph Campbell: (4) *Imagery in the Novels of James Joyce*, 1968
James Fadiman: (4) *A Weekend of Stories*, 1984
David Finkelstein: (4) *Indeterminacy and Undecidability*, 1978
Roland Fischer: (4) *Creative, Psychotic, and Ecstatic States*, 1969
Buckminster Fuller: (4) *Integrity Day* (Marin), 1983
Abraham Maslow: (4) *An Informal Weekend in Big Sur*, 1966
Terence McKenna: (4) *Light at the End of History*, 1994
Terence McKenna: (4) *Conversation at the Edge of Magic*, 1994
Terence McKenna: (4) *Eros, Chaos, and Meaning's Edge*, 1994
Rupert Sheldrake: (4) *Resonance and the Habits of Nature*, 1987
Rupert Sheldrake: (4) *Rebirth of Nature: Revival of Animism*, 1990
David Steindl-Rast: (4) *Mysticism as a Frontier Experience*, 1985
David Steindl-Rast: (4) *Enjoying Poetry*, 1992
Andrew Weil: (4) *New Insights into Addiction*, 1987
Colin Wilson: (4) *Human Evolution and a New Psychology*, 1968
Arthur M. Young: (4) *The Reflexive Universe Interviews*, 1983

The Dolphin Vinyl Album Tape Sets:

Angeles Arrien & Robert Bly: (6) *Love in the Western World*, 1984	$54
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John C. Lilly: (6) *Ego, Self, and Essence*, 1971	$54
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Terence McKenna: (8) *True Hallucinations* (A Talking Book), 1984	$72
Abraham/McKenna/Sheldrake: (10) TRIALOGUES *at the Edge*, 1989-90	$84
Joseph Campbell: (10) *World Mythology Series*, 1969 (Library Archives)	$84
Gregory Bateson: (12) *Informal Esalen Lectures*, 1975-1980 (Archives)	$96

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BIOGRAPHICAL INFORMATION

A

Ralph Abraham, *known for his work in dynamics and chaos theory, is professor of mathematics at UCSC, and author of* Chaos, Gaia, Eros: The Orphic Trinity in Myth and Science, *and coauthor of* Trialogues at the Edge of the West. p. 12

Mark Abramson *is a dentist who integrates meditation into his multidisciplinary approach to the treatment of chronic pain. Cofounder of the Sequoia Hospital Stress Reduction Clinic, he is also an aikido black-belt.* p.35

Sarah Abukutsa *is a professional singer and dancer who trained in her native Kenya before working in Europe and the U.S. She has worked with Babatunde Olatunji and Quincy Jones.* p. 16, 43

Jeanne Achterberg, *is professor of psychology at Saybrook Institute and co-chairs the Mind/Body Advisory Panel for the Office of Alternative Medicine Division, National Institutes of Health. She is currently president of the Association of Transpersonal Psychology.* p. 14, 45

Andra Akers *is founder and president of the International Synergy Institute, an interdisciplinary think tank for new ideas.* p. 28

Ronald Alexander *is a health psychologist in private practice in Santa Monica, CA. He is a creativity and communication consultant in the entertainment industry who specializes in leadership skills and mind/body healing.* p. 21

Thom Allena *is an organizational consultant specializing in mediation and team building in the criminal and juvenile justice systems (Boulder County Youth, NYC Sheriff). He has developed rites of passage and mentoring techniques to address youth violence.* p. 34

Tenshin Reb Anderson *was ordained by Shunryu Suzuki Roshi in 1970. He served as Abbot of San Francisco Zen Center from 1986 to 1995 and is now "Senior Dharma Teacher" at Zen Center.* p. 46

Anne Armstrong *has been doing transpersonal counseling for thirty years and has trained professionals to use their intuitive abilities.* p. 40

B

Nancy Bacal *is a lyricist, screenwriter, and filmmaker. A longtime meditation practitioner and a black-belt in aikido, she conducts ongoing writing workshops in Los Angeles and the Bay Area.* p. 42

Oliver Bailey *is a practitioner and instructor of Esalen massage. His background includes training in gestalt practice, neurolinguistic programming, intuitive work, and meditation.* p. 36

Bonnie Bainbridge-Cohen, *developer of Body-Mind Centering™, is an innovator and leader in working with movement, touch, and the body-mind relationship.* p. 12

Richard Balaban *is a clinical psychologist in private practice in Bloomington, Indiana, who delights in leading groups. He affirms joyfulness and the creation of a sense of self and community.* p. 42

James Baraz *has taught vipassana (insight) meditation retreats since 1977. He is on the board of directors of Insight Meditation West and the Dharma Foundation.* p. 18, 54

Michael Barnett *is a practicing psychiatrist in Bowling Green, Kentucky, whose personal work emphasizes emotional expression and healing.* p. 12

Leonard Bearne *has a broad background in humanistic psychotherapy and has been a visiting teacher at Esalen. For the past seven years he has studied analytic approaches to therapy, the last two with Dr. Robert Stolorow.* p. 45

Tom Bender *is an architect, strategic planner, feng-shui practitioner, top award winner in the 1993 international Sustainable Community Solutions competition, and former editor of RAIN magazine.* p. 50

Brian Bergstrom *is a structural bodywork practitioner and yoga instructor with over fifteen years' experience. He has a private practice in Palm Springs, CA.* p. 19, 28, 46

Judith Blackstone *is a counselor, meditation teacher, author, and dancer. She is the founder of The Subtle Self Work, a method of realizing the natural integration of the body, authentic self, and spiritual consciousness.* p. 30

Elena Bonn *practices psychoanalytic psychotherapy with adults and teenagers in Westlake Village, CA. She has trained with Dr. Robert Stolorow in intersubjectivity for four years.* p. 45

Joan Borysenko *is a medical scientist and psychologist. She is the author of* Minding the Body, Mending the Mind; Fire in the Soul; *and several other books.* p. 17

Julie Bowden, *pioneer in the children of alcoholics (COA) field, is cofounder of the National Association of COAs. She coauthored* Recovery: A Guide for Adult COAs *and* Genesis: Spirituality in Recovery. p. 42, 43

Carolyn Braddock *is a body-centered therapist and consultant in private practice in Lakewood, CO. She authored* Body Voices: Using the Power of Breath, Sound, and Movement to Heal and Create New Boundaries. *She trains professionals in Post-Traumatic Stress Disorder.* p. 20, 33, 34

Heather Burch *is an eidetic imagery therapist and trainer. She studied extensively with Dr. Akhter Ahsen, originator of Image Therapy. In addition, she has a background in shamanism, hypnosis, and self-acceptance training.* p. 44

Adam Burke *is a research psychologist, acupuncturist, educator, and author. He is the director of Halcyon and offers trance-based trainings internationally.* p. 15, 56

C

Lewis John Carlino *is a novelist, playwright, screenwriter, and director. He has taught playwrighting at the University of Southern California, and screenwriting at Columbia University.* p. 54

Seymour Carter, *longtime gestalt teacher at Esalen and in Europe, combines studies in sensory awareness, Zen Buddhism, aikido, and other body-oriented practices.* p. 19, 25, 62

Michell Cassou *is the founder of an original approach to painting designed to stimulate and unblock creativity. She is director of the Painting Experience Studio in San Francisco.* p. 14

Christopher Castle *is a visual artist, iconographer, composer, and geomancer whose artwork is represented in the British Museum and National Galleries of Scotland and Wales. He was recently Artist-in-Residence at Esalen.* p. 26

Chaparral Quartet *is composed of veterans of many distinguished Los Angeles musical organizations, including the L.A. Chamber Orchestra and the Hollywood Bowl Orchestra. They perform and record regularly for motion pictures, television, and radio.* p. 32

Carl Chase (C.C.) *is a bodyworker who specializes in cross-fiber friction and deep tissue methods. He has also studied sports massage and soft-tissue manipulation.* p. 19, 20, 43

Kenn Chase *has taught traditional Yang style T'ai Chi Ch'uan for 25 years. He has studied with several T'ai Chi masters and has taught in Paris, Amsterdam, and London. He is the founder of MindBody Technologies, a corporate training company.* p. 11, 62

Randy Cherner *conducts a three-year apprenticeship training program for practitioners in the field of somatic education. He is founder of a somatics center in Corte Madera, California.* p. 40

Stephen Cohen, *gestalt practitioner and longtime golf hacker, is founder and President of The Shivas Irons Society, a non-profit organization dedicated to enhancing golf's beauties and virtues.* p. 19, 46

Pamela Colorado *is coordinator of the Worldwide Indigenous Science Network, which brings together indigenous people and scientists to renew ancient indigenous knowledge. She has a doctorate in social philosophy.* p. 12

Carolyn Conger *blends her clairvoyant gifts with conventional psychology, dreamwork, healing, and intuition, working internationally. A doctor of clinical psychology, she has done research in psychoimmunology and human energy fields.* p. 11

Emilie Conrad-Da'oud *is the founder of Continuum. Her innovative approach to movement has enhanced the creativity of artists in many fields and has led to new insights in the healing process.* p. 38

Ann Weiser Cornell *has taught Focusing in eleven states and nine countries. She is the author of* The Focusing Guide's Manual, *and is past president of the Association for Humanistic Psychology.* p. 52

Judith Cornell, *artist and educator, has developed programs exploring the synthesis of art with other fields. Founder of Manifesting Inner Light, she has taught people worldwide to use art as a yoga for healing and transformation.* p. 44, 63

Phil Cousineau *is a filmmaker, lecturer, and adventure travel guide. He is the author of* Soul: Readings from Socrates to Ray Charles *and* The Hero's Journey: Joseph Campbell on His Life and Work. p. 43

Stewart Cubley, *artist and scientist, is cofounder with Michell Cassou of the Painting Experience Studio in San Francisco.* p. 14

Dale Cummings, *certified Radix® teacher and marriage and family counselor in West Los Angeles and Los Gatos, is director of training for the Radix® Institute.* p. 18

Rabbi William Cutter *is a rabbi and a professor of literature and education at Hebrew Union College in Los Angeles.* p. 48

D

Art Dann *has been a seminar leader in the healing arts since 1970. He has an extensive background in Tibetan Buddhism, Sufism, Gurdjieff, Osho, hypnosis, chanting, and Indian music.* p. 15, 56

Rainya Dann *teaches hypnosis, breathwork, codependency, and meditation seminars internationally. She is the director of the Transpersonal Hypnotherapy Training in Santa Cruz, CA, and is an examiner for the American Council of Hypnotist Examiners.* p. 15, 56

David Darling *is a maverick cellist, composer, conductor, and teacher. He is cofounder of Music for People, an organization that humanizes the learning process of creating music. His latest recordings are* Cello, Dark Wood, *and* 8-String Religion. p. 43

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Lama Surya Das is a Buddhist scholar, poet, and translator of Tibetan texts. He is founder of the Dzogchen Foundation of America and author of The Snow Lion's Turquoise Mane: 150 Wisdom Tales from Tibet. p. 43

Laura Day has been a practicing intuitive for over a decade in the U.S. and Europe. She teaches intuitive skills for use in business and daily life. p. 26

Madeline de Joly is a contemporary multimedia artist and teacher who uses handmade paper as a core element. Her work is affiliated with major international galleries, museums, and corporate and private collections. p. 49

Laura DeNuccio, a certified Radix® practitioner, has 20 years of experience leading groups in Reichian bodywork, gestalt, movement, meditation, and vision work. Her current interest is swimming with wild dolphins in Hawaii. p. 24, 45

Jim Dodge has written three novels (Fup, Not Fade Away, Stone Junction), four books of poems, and numerous essays on ecology and bioregionalism. p. 24

Anita Eubank Donovan practices psychotherapy and spiritual healing in San Francisco. She is cofounder and advisory member of the Creative Arts Center at Esalen. p. 62

Patrick Douce, one of Moshe Feldenkrais's first American students, has lived at Esalen since 1972. Since 1986 he has lived half of each year in Bali, developing programs with Indonesian Silat Martial-Arts-for-Health schools. p. 21, 25, 37, 45, 62

Gideon Dreyer is a clinical psychologist from Capetown and the Netherlands. He has taught at several universities and institutes. His main interest is ancient and modern initiation. p. 62

Charles Durrett is coauthor of CoHousing – A Contemporary Approach to Housing Ourselves. Through his architectural design and consulting firm, The CoHousing Company, he is working to create co-housing communities in the U.S. p. 54

Ken Dychtwald is a psychologist, gerontologist, entrepreneur, and former Esalen resident. He has authored eight books, including Bodymind and Age Wave. p. 49

E

Eduardo Eizner, a licensed psychologist from Belgrano University in Argentina, is an Esalen staff member and director of Gazebo School Park. p. 27, 62

Jack Engler is a psychotherapist who teaches psychotherapy at Harvard Medical School. He is affiliated with the Insight Meditation Society and has led many workshops on spirituality, meditation, and psychotherapy. p. 20

Eric Erickson is a long-term student of gestalt and Eastern philosophical traditions. p. 62

F

Warren Farrell author of Why Men Are The Way They Are and The Liberated Man, has been a pioneer in both the women's and men's movement, and has appeared on over 1,000 television and radio shows. p. 28

Patricia Fields, a licensed psychologist with eighteen years' experience in facilitating spiritual development, is a skilled energetic practitioner and intuitive. p. 47

John Firman, a psychotherapist in Palo Alto, trained in psychosynthesis with its founder Roberto Assagioli. He is an adjunct faculty member at the Institute of Transpersonal Psychology. p. 51

Corey Fischer, actor, writer, and teacher, has been creating and performing theater for over twenty years. He cofounded A Traveling Jewish Theatre, and teaches solo performing, ensemble creation, and storytelling. p. 40

Zoketsu Norman Fischer is a Zen priest, head teacher at Green Gulch Farm Zen Center, chairman of the Zen Hospice Project, and author of six volumes of poetry. He has written extensively on the integration of Buddhist practice in everyday life. p. 22

Helen Fisher, anthropologist, is author of Anatomy of Love: A Natural History of Mating, Marriage, and Why We Stray and The Sex Contract: The Evolution of Human Behavior. She hosted the four-part TV series "Anatomy of Love." p. 41

Margot Silk Forrest is the editor of The Healing Woman, a newsletter for women survivors of childhood sexual abuse. An incest survivor herself, she is currently writing a book on successful case histories of EMDR. p. 21

Matthew Fox is the internationally known author of fifteen books. He holds master's degrees in philosophy and theology and a doctorate in spirituality, and is the leading proponent of Creation Spirituality. p. 46

Bruce Kumar Frantzis has over thirty years' experience in Oriental healing, meditation, and martial arts, including fifteen years' study in Asia. He leads seminars in the U.S. and Europe. p. 43

G

Cynthia Gale, ceremonial artist and teacher of Mother Earth spirituality, is a former dean at Sarah Lawrence College and award-winning fiber artist who exhibits her art in galleries and museums throughout the U.S. p. 42

Sherry Sanders Galloway is an Esalen massage staff practitioner. She has been an R.N. and nursing instructor since 1974. She has a private practice working with survivors of childhood abuse and people with work, stress, and sport-related injuries. p. 36

Mariah Fenton Gladis, gestalt practitioner and trainer, founded and directed the Bucks County Institute for 12 years. She is director of the Pennsylvania Gestalt Center for Psychotherapy and Training. p. 30, 31

Herbert Gold has published over 20 books, including Bohemia; Best Nightmare on Earth: A Life in Haiti; Fathers; and Family. p. 36

Mary Goldenson (Devarani) is a clinical psychologist, chiropractor, and certified Radix® teacher in Los Angeles. She has a private practice specializing in relationship therapy and transitions. p. 16, 24, 37, 41, 47, 53

Harriet Goslins is the originator of Cortical Reeducation®. She is a Feldenkrais® practitioner with a background in psychosynthesis, applied kinesiology, craniosacral work, and social anthropology. p. 14, 50

Janet Greenwood is an MFCC, a Registered Nurse, and Registered Art Therapist who specializes in couples therapy and relationship training. She produced the award-winning film, "The Gestalt Art Experience with Janie Rhyne." p. 25

Bruce Gregory is a psychologist in private practice who specializes in mind/body healing and health psychology. He works with corporate executives who are experiencing difficulties with leadership skills. p. 52

Pierre Grimes is a philosopher who founded the Noetic Society for the Study and Exploration of Platonic and Neo-Platonic Works. Author of The Art of Delivering False Beliefs, he has developed the art of philosophical midwifery. p. 31

H

Nick Hall directs the Division of Psychoneuroimmunology at the University of South Florida School of Medicine, and serves as a consultant to the National Institutes of Health. p. 19

Robert Hall, physician, psychiatrist, and teacher, has studied the mind-body process and meditation for 25 years. He is cofounder of the Lomi School and the Tomales School of Psychotherapy. p. 17

Betty Halpern, professor of education at Sonoma State University since 1968, has been teaching the Esalen Gazebo staff for over six years. Her focus is on the learning community formed by teachers and children and their families. p. 27

Anna Halprin founded the San Francisco Dancers' Workshop and cofounded the Tamalpa Institute. She performs, teaches, and leads community events in Marin County and around the world. p. 35

Keith Harary is a research psychologist and coauthor of eight books. He has twenty-five years' experience in human potential research and is research director of the Institute for Advanced Psychology in San Francisco. p. 16

Kai Harper is a native Big Sur local and a student at Esalen's Gazebo School. He has trained his parents for the last three years in the ways of innovative parenting and hiking methods. p. 26

Kim Harper is an Esalen staff member, mother, gardener, and lover of nature. She makes her home in Big Sur. p. 26

Steven Harper coordinates Esalen's Wilderness Programs. He has led both traditional and experimental expeditions internationally for nearly 20 years. His work focuses on wild nature as a vehicle for awakening. p. 11, 17, 18, 22, 26, 38, 42, 46, 58

Susan Harper teaches Continuum Dance Meditation workshops in Los Angeles and San Francisco, leads Dance the River trips on wild rivers, and has presented at the Joy-Spangler Asilomar Conference. p. 18

Rachel Harris was in the 1968 Esalen Residential Program. She is a psychotherapist in private practice in Princeton, NJ, and a consultant for executives on leadership and interpersonal skill development. p. 51

Andrew Harvey, born and raised in South India and educated at Oxford, was the youngest ever professor of All Souls College. Scholar, educator, and author, his twenty-two books include novels, poems, and translations. p. 29

David Hawkins, a psychiatrist in private practice, has trained group therapists at Duke University and throughout the U.S. He is past president of the American Academy of Psychotherapists. p. 49

Robert Helm is a senior member of the Esalen massage/bodywork staff. p. 13, 45

Gay Hendricks has been a psychologist and body-centered therapist for twenty-five years. He is the author of Learning to Love Yourself, and the coauthor of Conscious Loving and At the Speed of Life. p. 18

Kathlyn Hendricks, a movement and body-centered therapist, trains mental health professionals internationally, and is coauthor of Conscious Loving and At the Speed of Life. p. 18

Elizabeth Herron specializes in women's empowerment and gender reconciliation. She co-directs, with Aaron Kipnis, the Gender Relations Institute and is coauthor of Gender War, Gender Peace. p. 31

Joan Hertzberg, a psychologist in private practice, is on the clinical faculty of New College and the California Institute of Integral Studies. She trained extensively with Dick Olney in his transpersonal approach of Self-Acceptance Training. p. 29

Edward Hoffman is a licensed clinical psychologist in the New York City area and the author of seven books in the fields of Jewish mysticism, spirituality, and psychology, including, most recently, Visions of Innocence. p. 29

Maria Lucia Sauer Holloman has practiced spiritual healing in Brazil and the U.S. since 1982. She has been a resident student and teacher at Esalen and conducts trainings and seminars internationally. p. 41, 62

Jonathan Horan has been a professional actor for the past ten years. He is a certified massage practitioner and currently on the teaching faculty of the Moving Center. p. 29

Peggy Horan has been practicing and teaching massage at Esalen for 25 years. She is a student of childbirth, dance, and movement. p. 27

Derek Humphry, founder of the original Hemlock Society and current president of the Euthanasia Research & Guidance Organization (ERGO), has authored five books on dying, including the best-seller Final Exit. p. 30

Leigh Hyams is a painter/teaching-artist at UC Berkeley Extension and Atsitsa in Greece whose work has been exhibited internationally. A Fulbright Scholar, she leads art tours for museums and universities. p. 34, 48

I

Anne Isaacs, a licensed clinical social worker, has been practicing body-psychotherapy in Los Angeles for 17 years. She trains professionals in Bodynamics, an advanced form of somatic developmental psychology. p. 32

Joel Isaacs has a Ph.D. in physics and is a body-psychotherapist practicing in Los Angeles for 18 years. He has trained professionals in Reichian approaches, and leads Bodynamic trainings with his wife Anne. p. 32

Julian Isaacs is a consciousness researcher, university professor, parapsychologist, and energy practitioner who uses higher energies, biofeedback, and psychotechnology to facilitate transformational process. p. 47

J

Eli Jaxon-Bear was a keynote speaker at the First International Enneagram Conference at Stanford in August, 1994. His most recent book is The Enneagram and Self-Realization. p. 34

Arthur Joseph is a teacher and professor of voice with over thirty years' experience. He is the creator of Vocal Awareness, a method that integrates mind/body/spirit through the vocal arts. p. 55

K

Norman Katz is a director of the Milton Erickson Institute of Hypnosis and the Behavioral Sciences of New Mexico. He teaches in Albuquerque and Santa Fe. p. 15, 56

Margaret Kemeny is trained in behavioral science and immunology. She conducts psychoneuroimmunologic research at the UCLA School of Medicine on individuals infected with the HIV virus. p. 47

Tim Kennedy is a molecular neurobiologist at UCSF working to characterize the development of the nervous system. Popular accounts of his work can be found in Discover, Nature, Science, and The New York Times Science Times. p. 28

Aaron Kipnis is an international consultant on gender issues and male psychology. He is author of the critically acclaimed book Knights Without Armor and coauthor of Gender War, Gender Peace. p. 31

George Kohlrieser, a psychologist with an international practice, researches and applies attachment and separation theory to relationships, psychosomatic illness, violence prevention, and hostage negotiations. p. 33, 36

Howard Kornfeld is an addictionologist, psychopharmacologist, and emergency physician. He has visited Esalen since 1977. He has worked to reduce the nuclear threat and to end capital punishment. p. 15

Michael Krasny, professor of English at San Francisco State University, is host and producer of the award-winning Northern California radio program "FORUM." He is also a prize-winning teacher, journalist, scholar, and fiction writer. p. 45

Bob Kriegel is a former Esalen resident, performance psychologist, and best-selling author whose books include Inner Skiing and If It Ain't Broke, Break It. He gives speeches and seminars to associations and corporations. p. 49

Susan Kuttner is a marketing and communications consultant, both in business and the healing arts. She assists her clients in becoming more effective, more powerful, more heartful, and more successful in their efforts. p. 22, 55

L

Dale Larson, associate professor and director of the Graduate Health Psychology Program at Santa Clara University, is a clinician, researcher, former Fulbright Scholar, international lecturer, and author of The Helper's Journey. p. 36

Sarah La Saulle is a counselor and teacher who specializes in healing blockages to self-love and creativity. She is in private practice in Santa Monica, CA. p. 24

Frank Lawlis, clinical health psychologist and researcher, is a professor at the Institute of Transpersonal Psychology. He has taught at four major medical schools and has a grant to study pain and stress management for children with cancer at Stanford Medical Center. p. 14, 45

Barbara Lee is a circlemaker who has worked with groups for the past nine years. She holds a certificate in Organization Development and Transformation from the California Institute of Integral Studies. p. 12

Lenore Lefer is a psychotherapist in San Francisco who teaches and leads professional training in psychosynthesis in the U.S. and Russia. She also facilitates retreats for women and for people with heart disease and cancer. p. 35, 62

Mel Lefer has been a research participant and teacher at Dr. Dean Ornish's Preventive Medicine Research Institute for nine years, and has shown reversal of his own heart disease without surgery. He has practiced and taught Integral Yoga for nine years. p. 32, 62

Marc Lehrer teaches clinical hypnosis and biofeedback internationally. He studied hypnosis with Milton Erickson and John Grinder, and resides in Santa Cruz, CA. p. 13, 15, 56

Dub Leigh, longtime bodywork practitioner, was trained and certified by his friends Ida Rolf, Moshe Feldenkrais, and Tanouye-roshi. p. 22, 24

George Leonard is the author of Mastery, The Silent Pulse, and The Transformation. He is a fourth-degree black belt in aikido and founder of Leonard Energy Training (LET). p. 15, 36, 53

Rick Lepore is a professional dancer and teacher and a graduate of Tamalpa Institute's Expressive Arts Program. He has had extensive experience working with people challenging AIDS. p. 35

Michael Lerner, both a psychotherapist and philosopher, is editor of Tikkun: A Bimonthly Jewish Critique of Politics, Culture, and Society, a journal noted for its cutting-edge analyses of American culture and politics. p. 23

David Levenson is an internist whose medical practice is devoted to stress reduction, pain management, counseling, and the treatment of obesity. Cofounder of the Sequoia Hospital Stress Reduction Clinic, he is also a long-term mindfulness meditator. p. 35

Seymour Levine is a professor in the Department of Psychiatry at Stanford. His primary interests are developmental neuroendocrinology and the psychobiology of stress. p. 12

Master Share K. Lew, a youthful 76, is a healer and Taoist priest from Wong Lung monastery in Southern China, with over half a century's experience teaching Taoist health practices such as Chi Kung. p. 52

Elisa Lodge, is an expressive arts therapist with an extensive background in the healing arts, movement education, and performance art. p. 23

Ron Loeb is a corporate lawyer who focuses on corporate governance and responsibility. He is a member of The Jefferson Circle, a learning group for senior corporate executives drawn to the issues of individual and corporate renewal. p. 25

Jim Loehr, sport psychologist and pioneer in Mental Toughness Training, works in business and professional and amateur sport. He has authored a wide variety of books and training materials. p. 19

Linda Loomis uses intersubjectivity to specialize in the treatment of physical, emotional, and sexual abuse, and the problems arising from alcoholism and post-traumatic stress. p. 45

Paul Lounsbury, a founding member of the New York Forum for Psychotherapy Cybernetics, studied hypnosis and psychotherapy with Milton Erickson. He is in private practice in New York and specializes in the innovative use of hypnosis. p. 38, 62

Francis Lu is associate clinical professor of psychiatry at the University of California, San Francisco, with interests in film and transpersonal psychology. p. 30

Olga Luchakova is a spiritual teacher with an extensive background in Christian mysticism, Advaita-Vedanta, Raja yoga, Buddhism and Slavic paganism. She is an adjunct professor at the California Institute of Integral Studies. p. 26, 45

Nancy Kaye Lunney, formerly a vocal coach and accompanist, is the originator of Singing Gestalt, which utilizes lyrics and songs as a means of self-expression. She is director of programming at Esalen. p. 21

Josette Luvmour, counselor and educator, has extensive experience in transpersonal and developmental psychology. She is coauthor of Natural Learning Rhythms and Everybody Wins, and cofounder and director of the PathFinder Family Learning Center. p. 31

Sambhava Luvmour is a teacher, author, parent, and advisor to public and private schools. Cofounder and director of PathFinder Family Learning Center, he runs an apprentice program in holistic education and is co-innovator of many family learning opportunities. p. 31

Kathryn Lydecker, licensed marriage and family therapist, is a senior associate of the Lomi School. She is in private practice in Taos, New Mexico and Amarillo, Texas. p. 15

Joyce Lyke is a teacher in the Ridhwan Work School, which is dedicated to understanding the relationship between personality and Being. She has been part of the Esalen Gestalt staff for many years. p. 23, 27

M

Sandra Maitri is a teacher of the Ridhwan School, home of the Diamond Approach. She has been involved in spiritual and psychological work for the last twenty-five years. p. 23

Helen Jerene Malcolm, artist, consultant, and teacher, works with a visionary consulting team designing long-range vision paintings for individual clients and Fortune 500 corporations. p. 13, 40

Sara Shelton Mann has twenty years of movement-based study and essential states disciplines as a background for integration work as transformative process. She is the director of Contraband, a San Francisco-based performance company and training school. p. 22

Noel Mapstead is a local fine artist and potter. He has studied and exhibited extensively in New York and is now at home with Big Sur clays using traditional firing techniques. p. 16, 37

Dean Marson is a practitioner and instructor of Esalen massage who uses self-care techniques as a means of introducing people to the pleasure and potential of human touch. p. 29, 55

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Ingrid May *is a German-trained physical therapist currently with the Esalen massage staff. Her massage work integrates dance, movement, breath awareness, and meditation. p. 41, 54*

Ivy Mayer *is a dancer who was born and raised in Big Sur. She has led children's groups at Esalen for eight years. p. 28*

Kathryn McCamant *is coauthor of* CoHousing – A Contemporary Approach to Housing Ourselves. *She works through her design and consulting firm, The CoHousing Company, to bring co-housing communities to life in the U.S. p. 54*

Jeff McKay *is a college baseball coach and sport psychologist. Over the last thirty years, he has coached beginners and professionals from California to Russia. p. 17*

Terence McKenna *has spent twenty-five years studying the ontological foundations of shamanism and the ethnopharmacology of spiritual transformation. He is the author of* True Hallucinations, The Archaic Revival, *and* Food of the Gods. *p. 51*

Deborah Anne Medow, *Esalen workshop leader and bodywork practitioner since 1969, teaches ashtanga yoga, massage, creative movement, gestalt awareness, and related healing disciplines throughout the U.S. and Europe. p. 19, 20, 48*

Joan Minninger *is a teacher, writer, psychotherapist, and communications consultant with a private practice in San Francisco. She is the author of thirteen books, including* The Father-Daughter Dance. *p. 30*

Raymond Moody, *author of* Life After Life *and* Reunions, *does experiential and historical research in altered states of consciousness and spiritual experiences, including near-death experiences and apparitions. p. 22*

Darlene Moore *is a research associate at the Institute for Advanced Psychology in San Francisco. She has conducted special projects and taught extended perception workshops for the Institute throughout the U.S., Canada, and Europe. p. 16*

Beverly Kitaen Morse *is a marriage and family counselor in private practice in Santa Monica and a senior instructor at the Rosenberg-Rand Institute for Integrative Body Psychotherapy. p. 54, 57*

Caroline Muir *has been a yoga practitioner for over 20 years. She is a Tantric Sex expert who specializes in sexual healing and awakening the goddess energy in women. p. 50*

Charles Muir, *a professional yoga instructor for 25 years, is director of the Source Schools of Tantra Yoga in Hawaii and California. He is coauthor (with his wife) of* Tantra: The Art of Conscious Loving. *p. 50*

Katrione Munthe *is a clinical psychologist who has lived and worked in Italy for most of her life. She uses art history as a foundation for therapy and focuses on symbology, body language, and the use of metaphor and myth. p. 46*

Arthur Munyer, *a member of the Esalen massage crew since 1975, is a trigger point specialist and longtime bodywork practitioner trained by Dub Leigh, Fritz Smith, and Lauren Berry. p. 41*

Michael Murphy *founded Esalen Institute (with Richard Price) in 1962, and helped initiate Esalen's Soviet American Exchange Program. He is the author of* Golf in the Kingdom; Jacob Atabet; *and* The Future of the Body. *p. 23*

Paula Murphy *is a psychologist in private practice, workshop leader, and educator in Denver, CO. p. 34*

N

Audrey Nakamura *was trained by Hawayo Takta, Dub Leigh, and Tanouye Tenshin-roshi. She has been a practitioner for eighteen years. p. 22, 24*

John Nance *was a daily news correspondent when he met the cave-dwelling Tasaday people, and his life changed. He is working on his fourth book about them. p. 17*

Little Bear Nason *is the seventh generation spiritual leader of the Esselen Indian Tribe of Big Sur. His life is an apprenticeship to the Earth. p. 29, 37, 58*

Maria Nemeth, *a clinical psychologist, has been leading seminars for twenty-four years emphasizing successful communication and the development of excellence with ease. p. 43*

Paul Newham, *director, composer, and writer, synthesizes elements of artistic practice with the principles of therapeutic inquiry in his work in contemporary arts therapy. He is author of* The Singing Cure. *p. 31*

Wes "Scoop" Nisker *is considered the dean of new radio journalism and is editor of* Inquiring Mind, *a journal of the Vipassana Buddhist community. He is the author of* Crazy Wisdom. *p. 55*

O

Babatunde Olatunji, *master percussionist from Nigeria, has performed internationally for over 30 years and is known for his album* Drums of Passion. *He is an authority on African religion. p. 24, 26, 28*

Mary Orr *has practiced vipassana meditation for ten years. Trained to teach by Jack Kornfield, she leads retreats throughout the U.S. p. 11*

Kathleen O'Shaughnessy *has an extensive background in Soto Zen, the major psychotherapies, movement therapy, nutritional healing, shamanic states, bodywork, and the practicalities of transpersonal crisis. p. 13, 55*

Frank Ostaseski *is founding director of the Zen Hospice Project. He has 16 years of Buddhist practice and has studied a variety of psychotherapeutic methods. He gives professional trainings on compassionate care of the dying. p. 22*

Brita Ostrom *has led massage and other workshops at Esalen for 21 years. She is trained in gestalt awareness work and participated in Esalen's two-year somatics education project. She is a licensed MFCC. p. 27, 29*

P

Helen Palmer *has for the past 21 years directed CITI, a training center that unites psychological work with the agendas of sacred tradition. She has authored* The Enneagram *and* The Enneagram in Love and Work. *p. 27*

Wendy Palmer *is a fourth-degree black belt in aikido and cofounder and teacher at Tamalpais Aikido Dojo in Mill Valley, CA. She is the author of* The Intuitive Body. *p. 41*

Laurie Lioness Parizek *blends traditional and innovative ways of healing, and works with the chakras and the energy body. She pilots the Healthspring Project, extending Esalen's work in the healing arts and sciences to the rest of the world. p. 20, 45*

Larry Payne, *an innovator in the field of yoga, is president of the International Association of Yoga Therapists, and featured in the video* Healthy Back, Healthy Mind. *p. 28*

Karen Peoples *has been on the doctoral psychology faculty of the California Institute of Integral Studies since 1983. Her workshops have focused on the awakening of the sacred in the body through the healing of trauma. p. 29*

Ayala Pines *is a couples' therapist and the author of* Romantic Jealousy: The Shadow of Love *and* Keeping the Spark Alive: Preventing Burnout in Love and Marriage. *She has coauthored* Career Burnout *and* Experiencing Social Psychology. *p. 38, 39*

Jeanine Pollak *is the founder of Botanic Adventures, a wilderness adventure-travel company. She teaches at the University of California, Santa Cruz, and throughout Northern California. p. 18*

Dennis Portnoy, *a licensed counselor, specializes in programs on burnout prevention and codependency in the workplace. He conducts trainings for organizations, medical groups, schools, and associations. p. 53*

Christine Stewart Price *is a teacher and ongoing student of gestalt practice and other approaches to developing awareness. p. 13, 35, 45*

Elisabeth Pringle *is a psychologist maintaining private practices in Leesburg and Ocala, Florida, while developing research with physicians and presenting workshops on the relationships between mind/body health, emotional attachments, and intimacy. p. 36*

Carol Proudfoot-Edgar, *former counseling psychologist at UCSC for 17 years, leads workshops on integrating shamanic methods and Native American teachings. She is a certified shamanic counselor and teaches for Michael Harner's Foundation for Shamanic Studies. p. 39*

Jill Purce *is the author of* The Mystic Spiral. *She studied the mystical dimension of sound with Karlheinz Stockhausen and the magical use of voice and overtone chanting with Tibetan lamas. p. 41*

Johanna Putnoi *has been teaching, performing, and studying the movement arts in the Bay Area since 1971. She is a senior teacher of Lomi Somatic Therapy and has a private practice in Menlo Park, CA. p. 15*

R

Gustavo Rabin *is a clinical psychologist who focuses on relationships, life's transitions, and spiritual creativity. He has a private practice in Los Angeles. p. 16, 24, 28*

Lobsang Rapgay *is a fully ordained Tibetan Buddhist monk, currently training as a clinical psychologist. He is a lecturer and consultant in depth psychology and Indo-Tibetan studies at Columbia University. p. 21*

Stephan Rechtschaffen, *founder/president of Omega Institute, is a physician concerned with holistic approaches to wellness and longevity. He uses concepts of time as the focus for developing optimal health. p. 15*

Layne Redmond *is a writer, musician, and leader of the "Mob of Angels," a women's ritual drumming group. She performs and records internationally, and researches the visual history of goddesses, priestesses, and women playing the frame drum. p. 51*

Tracey Rich *has earned the title of "Yoga Acharya" and is the associate director of White Lotus Foundation. She trains teachers and students and leads seminars nationally. p. 12*

Gabriele Rico, *professor of English, creative arts, and humanities at San Jose State University, lectures widely on the application of brain research to the creative process. She is the developer of the ground-breaking clustering process. p. 32*

Jane Marla Robbins, *a professional actress, teacher, and writer for twenty-five years, has acted in movies, television, and on Broadway. Her plays have been produced in New York, London, Copenhagen, and Spoleto. p. 50*

Anita Roddick *is founder and Chief Executive Officer of The Body Shop International, a company that incorporates transformational ideas, female thinking, love, and self-education into regular business practices. p. 25*

Vimala Rodgers, *graphotherapist and author, trains health professionals, psychotherapists, and persons committed to personal transformation. She is director of The Institute of Integral Handwriting Studies. p. 49*

William Roll *is an internationally renowned parapsychologist who made his career studying apparitions, hauntings, and poltergeists. p. 22*

Jack Rosenberg, *a psychologist and director of the Rosenberg-Rand Institute of Integrative Body Psychotherapy in Venice, California, is the author of* Body, Self, and Soul. *p. 54, 57*

Kathryn Roszak *is a choreographer, dancer, and teacher who has worked with the San Francisco Ballet, San Francisco Opera, and American Conservatory Theater. She was Artist-in-Residence at Esalen in 1994, creating dances with ecological themes. p. 26*

Gabrielle Roth *is an artist, healer, and philosopher. She is the author of* Maps to Ecstasy: Teachings of an Urban Shaman *and is musical director of* The Mirrors. *p. 29*

Ilana Rubenfeld, *thirty-year pioneer in the integration of body-mind-spirit and originator of the Rubenfeld Synergy Method, is a certified teacher of Alexander Technique, Feldenkrais Method®, and trained with Fritz and Laura Perls in gestalt practice. p. 37, 38*

Ann Russell *is a psychotherapist in Palo Alto who has been a psychosynthesis teacher and trainer for twenty years. She is an adjunct faculty member at the Institute of Transpersonal Psychology. p. 51*

S

Stephano Sabetti, *founder of the Life Energy Process, has a doctorate in psychology and trains therapists internationally. He is also an organizational consultant. p. 42*

Robert Sanoff, *a senior associate of the Lomi School, has led workshops and trainings in personal growth for fourteen years. He has been in private practice since 1976, currently in Santa Rosa, CA. p. 15*

Howard Schechter *is a founder and former chairman of the Department of Organizational Development and Transformation at the California Institute of Integral Studies. He is a consultant and counselor in individual and organizational development. p. 12*

David Schiffman *is a longtime group leader at Esalen. His primary interest is in facilitating people who are in transition toward a more heartful, unstrained existence. p. 14, 15, 22, 29, 37, 40, 55, 58, 63*

Kirk Schneider *is a psychologist, author, and adjunct faculty member at several Bay Area schools. His most recent book is* The Psychology of Existence, *coauthored with the late Rollo May. p. 54*

Jon Schreiber *has been teaching and practicing Breema Bodywork worldwide since 1980. He directs the Institute for Health Improvement, the center for teaching Breema, and has a private chiropractic practice in Oakland, CA. p. 40*

Max Schuepbach *is cofounder of the Process Work Centers in Oregon and Switzerland. He is the originator of the Lava Rock Clinic, which he co-leads with Arnold Mindell. It integrates Process Work with medicine and community building. p. 49*

Laurie Schutz, *longtime Esalen massage practitioner and teacher, incorporates varied approaches to allow for nurturing, balance, and integration of the body. She has led parent-infant workshops. p. 19*

Will Schutz, *founder of the Antioch holistic studies department, is the creator of* The Human Element, *a set of training materials for organizations. He is the author of* Joy *and* Profound Simplicity. *p. 13*

Suzanne Scurlock-Durana, *a senior instructor for the Upledger Institute, teaches CranioSacral Therapy and SomatoEmotional Release nationwide. Her lifelong fascination with integrating the energetic, spiritual, and physical has led her to teach this as well. p. 16*

Bill Sechrest, *a past board member of Esalen, is vice-chairman (U.S.) of the World Business Academy and president of CDAC, a Dallas-based charitable corporation that focuses on neighborhoods, communities, and cities as organic systems. p. 25*

Maggie Seeley *is an organizational consultant to business (UNICEF, GE) as well as state and local governments (Utah Corrections Department, Santa Fe Arts Commission). She teaches organizational change and ethics at the University of New Mexico. p. 34*

Phyllis Shankman *is a licensed counselor in Santa Monica who teaches at Ryokan College and is a group facilitator at AIDS Project Los Angeles. She has led workshops at Esalen for over 15 years. p. 46*

Francine Shapiro, *originator of EMDR, is a Senior Research Fellow at Mental Research Institute in Palo Alto, CA. She is the author of* Eye Movement Desensitization and Reprocessing: Basic Principles, Protocols, and Procedures. *p. 21*

Rupert Sheldrake, *best known for his hypothesis of morphic resonance, has studied, taught, and researched in biology at Cambridge, was a Knox Fellow in philosophy at Harvard, and has worked at an international agricultural institute in India. p. 39*

Fred Shoemaker, *an inner game teacher and golf professional, is founder of The School for Extraordinary Golf. He has taught seminars for the U.S., Canadian, and Japanese P.G.A.s, and often writes about the inner game. p. 19, 46*

Julian Silverman, *a former director and president of Esalen Institute, is a psychologist and educator. He has led group process and health care seminars throughout the U.S. and Europe. p. 47, 48*

David Silverstein *is a teacher in the Ridhwan Work School, which is dedicated to understanding the relationship between personality and spiritual development. He is a longtime student of meditation. p. 27*

Tobin Simon *is cofounder of Proprioceptive Writing and codirector of the Proprioceptive Writing Center in Portland, Maine. He is formerly a professor of English and humanities. p. 52*

Edward Smith, *professor of psychology and Coordinator of Clinical Training at Georgia Southern University, has published five books, including* The Body in Psychotherapy *and* Gestalt Voices. *He has led workshops since 1971. p. 27*

Fritz Smith *is a physician, cranial osteopath, certified acupuncturist, and founder of Zero Balancing. He is the author of* Inner Bridges: A Guide to Energy Movement and Body Structure. *p. 32*

Gerald Smith *is a licensed psychologist in private practice in Belmont, CA. He has authored two books on relationships,* Couple Therapy *and* Hidden Meanings, *and has led workshops at Esalen for 28 years. p. 34*

George Solomon, *physician and professor of psychiatry at UCLA, is a pioneer in the field of psychoneuroimmunology. His current research concerns psychoneuroimmunologic aspects of AIDS and of aging. p. 47*

John Soper *is a gestalt practitioner with a background in international business. He is deeply aware of the need to improve the environment. p. 63*

Kathleen Riordan Speeth *grew up in the Gurdjieff Work and learned the enneagrams of personality from Claudio Naranjo in 1971. She is a psychologist, student of philosophy, and author of several books and articles, including* The Gurdjieff Work. *p. 39*

Brother David Steindl-Rast, *Benedictine monk, psychologist, and author, has lectured on five continents. He is concerned with the spiritual changes of our time. p. 30, 42, 43*

Gail Stewart *is a student and teacher of process-oriented bodywork. She teaches for the Trager Institute and directs reSource, a bodywork training program in Berkeley, CA. p. 13*

Robert Stolorow *is Training and Supervising Analyst at the Institute of Contemporary Psychoanalysis, Los Angeles, coauthor or coeditor of six books, and author or coauthor of more than 120 articles on psychoanalysis and psychotherapy. p. 45*

David Streeter, *a certified sports massage practitioner on the Esalen massage staff, has taught yoga and anatomy and worked as an athletic trainer. Before joining the Esalen faculty, he lived as a Camaldolese monk. p. 50, 62*

Tina Stromsted, *faculty member in the Somatic Psychology Program at the California Institute of Integral Studies, integrates body-oriented, Jungian, and creative arts approaches in her teaching and private practice. p. 47*

Keiko Suga *is a ceramic artist whose focus is on traditional pottery-making techniques using local clays. p. 16, 37*

Sara Szpektor *is a clinical psychologist in private practice in Buenos Aires, Argentina. Working with couples and groups, she combines gestalt practices, strategic counseling, and spiritual development. p. 28*

T

Terry Tafoya, *raised in a family of storytellers and healers from Taos Pueblo and Warm Springs, Oregon, brings together the most diverse elements of psychology and anthropology to present new ways of understanding old problems. p. 25*

Yao Tamakloe *studied African dance, music, and literature at the University of Ghana and at UCLA. He dances with the Drums of Passion Dancers. p. 16*

Charles Tart *teaches at the California Institute of Integral Studies. Author of* Altered States of Consciousness *and* Transpersonal Psychologies, *he is a student of aikido, Gurdjieff work, Tibetan Buddhism, and other humanistic and spiritual disciplines. p. 50*

Eugene Taylor *is a historian and philosopher of psychology, a William James scholar, and a third-degree black belt in aikido. p. 48*

Jeremy Taylor *has taught dream work for over 25 years. He is president of the Association for the Study of Dreams and author of* Dream Work *and* Where People Fly and Water Runs Uphill. *p. 19*

Paul Temple *is a management consultant for New England businesses and hospitals. A member of the Social Venture Network, he has written for* Business Ethics Magazine *and is a spokesman for new paradigm business strategies. p. 34*

Lia Thompson-Clark *is director of the Early Childhood Center at Kenyon College and adjunct faculty at NCT College in Mansfield, Ohio. She is a former director of Gazebo School Park at Esalen. p. 27, 28*

Vicki Topp, *faculty coordinator for the Esalen massage staff, teaches soft and sensitive use of pressure points and deep tissue massage combined with emotional and transpersonal body practices. p. 63*

Michael Tracy *has been an artistic director of Pilobolus Dance Theatre since 1974, and served as touring artistic director from 1981-1987. He has taught at many colleges and universities, most recently Trinity College and Yale University. p. 17*

Linda Trichter-Metcalf, *formerly a professor of English and humanities, cofounded the practice of Proprioceptive Writing and has been teaching it since 1976. She is codirector of the Proprioceptive Writing Center in Portland, Maine. p. 52*

David Trickett, *president of the World Business Academy, has worked in business, government, and education. He has degrees in history, ethics, and worldwide spiritual traditions, and a doctorate focusing on values in complex human systems. p. 25*

Karen Turner, *author, teacher, and counselor, specializes in midlife transitions and spiritual emergence. She has been working for over 30 years combining spiritual disciplines, imagery, and psychology. p. 44*

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U

John Upledger *is an osteopathic physician recognized for his development of* CranioSacral Therapy *and* Somato-Emotional Release. *Author and alternative treatment innovator, he established the* Upledger Institute, *which has trained thousands of health care professionals.* p. 51

W

Dan Wakefield *is a novelist, journalist, and screenwriter whose books include* Returning: A Spiritual Journey; The Story of Your Life: Writing a Spiritual Autobiography; *and* New York in the Fifties. p. 43

Steven Waldrip *has been a senior instructor with the National Outdoor Leadership School. He is an associate with the Bay Area Counseling Alliance and is a student in the Ridhwan School.* p. 11, 58

Ellen Watson *practices and teaches at Esalen where she has studied since 1984. Her bodywork style reflects her training in yoga, dance, Reichian and holotropic breathwork, hypnosis, and spiritual healing.* p. 54

Judyth Weaver, *Reichian-based psychologist and professor of somatic psychology, is a certified teacher of sensory awareness and t'ai chi ch'uan. Longtime student of Buddhism and Taoism, she has led workshops at Esalen since 1969.* p. 36

Ganga White, *internationally-known teacher and master of yoga, is author of* Double Yoga *and has received the titles "Yoga Acharya" and "Yogiraj" in India.* p. 12

Patti (Lawrence) White *is a Cortical Reeducation® and Feldenkrais® practitioner who employs hypnotherapy, craniosacral, kinesiology, and Somatic-Emotional Release® to harmonize body, mind, and spirit.* p. 14, 50

Nancy Winston *is a counselor in New York City who has studied with Milton Erickson and has taught and trained clinicians in the use of hypnosis and counseling.* p. 38, 62

Scott Wirth *is a San Francisco Jungian analyst/psychologist specializing in work with gay men. He coedited and contributed to* Same Sex Love and the Path to Wholeness. p. 53

Anna Wise *has been using EEGs to measure and train brainwaves for high performance and meditative states for the past 20 years. A member of the Academy of Certified Neurotherapists, she has led workshops internationally.* p. 17, 52

Nina Wise *is a performance artist who creates autobiographical and fictional pieces. Her multimedia works have been honored with seven Bay Area Critics' Circle awards and numerous grants and fellowships.* p. 33, 55

Jonathan Wolken *is cofounder of* Pilobolus Dance Theatre. p. 48

Y

Anne Yeomans, *a psychotherapist in Concord, Massachusetts, has used psychosynthesis as the central framework for her work for over twenty years. She has worked with women's groups in the U.S., Canada, Russia and Lithuania.* p. 35

JOYCE LYKE

ESALEN INSTITUTE RESERVATION FORM

This form is for your convenience in reserving a space in Esalen workshops. If you wish to make reservations for more than one person, please photocopy this form so that each registrant has his/her own form, unless you are registering as a couple with the same address and phone number. A nonrefundable deposit for each person registering and each workshop applied for must accompany this form. (Please see Reservation Information, page 4, under Fees and Reservations, Making Contact with Us, and Cancellation and Refund Policy.)

Name of Registrant ______________________ Sex: M ☐ F ☐ Couple ☐
PLEASE PRINT

Address ______________________

City ______________ State ______________ Zip ______________

Home Phone: (____) ______________ Work Phone: (____) ______________

☐ Check if you have previously been to Esalen and this is a new address.

Occasionally there are unexpected situations that require us to contact you immediately before your stay here. If you will not be at the above numbers during the two weeks prior to the workshop, where may we reach you?

____

Please mark your first and second choices for housing after referring to page 4 for accommodation descriptions and rates. Total cost includes workshop fees, lodging, and meals.

☐ Check for standard accommodations, if available.

☐ Check for bunk bed room, if available.

☐ Check for sleeping bag space, if available.

☐ Check if you wish to room as a couple.

Write here the name(s) of any person(s) with whom you wish to room.

____

All workshop reservations require a nonrefundable deposit. Balance is due at time of check-in. (See page 4.)

Workshop Date	**Leader's Name**	**Fee**

Workshop Deposits Enclosed: ______________

Tax-deductible contribution to Esalen (Optional): ______________

$5 Catalog Contribution (Optional): ______________

Subtotal: ______________

Total Amount Enclosed: ______________

☐ Check here for $10 prepay discount (see page 5).

☐ Check here if this is your first visit to Esalen.

☐ Check here if you need directions to Esalen.

☐ Check here if you are a senior.

FOR OFFICE USE ONLY

DATE REC	RES INITIALS	CIRCLE DEPOSIT CC CK CA SUS
DEPOSIT AMT	RES. BK	CC AUTH #
DATE TYPED	TYPED INITIALS	PP SCHOL LIMO SENIOR

Passenger Van Service:
I want transportation from (check one):

☐ Monterey Greyhound Bus Stop at approximately 3:45 PM 1042 Del Monte Avenue (corner of Aquito)

☐ Monterey Airport at approximately 4:00 PM on ______________ (date of arrival, Fridays and Sundays only).

The $30 per person charge (subject to change) is payable on arrival at Esalen. **If your plans for use of the passenger van service change after you have made your reservation, please notify us.** The only departing van service from Esalen is on Fridays and Sundays at approximately 5:30 PM. Passenger van service is not available at any other time.

Other Notes:
All of our rooms are non-smoking. If you smoke, please plan to do so outside.

No pets allowed.

We are unable to act as a banking service for our guests. Please bring adequate funds for your stay.

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

☐ Check here if you do not want your phone number given out for ride-sharing.

Please make checks payable to Esalen Institute, in U.S. currency only. (There will be a $15 fee for returned checks.) Overseas residents must pay by checks drawn on U.S. banks or with one of the charge cards below. Checks or credit card information must accompany the reservations form. Or, you may **fax** this form to us at **408-667-2724.** If you do so, *you must include payment via one of the credit cards below.*

Your reservation can be charged to:
☐ MasterCard ☐ Visa ☐ American Express

Card No. ______________________

Expiration Date ______________________

Authorizing Signature ______________________

Thank you for your reservation. As soon as it is processed you will receive by return mail a receipt for your deposit and a notice of confirmation. Please review your confirmation for accuracy.

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Address Correction Requested

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The Esalen Catalog
September 1995–February 1996

513

Esalen

MARGARET LIVINGSTON

Esalen Institute is a center to explore work
in the humanities and sciences that promotes human values and potentials.
The Institute exists to sponsor, encourage, and attempt evaluation of work in these areas,
both inside and outside our own organizational framework. Esalen's activities consist of
public seminars, residential work-study programs, invitational conferences,
research, and semi-autonomous projects.

Since Esalen is a center for experimental education,
we ask that persons come to our programs out of an educational interest.
We do not offer "cures" or assurances of change. As a center to foster personal and
social transformation, Esalen offers those who join us the chance
to explore more deeply the world and themselves.

Welcome to Esalen.

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The Esalen Catalog is published triannually by the Esalen Institute, Big Sur, California 93920-9616. Printed on recycled paper.
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Subscription Information:
Subscription cost for one year is $15 for the United States, $17 for Canada and Mexico, $22 for Europe and South America, and $25 for all other countries.

Although we're delighted to provide you with this issue of the catalog, if you are not currently a subscriber we would appreciate a $5 contribution to defray postage and production costs.

GENERAL INFORMATION

ESALEN was founded in 1962 as an educational center devoted to the exploration of unrealized human capacities. It became known for its blend of East/West philosophies, its experiential/didactic workshops, the steady influx of philosophers, psychologists, artists, and religious thinkers, and its breathtaking grounds blessed with natural hot springs. Once home to a Native American tribe known as the Esselen, Esalen is situated on 27 acres of spectacular Big Sur coastline with the Santa Lucia Mountains rising sharply behind.

There are various ways to experience Esalen, ranging from an overnight visit to a long-term stay as a seminarian. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen. The "Experiencing Esalen" workshops, scheduled periodically, offer an introduction to practices such as gestalt, massage, sensory awareness, and meditation. From such a sampling, participants can then choose those approaches they are most attracted to and pursue them in subsequent seminars.

Another way of being at Esalen which allows a greater involvement at a lower expense is the Work Study Program, an intensive twenty-eight day work-oriented program for individuals who want to make a directed, personal commitment to self-exploration and growth, and a contribution to the Esalen community. For a full description of the Work Study Program, please turn to page 62.

For those who wish an extended stay, there are periodic long-term programs which involve didactic seminars or professional trainings as well as experiential workshops. Please see Special Programs.

Finally, there are other events that enrich life at Esalen. There are occasional forums in which writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights there may be lectures, films, dance performances, or other events. Bodywork of various kinds is available by appointment with individual practitioners. There is also a community event schedule offered. Please check the bulletin board when you arrive.

Esalen is a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute, By Reservation Only.

Catalog Subscriptions

If you would like to receive the Esalen Catalog, please refer to page 2 for subscription rates and send your check or money order (U.S. currency) in the enclosed subscription envelope, or mail it to: *Subscriptions*, Esalen Institute, Big Sur, CA 93920 (see Income Tax Regulation 1.162-5).

The Hot Springs at Esalen

We would like those people who are planning their first visit to Esalen to know that swimsuits are optional, and nudity common, in the hot springs, massage area, and swimming pool. We encourage each individual to choose what is most comfortable, either wearing a swimsuit or not, and emphasize that the environment we strive for at Esalen is one of personal sanctuary and respect for the human body.

Accreditation

Many formal educational institutions recognize the time spent at Esalen as being worthy of credit in their own curricula; check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs. Please submit a written request to the office supervisor.

Continuing Education at Esalen

Some programs offered at Esalen qualify for continuing education credit with the California Board of Registered Nursing. For current C.E. listings, see pages 60-61. There is a $10 processing fee for each certificate of completion requested.

Esalen has applied to become a provider of continuing education credits for psychologists in the State of California, accredited by the California Psychological Association. For current status information, phone Brita Ostrom at 408-667-3040.

Disabled Access

Esalen now provides a means of transportation to the baths for those with physical limitations which prevent them from walking. A vehicle was purchased, in part, through the generosity of Dr. John W. Harris, who believes, as we do, that those among us who are aged, infirm, or handicapped should also be able to enjoy the hot springs.

If you are disabled and would like to plan a visit to Esalen or participate in a workshop, please give the office as much advance notice as possible. While disabled access to some parts of the property is difficult, with enough planning, arrangements can be made for access to most of our facilities.

Recommended Reading and Mail Order Books

Most books listed as recommended reading for workshops are available through Esalen's bookstore. Other merchandise is also available. For ordering information please call 408-667-3049.

Ongoing Residence Program

Offered beginning mid-September and ending mid-June, the Ongoing Residence Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A Residence Program stay is 26 days (four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay with weekends free to enjoy room and board. Occasionally workshops are cancelled, so second choices are advised.

The cost is $3195 per 26-day period for standard accommodations and $2520 for bunk bed rooms.

✱ RESERVATION INFORMATION

Making Contact with Us

Mail or Fax: The most efficient way to register for a workshop at Esalen is to fax or mail your reservation. If you fax your reservation, be sure to include accurate credit card information.

Esalen's Fax: 408-667-2724.
(Our fax line is exclusively for reservations—no personal correspondence, please).

Phone: If you prefer to make your reservation by phone, please be prepared with your completed reservation form and your credit card. We know that all calls to Esalen are long distance and will try to be as efficient as possible.

General Information:
408-667-3000

Express Reservations:
408-644-8477
(This is only for those who have previously taken a workshop at Esalen and know the workshop, date, and leader of the workshop for which they are registering.)

All Other Reservations:
408-667-3005

Catalog Requests: 408-644-8476

Phone Reservation Hours:*

Mon., Tues., Thur.:	10 AM to 7 PM
Wednesday:	10 AM to 12 NOON
Friday:	10 AM to 5 PM
Saturday:	10 AM to 3 PM
Sunday:	12 NOON to 5 PM

**The reservation office is closed on Christmas and New Year's Day.*

Fees

Fees and Reservations: Preregistration, by fax, mail, or phone, is required prior to arrival. A registration form is provided on page 71. Since workshops fill quickly, it is advisable to sign up as early as possible. In order to reserve a space in any workshop, we require full payment or the following deposits:

Weekend:	$150	19 to 21 days:	$450
5 to 7 days:	$250	More than 21 days:	$600
12 to 14 days:	$350		

Deposits are payable in U.S. currency only. Overseas residents must pay by checks drawn on U.S. banks or use a credit card. Balance of payment is due on arrival. (Please see page 5 for information on discounts and reduced rate options.)

Please indicate your second choice for a workshop in case your first choice is cancelled and we are unable to reach you.

Esalen Institute reserves the right to cancel any program at any time.

Workshop Accommodations

Please Note: Workshop fees cover tuition, food, and lodging.

Standard Accommodations: This is shared housing with two or three persons per room. In some cases, bathrooms are shared. Couples will always be housed together. The rates listed with the workshop descriptions throughout the catalog refer to these shared standard accommodations.

7-Day Rate, per person	5-Day Rate, per person	Weekend Rate, per person
$1110	$740	$380

Bunk Bed Rooms: Bunk beds are available for seminar participants who are willing to share a room with three or more persons. There are a limited number of these spaces, which are reserved on a first-come, first-served basis.

$845	$550	$300

Sleeping Bags: Sleeping bag space may be available for workshop participants. Please inquire when you make your reservations.

$570	$375	$200

Own Accommodations: If you are staying off the property the following rates apply:

$660	$425	$235

Camping on the grounds, either in tents or campers, is prohibited. We do not have parking space to accommodate RVs.

We would like to remind you that scholarship assistance is available; refer to "Scholarship Information" as well as "Reduced Rate Options and Discounts" for other economical ways of staying at Esalen.

Room and Board

Occasionally, when beds aren't needed for seminarians, room and board is available. This gives visitors the opportunity to enjoy the grounds, the baths, and massage without participating in a workshop. Accommodations are standard (2 or 3 per room) or bunk bed (4 or more per room). Not all rooms have private baths. Room and board rates include dinner on the day of arrival and breakfast and lunch on the following day. We require full payment at the time of reservation. This payment is nonrefundable and nontransferable.

Note: Room and Board reservations must be made by phone, not by fax machine.

For a room and board stay between Sunday and Thursday, please call us no earlier than the Thursday before for room availability. For a Friday or Saturday night stay, please call no earlier than the Sunday before. The following rates are per person, per day.*

	Weekend (Friday and Saturday nights)	Weekday (Sunday through Thursday nights)	(Two or more weekdays)
Standard Accommodations (2 or 3 per room):	$125	$105	$90
Bunk Bed (4 or more per room):	$85	$80	$70

**Off-season rates are in effect from October 1 through March 31, holidays excepted.*

Cancellation Policy

Cancellation and Refund Policy: If you cancel or change any part of your reservation at least five full days before the start of your workshop, your nonrefundable deposit, less a $30 processing fee, will be transferred to a credit account to be used within one year. If you cancel with less than five days' notice, you forfeit your entire deposit. If you have prepaid your entire reservation fee, we will retain the deposit, as above, less the $30 processing fee, and return the balance to you. (*Please note:* Wilderness Programs has a different cancellation and refund policy.)

If you have applied for a scholarship and we are unable to give you any assistance, we will, at your request, refund your deposit in full if you cancel your reservation at least five full days prior to the start of your workshop.

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Scholarship Information

Esalen is able to provide some scholarship assistance to workshop participants in exchange for a work commitment (usually in the kitchen). Approved scholarship recipients must contact the labor pool supervisor soon after arrival at Esalen.

	Assistance	Work
Weekend	$ 50	4 hours
5-9 days	$100	8 hours
12-14 days	$200	16 hours
14+ days	$300	24 hours

If additional scholarship assistance is required, please send a letter of explanation to Justin Garrett at Esalen. Due to the number of requests we receive, we can only provide one scholarship per person per year, and only in cases of financial hardship.

Reduced Rate Options and Discounts

If you pay in full at the time you make your reservation, you will receive a $10 prepayment discount per workshop and be eligible for express check-in upon arrival. This discount does not apply to scholarship recipients or sleeping bag accommodations.

Senior Citizen Discount: Esalen offers a special discount to individuals over 60 years of age. The discount for a weekend workshop is $25; for a five-day or longer workshop, it's $50. Please request this discount at the time of registration. When you complete the reservation form on page 71, please indicate the discounts for which you qualify. If you qualify, and you make your reservation by phone, be sure to ask for this discount. (Please note: Senior discounts are not available for the Work Study Program.)

Accommodations for Families: Two full-paying adults housed in standard accommodations may have their children in the room for a meal charge of $19 per child per day ($9 for children under six). **Note:** If children are enrolled in Gazebo School Park or an Esalen workshop, additional fees are required. Contact the Gazebo, 408-667-3026, for information regarding their fees.

Workshops for Families: Participating families will pay full workshop rates for the first two participants (adult or child). Each additional participant will pay the following rate:

2-day workshop	*3-day*	*4-day*	*5-day*
$115	$165	$210	$245

Additional sleeping mats and bedding will be provided for each room.

The Gazebo School Park Early Childhood Program

The Gazebo School Park is a unique educational experience for children one to six years. It is open year-round and has an average of 15 to 20 children in attendance each day.

The Early Childhood Program is available to seminarians who would like child care at Esalen. Child care is provided during workshop hours only. Daytime activities for the children include gardening, pony rides, learning about animal care, exploring nature, a real boat, the magic castle, and an Indian tepee. Evenings are spent with a teacher in the Gazebo Farmhouse, engaged in activities that are age appropriate, such as reading, learning and playing with the computer, baking, arts and crafts, or building-block play.

Reservations should be made at least a month in advance. Call the Gazebo Farmhouse, 408-667-3026, for more information and reservations.

Weekend	$200
Week	$400

Internship Program: This is a three-month program for those who wish to have intense exposure to life at the Gazebo School Park and its unique educational resources. The Internship Program offers experience with children, the Gazebo environment, and its teaching philosophy. Applicants must have completed at least three work scholar months at Esalen before being considered for this program.

Call the Gazebo Farmhouse, 408-667-3026, for more information or reservations.

First month	$400
Second month	$350
Third month	$300

Seminarians as Volunteers

Seminarians in residence at Esalen are invited to contribute one or two hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out.

Transportation to Esalen

Van Service: On Fridays and Sundays we have van service from the Monterey Greyhound stop leaving at approximately 3:45 p.m. and from the Monterey Airport at approximately 4 p.m. If you plan to use this service, please inform the Esalen office at least 24 hours prior to your arrival. The $30 one-way fee (subject to change) is payable to the Esalen office when you check in. Return reservations may be made at that time. The only departing van service from Esalen is on Fridays and Sundays at approximately 5:30 p.m.

Checking In

Check-In and Meals: Rooms become available at 4 p.m.; however, guests are welcome to arrive anytime after 2 p.m. Weekend programs begin with dinner on Friday and end with brunch on Sunday. Five-day and longer programs begin with dinner on Friday or Sunday and end with lunch on Friday or Sunday. Check-out time is noon on departure day.

F. Y. I.

Health Services: There are no medical services or pharmaceutical supplies available at Esalen. If you will require medical attention or supplies during your stay, please come prepared to administer to your own needs. Esalen is 45 miles from the nearest medical facility or pharmacy.

For Your Safety: Please bring a flashlight for use at night while walking on the grounds.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Lost and Found: To inquire about items left behind from your Esalen visit, call 408-667-3019.

Guests: Seminarians are not allowed guests on the property during their stay.

Pets: No pets are allowed on the property.

Smoking: Smoking is not permitted in any of our accommodations or meeting rooms.

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The Search for Home

Sharon Thom

Across the field from my childhood home in Playa del Rey, jackrabbits leapt silhouetted against the bright smog-enhanced sunset, accompanied every few minutes by the shimmering silver image of a jet easing to earth. We lived about a half-mile from the Los Angeles International Airport, and the location of our neighborhood led to its demise in 1971, when it was judged unlivable by the local authorities. It was not a matter of the neighborhood "going downhill" but the complete demolition of a sprawling suburb where children once played hide-and-go-seek in the street, ran barefoot, and could walk to the ice cream store unaccompanied. No one lives there anymore. There are no houses to live in.

Two years ago I returned to the area with my son and rummaged among the dirt and weeds, looking for some sign of the old house. At last I discovered a small piece of rose cinder block that was a fragment of the tall pink wall framing our backyard, and carried it off in my fist. Back in the car, my son Austin, then five years old, asked with great seriousness, "Mama, why did you have to go visit your environment?"

I still ask myself that question. Despite the fact that there is no house and no neighborhood to return to, I feel compelled to drive the perimeters of the emptiness every few years. As I meander through Playa del Rey, each of the familiar street signs tugs on the emotional net in which I am caught, unable to return to the home of my youth, and incapable of leaving it behind.

* * *

A sense of home begins with the confines and liberties of childhood. At a certain point in one's early youth there is a moment of awakening, of individuation, in which one sees oneself as a unique element in the swarm of familiar objects and people that make up home. In that moment, we discover our separateness (this is long before the equally profound realization later in life that we are not separate but *One*), and that the *inside* and *outside* of our own being is endlessly repeated in the world, dividing our family from the neighbors' families, our street from other streets, and on into infinity. We discover a reliable pattern of existence, and long for greater understanding of how all things are connected and divided by their boundaries.

And then we further discover that the rules of separateness are arbitrary and shifting, often at the whim of others. My mother used to lament, "Can't I have just one room to myself?" when we were caught bouncing on her bed. But she'd repeat her complaint when we made a mess in the living room, or used her bathroom. My elder sister said that when we were very young, our mother would banish us to the backyard, and sit at the kitchen table to have a cup of coffee in peace, ignoring our pleas for attention. I can see her at the table, imagine her despair as she struggles to establish an *inside* that isn't perpetually battered by the *outside*, and with compassion I recognize her disappointment that one doesn't always get a room of one's own, and even when one does, it may not be enough.

* * *

Our concept of home as a place of safety, whether or not it truly was safe for us, develops early in childhood and is ingrained into our language. The *home base* of our games is the one spot where we are free from harm; *home room* is a resting place between the pressure of classes; and a *home run* is the one hit that speaks of completion and wholeness. As revealed by our clichés—"home is where the heart is"—home exists as an idealized island of belonging and safety. Home is a place with doors to which there are keys, a place of shared meals and shared dreams.

Home is also a place where real people live, where family members collide at the dinner table and bathroom sink, where the walls which provide shelter sometimes press too close. With mixed feelings, we look back at our own childhood, at our youthful misdemeanors against our parents as we struggled to find our own integrity. As an arena for rebellion, truly "there's no place like home."

This ambivalence we feel toward home embraces both the difficult memories and our idealism. Some days we are acutely aware of the transcendent nature of our yearning for a deep sense of belonging. Perhaps the German mystic Novalis described it best: "Always homeward, to our eternal source." On other days the search for home may take more mundane forms, such as house-hunting, a frustrating and yet important part of the whole. The gestalt of creating home necessarily involves

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bringing the *outside* and the *inside* into harmony, for home is experienced both as locality and a state of being. It encompasses the rooms into which one settles, and the feeling of belonging to these rooms. When we are at home we are most ourselves, and we may rest—for a short time, even our ambivalence and longings may rest. It is to this reassuring moment of quiet we have to look forward on our search for home. Nothing less than the deep restfulness of home will do: it is the burden of our search, and the meaning of the journey.

* * *

In its larger context, the search for home extends beyond personal histories and psychologies into our greater relation to God (mysticism), the earth (ecological perception), and one another (community). In mysticism, the home one seeks is the "eternal source," achieved perhaps by what Brother Lawrence called "practice in the presence of God." Ecological perception is quite simply the awakening to one's participation in the natural order; it inevitably brings one to the conclusion that we will never be at home on earth if the earth is not at home with us. Community can be defined as a gathering of people with shared values, to which one belongs and makes a contribution. All three areas—mysticism, ecology, and community—elevate our sense of aliveness. Each evokes home as a state of being, a perception of belonging, and is also linked to the experience of home as locality. For this reason, it is not surprising that the issue of home is prominent at Esalen, for longtime staff and first-time guests alike.

> *"Without it (self-respect), one eventually discovers the final turn of the screw: one runs away to find oneself, and finds no one at home."*
>
> —Joan Didion, "On Self-Respect," *Slouching Toward Bethlehem*

Esalen is named after the native people who once dwelled on these cliffs, who bathed in the hot springs and enjoyed the view we now enjoy. Many people who come here, and especially those who stay here, feel intensely close to the land. The grounds are exhilarating, 156 acres of gardens, hot springs, canyons, mountains, and trees along a two-mile stretch of Pacific Ocean. On a sunny day the sky is an achingly bright blue, and on a clear night one feels dizzy taking in the expanse of stars. Even bad weather is wonderful: in the middle of an intense storm, with the electricity out, phones down, and trees toppling over at random, one experiences another kind of exhilaration, a sizzling sense of being in the middle of something natural and massive, something shared by all those who live and visit here.

Many people return here, not only because of the beautiful location but because this is where they have experienced a sense of belonging, acceptance, forgiveness—being a part of something larger than oneself, where the values of psychological and spiritual transformation are articulated and practiced. Workshops are usually small and intimate, and for many participants the group becomes an immediate community, however short-lived. Coming to Esalen can feel like coming home, being part of an extended family. It is genuinely a "home away from home" for many people.

And, like the rest of life, Esalen is what you make of it. It's a place where you can confront your past, take emotional risks, accept responsibility for wrongdoing and grow beyond guilt, and make enormous creative leaps. It's also a place where you can get stuck, become savvy in the art of psychological maneuvering, and nurture your fear of change. What one experiences at Esalen, and the knowledge and skills one takes away from one's time here, is within the command of the individual. It is easy to idealize Esalen and then become disillusioned with its failings because it is a place of ideals: Esalen nourishes the concept of a higher self without providing a blueprint of precisely what our higher human potential should look like. That in itself may be considered a failing. We see it as a freedom.

Can one find home in Esalen? In some ways, the effort may be like trying to find permanence in the middle of a whirlwind. They say there is quiet in the eye of the storm, but at Esalen one finds the third eye of the storm, and this is not calming. Some of the workshops are emotionally challenging, moving swiftly and deeply into issues of the heart. One does not escape problems and upheavals here, because these bubble up from human nature, and of all the things one cannot escape at Esalen, it is human nature. And so, although we can't provide *sanctuary* to our guests or staff, the community one finds here may extend an emotional safety net that facilitates accelerated work. Not infrequently, guests will say, "Esalen has saved my life." Or as one health caregiver told me recently, "Esalen gave me back my tears." He had come to a workshop prepared to confront his grief, and was surprised to find that releasing grief may also release joy. And this is what we expect from home: not a simple *belonging* that is scoured of life's complexities, but a feeling that our roots will hold onto us gently, even when we are incapable of holding on to ourselves.

The challenge then, is to create an *inside* that survives the battering of the *outside*, an inner sense of home, belonging, and self-esteem. One cannot be guaranteed a room of one's own, nor can Esalen or any other place make assurances that the room into which one settles will ever be enough. And yet the promise of home is very real and close to heart. Not only close to heart, but awaiting within one's heart, and with a genuine and full sense of belonging comes a radiance, a confidence, which allows one to offer the hospitality of home to others. ◼

Sharon Thom is President and CEO of Esalen Institute.

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ESALEN NOTES

Scheduling Private Conferences at Esalen

It is possible to arrange for your group or organization to hold its conferences at Esalen. We can accommodate large groups (up to 100) on a space-available basis.

Smaller groups may schedule private conferences in our renovated Big House. This facility is available for individuals who work together and would like to design their own Esalen program, drawing on our leaders and other resources. Ten bedrooms, nine bathrooms, a kitchen, dining room, and living room make it possible to house group members together, thereby enhancing the retreat environment.

We schedule all conferences a year in advance. To schedule or discuss possible formats, please contact conference coordinator Pat Lewine at 408-667-3038.

Frederic Spiegelberg (1897-1994)

Esalen lost a friend, teacher, and vital seminal figure when Frederic Spiegelberg died last November at the age of 97. Spiegelberg was professor emeritus of Indian civilization and a pioneer in comparative religious studies at Stanford, where two of his students were Michael Murphy and Dick Price, Esalen's cofounders. In their efforts to make Esalen a reality, Murphy and Price sought Spiegelberg's advice and support, and he was instrumental in attracting many of the trailblazing thinkers who made their way to Esalen during its formative years. Murphy described Spiegelberg as "the greatest lecturer I ever heard."

MARGARET LIVINGSTON

The Esalen Catalog on the Internet

Starting in the fall of 1995, the current *Esalen Catalog* will be accessible via the Internet. Our World Wide Web site is under construction, and when completed will offer updated workshop availability and other information about Esalen in a new interactive format. The URL is *http://www.esalen.org*.

The Esalen Catalog (1962-1992) Available via the Educational Resources Information Center (ERIC)

Anyone interested in *The Esalen Catalog* as human potential movement historical source material for research purposes can now obtain the complete thirty-one-year set from ERIC's document delivery arm, the ERIC Document Reproduction Service (EDRS, 7420 Fullerton Road, Suite 110, Springfield, Virginia 22153-2852; 1-800-443-3742). When ordering either microfiche or reproduced paper copy, please refer to the catalog's ERIC accession number ED 347 118.

THE FRIENDS OF ESALEN

The Friends of Esalen program supports the scholarship fund which provides financial aid to people who want to attend our workshops but cannot otherwise afford them. In addition to knowing that you have given someone else the opportunity to experience Esalen and are supporting our ongoing work, you will receive for one year the Esalen Catalog, the quarterly Friends Newsletter, and the annual Friends Directory.

If you join as a Supporting Member or above, you will receive an autographed copy of Michael Murphy's book *The Future of the Body*. At the Sustaining Member level, you will also be mentioned in our newsletter, unless you wish to remain anonymous. As a Benefactor, you will, in addition to the above, receive a special gift.

The Group 2000 is made up of individuals who are committed to helping Esalen have the long-term financial capability to fulfill its vision into the year 2000. The members meet together and with staff members at Esalen two weekends each year, in June and December. As a member of the Founders Circle, you will be able to meet individually with our CEO.

We invite you to join us in extending Esalen into the lives of other people.

☐ Basic member $35
☐ Student/Senior $25
☐ Joint member $50
☐ Supporting member ... $100-450
☐ Sustaining member $500-950
☐ Benefactor $1000
☐ Group 2000 .... $2000
☐ Founders Circle $5000

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Please complete this form or the inside flap of the envelope insert included in the catalog and return with your gift. Check the box on the outside of the envelope marked "Friends of Esalen." Thank you for your support.

Esalen is a 501(c)(3) nonprofit public charity. Contributions are tax-deductible.

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GUIDE TO WORKSHOPS

This is a guide to the workshops offered in this catalog. Although many of them could be cross-referenced – and some resist easy categorization – most are listed only in their main subject area. We recommend that you read the workshop description before deciding to register. If you have never been to Esalen or taken an Esalen workshop, you might want to consider the "Experiencing Esalen" workshop scheduled throughout the catalog and listed in the Integral Practices section of this directory. Please call the Esalen office if you have questions concerning a workshop.

THE ARTS / CREATIVITY

September 1-3 • The Healing Voice
September 3-8 • The Writer's Way: A Personal Adventure Through Writing
September 8-10 • Creating From Spirit
September 10-15 • Village Concepts: African Music – Esalen Massage
September 10-15 • Drawing the Mystic Light of Nature
September 15-17 • Jewish Humor
September 17-22 • Biodrama
September 24-29 • Reawakening the Artist Within
September 29-October 1: Drawing With Color
October 1-6 • Pilobolus Technique: Choreographic Creation
October 1-6 • Fibers of Infinity: Adventures in Handmade Paper
October 6-8 • Self-Transformation: The Art of the Actor for Everyday Life
October 13-15 • When Drummers Were Women
October 15-20 • Proprioceptive Writing: Demystifying the Creative Process
October 20-22 • Writing and the Act of Creation
October 22-27 • Esalen Arts Festival
October 27-29 • The Art and Craft of Screenplay
October 27-29 • Horror and the Holy: Wisdom-Teachings of the Monster Tale
October 29-November 3 • Life as Art – Art as Life
October 29-November 3 • Vocal Awareness: Empowerment Through Voice
November 12-17 • Instant Dreams: The Polaroid Transfer
November 17-19 • Action Theater: The Improvisation of Presence
November 19-24 • Expressive Painting
December 1-3 • A Workshop for Poets
December 1-3 • Improvisational Wisdom: Finding the Robin Williams Within
December 3-8 • Writing Through Loss
December 3-8 • The MAX: Stretching the Limits of Your Self-Expression
December 8-10 • The Artist's Way: The Vein of Gold
December 17-22 • True Stories: Autobiographic Storytelling
December 22-24 • Freeing the Poetic Imagination
December 24-29 • Painting the Soulscape
December 24-29 • Play, Spontaneity, and Performance Art
December 29-31 • Music for Everyone: Finding Your Long-Lost Musician
December 31-January 5 • Tao Mentoring in Music and Tai Ji Dance
January 7-12 • Body Poetry East and West
January 7-12 • Vision Painting
January 28-February 2 • The Healing Power of Theater
February 4-9 • Writing About Our Lives: A Workshop for Women
February 4-9 • The Art and Dance of Transformation
February 11-16 • Reawakening the Artist Within
February 23-25 • Singing Gestalt
February 25-March 1 • Language of the Drums: African Percussion, Chanting, and Dance

BIOFEEDBACK / HYPNOSIS / INTUITIVE DEVELOPMENT

October 20-22 • Awakened Mind II: Advanced Brainwave Training and Transcendent States
December 24-29 • Intuition, Perception, and Altered States of Consciousness
February 25-March 1 • Awakened Mind: Five-Day Brainwave Training Intensive

BUSINESS / WORKPLACE / SOCIAL RESPONSIBILITY

September 22-24 • A Weekend with Matthew Fox
October 6-8 • Building a Successful Career as a Writer, Public Speaker, and Consultant
October 6-8 • Building in a Sacred Way
October 15-20 • The Future of Leadership: Integrating Creativity, Value, and Accountability
October 27-29 • CoHousing: Creating Your Own Community
November 10-12 • Money: Myths, Lies, and Financial Independence
December 1-3 • All Our Relations: Shamanism and Ecopsychology
December 15-17 • Energy, Resources, Environment, Development, and Security
December 17-22 • Green Buildings with Magical Spaces
January 7-12 • Conservative, Liberal, Self-Concept: A New Synthesis
January 21-26 • Consensus
January 26-28 • When Success is Not Enough
February 2-4 • The Art of Leadership: Communication, Creativity, Vision

CHILDREN / FAMILIES / EDUCATION

January 5-7 • Giftedness: The Wonder and the Anguish
January 12-14 • The Path of Parenting: A Spiritual Approach
February 2-4 • Fathers & Sons & Mothers & Daughters
February 25-March 1 • Birth Experience: A Pathway to Life

CONTEMPLATIVE / SPIRITUAL & RELIGIOUS STUDIES

September 1-3 • The Healing Voice
September 3-8 • Nature and Contemplation
September 8-10 • Soul and Spirit
September 10-15 • Dzogchen: Awakening the Buddha Within
September 15-17 • The Meditation Hall and Everyday Life

September 17-22 • Zen Teachings of Mountains, Rivers, and the Great Earth
September 22-24 • A Weekend with Matthew Fox
September 24-29 • A Course in Miracles
September 29-October 1 • Return, Remember, Renew: The Jewish New Year
October 6-8 • Toward Waking Up: Cultivating Mindfulness
October 8-13: The Subtle Art of Meditation
October 27-29 • Introduction to Mindfulness Meditation
November 17-19 • Angels
November 24-26 • Ramakrishna Today
December 22-24 • Zen Practice
December 31-January 5 • The Subtle Art of Meditation
January 5-7 • Attention! Attention! Attention!
January 12-14 • The Living Core of Biblical Spirituality
January 21-26 • The Heartful Path to Mind Power: Geometrizing Mind Space
January 26-28 • Working with Obstacles and Difficulties
January 28-February 2 • Coming Home to the Soul
February 9-11 • Introduction to Mindfulness Meditation
February 11-16 • Soul as Living Presence: The Diamond Approach
February 18-23 • Dzogchen: Awakening the Buddha Within
February 23-25 • Two Events with Claudio Naranjo

DREAMS

November 3-5 • The Healing Power of the Dream
November 12-17 • Entering the Dreamtime: Walking Between Two Worlds
January 26-28 • Exploring the World of Lucid Dreaming

HEALTH / HEALING

September 3-8 • Spiritual Healing: Laying-on-of-Hands
September 8-10 • Chi Gung: Opening the Energy Gates of Your Body
September 15-17 • Transpersonal Medicine
October 1-6 • Consciousness and Healing: History, Philosophy, and Practice
October 15-20 • Taoist Chi Kung: Enhancing Vitality
December 15-17 • Conscious Health: A Model for Ultimate Aliveness
December 24-29 • Spiritual Healing: Laying-on-of-Hands
January 5-7 • Psychoneuroimmunology and Its Implications
January 19-21 • Managing Your Stress, Your Heart, and Your Life

INTEGRAL PRACTICES

September 3-8 • Life Energy Process
September 8-10 • Experiencing Esalen
September 17-22 • Turning on the Light: A Choice to Live Consciously
September 24-29 • Stepping into Your Body of Light
October 13-15 • Experiencing Esalen
November 17-19 • Experiencing Esalen
November 19-24 • Turning on the Light: A Choice to Live Consciously
December 15-17 • You Don't Have to Be Good
December 17-22 • Healing the Emotional/Spiritual Body
December 29-31 • Experiencing Esalen
January 19-21 • Experiencing Esalen
January 21-26 • Life Energy Process
January 21-26 • The Wildness Within

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January 28-February 2 • Coming Home to the Soul
February 16-18 • Experiencing Esalen
February 23-25 • The Life We Are Given

MARTIAL ARTS / YOGA / SPORT

September 8-10 • Chi Gung: Opening the Energy Gates of Your Body
September 24-29 • Golf in the Kingdom: An Exploration of the Inner Game
November 3-5 • Releasing the Warrior: Assault Prevention For Women
November 19-24 • ISHTA: The Yoga of Empowerment
December 31-January 5 • Tao Mentoring in Music and Tai Ji Dance
January 5-7 • The Tao of Saging
January 7-12 • Body Poetry East and West
January 19-21 • Ryukido: Movement from the Martial Arts

MYTH / RITUAL / SHAMANISM / ANTHROPOLOGY

September 1-3 • Women, Men, Sex, and Power: Life in the 21st Century
September 3-8 • The Art of Ceremony
September 17-22 • Biodrama
October 27-29 • Horror and the Holy: Wisdom-Teachings of the Monster Tale
December 1-3 • All Our Relations: Shamanism and Ecopsychology
December 22-24 • Rituals of Transformation
December 31-January 5 • To Be Ready to Live, To Be Ripe to Die
January 7-12 • Mending the Fragmented Self: Soul Retrieval and Shamanic Practices
January 14-19 • Cross-Cultural Shamanic Practices
February 9-11 • The Way of the Shaman
February 11-23 • Advanced Training in Shamanism and Shamanic Healing

PHILOSOPHICAL INQUIRY / INTELLECTUAL PLAY

September 1-3 • Women, Men, Sex, and Power: Life in the 21st Century
September 24-29 • A Course in Miracles
October 13-15 • Pushing the Envelope
November 24-26 • The Patterns of Life
February 2-4 • Briefing for a Decent into Novelty
February 2-4 • Chaos and the Language of Nature
February 23-25 • The Life We Are Given
February 23-25 • Technoshamanism: Total Immersion in Spiritual Technology

PROFESSIONAL GROWTH / TRAINING

September 15-17 • The Intersubjective Approach to Psychotherapy
October 20-22 • Taking Care of Yourself While Helping Others: Survival Tools for Service Professionals
October 29-November 10 • Integrative Body Psychotherapy (IBP): Professional Training Program
November 3-5 • Intimate Connections
November 3-5 • The Healing Power of the Dream
January 5-7 • Attention! Attention! Attention!
January 26-28 • Religious and Spiritual Problems: A Paradigm Shift in Mental Health

PSYCHOLOGICAL / TRANSPERSONAL PROCESS

September 1-3 • Accepting Life's Transitions: Letting Go – Moving On
September 3-8 • Healing the Heart
September 8-10 • Forgiveness
September 10-15 • Moving Beyond Memory: The Eidetic System of Personal Growth
September 10-15 • Midlife Crisis as Spiritual Emergence
September 15-17 • The Intersubjective Approach to Psychotherapy
September 17-22 • Gestalt Practice
September 24-29 • Change and Self-Esteem
September 29-October 1 • Self-Empowerment and Purification: The Farther Reaches of Gestalt
October 1-6 • Handwriting Patterns: Possibilities for Healing and Change
October 6-8 • Relationships, Power, and Abuse: A Process Work Seminar
October 8-13 • Opening to Ourselves and Others
October 13-15 • Psychosynthesis: Personal and Transpersonal Growth
October 15-20 • Focusing: Treasure Maps to the Soul
October 20-22 • Forgiveness: The Key to Intimacy
October 29-November 3 • Transition, Risk, and Renewal: Mastering the Art of Change
November 3-5 • Intimate Connections
November 5-10 • Psychotherapy as Spiritual Practice: The Method of Loving Presence
November 5-10 • Creating Exact Moments of Healing
November 5-10 • Courage
November 10-12 • Introduction to Gestalt Practice
November 10-12 • The Core Self: Return to Innocence and Choice
November 12-17 • The Transformational Enneagram: Mindfulness, Insight, and Experience
November 17-24 • Healing from Sexual Trauma: A Seven-Day Intensive for Survivors
November 26-December 1 • The Power of Growth
November 26-December 1 • La Trama de Nuestros Relaciones
December 15-17 • The Healing Power of Humor, Compassion, and Gentle Touch
December 17-22 • Holiday Humbug
December 22-24 • The Sources of Growth
December 24-29 • Christmas Present
December 29-31 • Renewal: New Beginnings in Midlife
December 29-31 • Forgiveness and Freedom
December 31-January 5 • Opening the Feelings
January 5-7 • Roots and Wings: Renewing Our Spirits – Living Our Dreams
January 7-12 • Completions and Transitions

January 12-14 • The Enneagram in Personal Development and Therapy
January 26-28 • Re-Solving Your Past, Remembering Who You Are
January 26-28 • Working with Obstacles and Difficulties
January 28-February 2 • Holotropic Breathwork and Creative Fire
January 28-February 2 • Facing Life's Challenges: Courage, Faith, and Self-Acceptance
February 2-4 • Forgiveness: The Key to Intimacy
February 2-4 • Fathers & Sons & Mothers & Daughters
February 4-9 • Gestalt Practice
February 9-11 • The Body: Doorway to Self-Discovery – The Gestalt Practice Approach
February 16-18 • The LQ Factor: How to Increase Your Love Quotient
February 18-23 • Playing the Edge
February 25-March 1 • Birth Experience: A Pathway to Life
February 25-March 1 • Letting Go – Moving On

RELATIONSHIP / COMMUNICATION

September 24-29 • Relationships: Letting Go – Moving On
October 6-8 • Relationships, Power, and Abuse: A Process Work Seminar
October 8-13 • Tantra: The Art of Conscious Loving
October 20-22 • Forgiveness: The Key to Intimacy
November 10-12 • Mindfulness and the Pursuit of Intimacy
November 12-17 • I – You – Us: Pleasure, Intimacy, and the Search for Connectedness
December 3-8 • The Evolution of Desire: Sex, Love, Jealousy, and Human Nature
December 8-10 • The Good Divorce
January 28-February 2 • Dialogue: A Way of Life, A Path to Wholeness
February 2-4 • Forgiveness: The Key to Intimacy
February 16-18 • The LQ Factor: How to Increase Your Love Quotient

SOMATICS

September 10-15 • Village Concepts: African Music – Esalen Massage
September 15-17 • Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach
September 17-22 • Five-Day Massage Intensive
September 29-October 1 • Reinhabiting Your Body: An Experience in Authentic Movement
October 1-6 • Creative Bodywork: An Advanced Workshop
October 8-15 • Cortical Reeducation® and the Feldenkrais Method®
October 15-20 • The Upledger Institute's SomatoEmotional Release I
October 27-29 • A Massage Workshop for Women
October 29-November 3 • Five-Day Massage Intensive
November 3-5 • Esalen Massage Intensive
November 5-10 • The Upledger Institute's CranioSacral I
November 10-12 • Sensory Awareness
November 12-December 10 • 28-Day Massage Practitioner Certification Program
November 26-December 1 • Feldenkrais®: Life, Learning, and Movement
December 15-17 • The Ohashiatsu® Method
December 15-17 • You Don't Have to Be Good
December 17-22 • The Body in Four Dimensions: Anatomy for Bodyworkers and their Clients
December 22-24 • Weekend Massage Intensive
December 31-January 5 • Adventures in Bodywork
January 12-14 • Weekend Massage Intensive
January 14-19 • Sports Massage: Keeping the Players Playing
January 19-21 • Hanna Somatics: Mastery of Muscles and Emotions
February 4-9 • Polarity Massage Intensive
February 9-11 • Zero Balancing Open Forum
February 11-16 • Five-Day Massage Intensive

WILDERNESS

September 3-8 • Nature and Contemplation
September 17-22 • Zen Teachings of Mountains, Rivers, and the Great Earth
October 7-14 • Heart of Big Sur: Wilderness Journey into the Santa Lucia Mountains
January 21-26 • The Wildness Within

WOMEN'S / MEN'S STUDIES

October 1-6 • Moving Through Idealization and Shame to Love: A Workshop for Gay Men
October 13-15 • When Drummers Were Women
October 20-22 • Joy, Inspiration, and Hope: A Retreat for Gay Men
October 27-29 • A Massage Workshop for Women
November 3-5 • Releasing the Warrior: Assault Prevention for Women
December 1-3 • Dancing Backwards in High Heels: Women's Resilience and Love
January 12-14 • Understanding the Other Sex: Gender Training for Gender Trainers
January 19-21 • A Retreat for Women of Experience: Midlife and Beyond
February 4-9 • Writing About Our Lives: A Workshop for Women

ESALEN SEMINARS

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Weekend of September 1-3

Women, Men, Sex, and Power: Life in the 21st Century

Helen Fisher

Anthropologist and author Helen Fisher will trace male/female relations back to their origins on the grasslands some four million years ago, explaining the beginnings of romantic love; why we fall in love with one person rather than another; when our modern patterns of adultery, divorce, and remarriage emerged; how the sexes misunderstand each other; why our problems with sexual harassment and teen pregnancy evolved; and where many of our modern beliefs about gender come from. Her five lecture/discussion sessions (with slides) will include:

- "The Evolution of Human Sexuality"
- "Sexual Legacies: Gender Differences in the Brain"
- "Women, Men, and Power"
- "Origins of Morality, War, and God"
- "Future Sex: The 21st Century Family"

She will make several predictions about the future of women and men in business and the home, concluding that we are returning to traditions of powerful, sexual women and family lifestyles that evolved millennia ago.

$380

The Healing Voice

Jill Purce

This workshop will teach practical explorations with sound for healing and for the transformation of consciousness. By liberating the voice, it is possible to make contact with deep levels of the self and release untapped energy.

Participants will work with the psychophysical effects of breathing, chanting, mantric and sonic meditations, and tuning and listening together, moving from the intuitive level into meditative states. Breath and sound will be developed so that different parts of the body/mind come into resonance to give sonic massage and to heal and tune the chakras and subtle body. Participants will be taught ways to find their own note and hear inner sound, entering directly into subtle dimensions of sound via the voice practices of traditional cultures, including trance music, Mongolian and Tibetan overtone chanting, and other ancient group chants and vocal practices.

To *enchant* means to "make magical through chant." The aim of this workshop is to inspire participants to *re-enchant* themselves and their world. The work is accessible to anyone, regardless of musical ability.

$380

Accepting Life's Transitions: Letting Go—Moving On

Mary Goldenson (Devarani)

The only certainty in life is change, yet we often resent our transitions because of patterns of fear and self-denial. Old beliefs keep us stuck in our resentments, unsuccessful marriages, friendships, and careers, and can cause illness, sorrow, and the inability to forgive. Transitions are crossroads in our lives that give us the opportunity to take time out and reconnect with our truth. It is never too late to change. Transitions are doors to the renewal of our passions, courage, and commitments.

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This workshop will present you with ways to help complete the past, be open to the present, and create a future. Participants will experience a safe, supportive environment that includes taking risks, intense bodywork, gestalt imagery, dance, and meditation in order to support the transitions that keep us committed to the process of discovering ourselves. $380

Week of September 3-8

Spiritual Healing: Laying-on-of-Hands

Maria Lucia Sauer Holloman

This workshop will present practical methods for using the hands as instruments of physical and spiritual healing. This energy practice is one that incorporates both hands-on and energetic work, using the power of natural forces for healing. The emphasis will be on intentionality and personal clarity as fundamental tools in any healing art. "Intentionality moves energy," says Maria Lucia, "and it is through this focus that you can learn to take responsibility for your own thoughts and actions."

Born into a family of healers with a generations-old tradition, Maria Lucia studied with healers in her native Brazil, where spiritism—receiving healing knowledge from the spirit world—is a practice familiar to much of the population. Having also lived and studied at Esalen for nine years, she applies both Brazilian and North American approaches to healing.

Participants will be shown how to apply and refine this practice, and can experience the personal benefits that come from receiving this work. The workshop is designed for bodyworkers, therapists, health professionals, and anyone interested in working with energy and people's bodies.

C.E. credit is available; see pages 60-61. $740

Nature and Contemplation

Steven Harper & Brother David Steindl-Rast

From time immemorial, nature has inspired human hearts to contemplation. Can we make this experience our own today? This workshop is designed to help participants experience deeply both nature and contemplation. Direct experience and contemplative reflection are the key words. Earth underfoot on gentle hikes, water of the Pacific pounding against the shore, air of Big Sur's refreshing breezes, fire that heats Esalen's hot springs—all of nature's elements combine to touch our bodies and to raise our minds and spirits.

"Nature is never spent: there lives the dearest freshness deep down things," wrote the mystic poet Gerard Manley Hopkins. To drink from that freshness, from the fountain of youth, is what this workshop is all about. $740

Healing the Heart

Julie Bowden & Richard Balaban

This five-day workshop will be a journey into the vulnerable, tender part of the self that carries childhood traumas. Experiencing and integrating the pain from our past allows us to live more fully in relationship to ourselves and others, and helps us to acknowledge and nurture our inner voice. Enhancing intimacy and relationship skills is an important part of this work. Issues specific to both men and women will be explored.

The workshop welcomes adult children of alcoholic and dysfunctional families, people with a history of unfulfilling relationships, recovering alcoholics and addicts, codependents, and treatment providers. Participants are asked to forgo alcohol and other mood-altering, nonprescription drugs for these five days. This will help create an atmosphere of safety, care, and respect for core issues to emerge, an environment to facilitate transformation.

If there is unresolved pain from your past or relationship issues in your present, this workshop is designed for you. $740

The Writer's Way: A Personal Adventure Through Writing

Nancy Bacal

Writing personal story is a process of discovery. It is an opportunity to claim who we are and what we know as material. The task is to place a breath of air between ourselves and the situation, wide enough for a trail of ink to transform it into story. As the details emerge, they bring vitality to our writing and meaning to our lives. When we claim even a snippet of life for the artist, we cease to be victims of circumstance, for in that moment we have substituted curiosity for expectation and are free. Life is not tidy. Writing will not change this, but it will provide a container eager to receive it. The intention of this workshop is to bypass the critic, to liberate the authentic voice and put it to use. The schedule will include writing in and out of the group, movement, meditation, reading, and discussion of pertinent material. Whether you are a non-writer, occasional writer, or professional, you can see your writing come alive with the immediacy of feelings and the raw wisdom of experience. The goal, as always, is to coax the mind out of its cycle of expectation and disappointment into a positive, functioning relationship with our work and our lives.

Recommended reading: Needleman, *Work of Craft*; Chodron, *The Wisdom of No Escape*. $740

Life Energy Process

Stephano Sabetti

The Life Energy Process (LEP) is a spiritually-oriented approach to self-development and professional growth based on Eastern and Western energy dynamics. Specially designed subtle and intensive movements (micromovements) can increase energy flow and lead to the discharge of nonessential processes in the body (repressed emotions, chemical toxins, etc.). Each of us has an energy frequency that can be felt when attuned through LEP. This unique vibration helps to center and ground, as well as to find clearer direction and meaning in daily life. Each participant will have a chance to feel her/his unique energy process and explore it through process inquiry.

Life Energy Process includes: dance, theater, massage, pool work, and various other forms. The workshop is of particular interest to professionals and laypersons who are excited by the integration of theory, pleasure, and hands-on application of energy concepts. $740

The Art of Ceremony

Cynthia Gale

Each of us may live more gently and harmoniously upon this planet by deepening our spiritual connections to the earth through ceremony. Through ceremony we connect our physical world to the spiritual realms. This workshop will offer experiential exercises in prayer, meditation, and ceremony, as well as practical approaches to living a life rich in the celebration of Mother Earth spirituality. The focus of this workshop will be:

- The intention and power of prayer and the prayer circle
- Creating sacred space in one's physical world

527

- Working with the medicine wheel of life
- Uncovering the meanings of the universal symbols in the natural world
- Honoring the spirits of the birds and animals

Group members will also spend four sessions creating tree-of-life rattles of driftwood, shells, deerskin, and beads. Participants will be taught the rattle's use in prayer, cleansing, and ceremony. The workshop will conclude with a ceremony for Mother Earth. $740

(plus $35 materials fee paid directly to the leader)

Weekend of September 8-10

Experiencing Esalen

Experiencing Esalen Staff

> *Contact is the appreciation of differences.*
>
> — Fritz Perls
>
> *...and the recognition of similarities.*
>
> — Richard Price

This workshop is designed to introduce the various practices of Esalen to first-time participants or to those renewing their acquaintance with Esalen. Emphasis will be on finding those approaches to self-awareness that work most effectively for each individual participant. Sessions may include: meditation, sensory awareness, gestalt practice, group process, art, movement, and massage. There will also be time to explore the natural magnificence of the Big Sur coast. $380

Soul and Spirit

Brother David Steindl-Rast, Phil Cousineau & David Darling

During our time a profound transformation is under way, marked by the reappearance of soul in the cultural conversation. From poetry to boardrooms to religious conferences, soul has galvanized discussions about the *vital force* in our lives. To explore what it means to live soulfully and spiritually, this workshop will be a series of dialogues between Benedictine monk Brother David Steindl-Rast and author-filmmaker Phil Cousineau, while accompanied by master cellist David Darling.

Together they will present pictures of soul and spirit at birth and death, in love and romance, dreams and creativity, the contemplative life, the crisis of loss and depression, as well as in work and the natural world.

The discussions will move from ancient world myths to poetry, literature, philosophy, and theology, and will utilize live music, slides, and film clips ranging from the environment and the spiritual quest to Carl Jung, Joseph Campbell, Ray Charles, and Georgia O'Keefe. The focus will be on how to enrich our everyday life in these troubled times by revitalizing our soul and spirit through the cultivation of compassion and gratefulness. $380

Chi Gung: Opening the Energy Gates of Your Body

Bruce Kumar Frantzis

Become more energetic, alert, calm, and flexible with Chi Gung. Based on developing *chi*, internal energy, this 3,000 year-old physical, mental, and spiritual fitness program is the source of healing and power in Chinese medicine, martial arts, and Taoist meditation. Chi Gung can reduce stress, improve health and sexual functioning, promote healing, combat aging, deepen meditation, and enhance performance in daily work, sports, or martial arts.

Bruce Kumar Frantzis will demystify subtle Chinese healing techniques and make them understandable and relevant to Westerners. Drawing on ten years of study in China, he will teach you to feel, circulate, and increase the internal energy of your body, and to dissolve energy blockages. He will present standing meditation to open the body's energy centers, and teach how to strengthen your internal organs and spine and adjust your internal biomechanical alignments.

This workshop is suitable for any age or fitness level—beginners and advanced students are welcome.

Recommended reading and viewing: Frantzis, *Opening the Energy Gates of Your Body*. To order *Opening the Energy Gates* video, call 415-454-5243.

C.E. credit is available; see pages 60-61. $380

Creating from the Spirit

Dan Wakefield

> *Miracles . . . seem to me to rest not so much upon faces or voices or healing power coming to us from afar, but upon our perceptions being made finer, so that for a moment our eyes can see and our ears can hear what is there about us always.*
>
> — Willa Cather

Each of us has a rich source of creativity within, a living well of ideas, stories, pictures, music, and dreams. This workshop, led by author Dan Wakefield, will guide participants through exercises in drawing, writing, music, and meditations on natural objects (trees, flowers, mountains) in order to appreciate and develop each individual's own creativity.

Breaking the myth of drugs and alcohol as stimulants to creative work, the workshop will show that the key to the natural process of creativity is getting in touch with our deepest sources, the "spirit" within us that comes from clarity. Together, the leader and the group will share ideas in breaking the "creative slump," and participants will draw the continuing "road maps" of their own creative journeys. $380

Forgiveness

Julie Bowden & Maria Nemeth

Every culture has its healing rituals, ways of letting go of old attachments to make way for new possibilities. An essential component is the practice of forgiveness.

As the years go by, many of us develop a history of incomplete relationships and unfulfilled expectations. As these experiences accumulate, our trust in others and ourselves diminishes, and our commitments in life become conditional. To release these burdens is to forgive the past.

This workshop will guide participants through exercises focusing on our judgments and characterizations, with emphasis on how these distorted perceptions affect us and interfere with our relationships. This work will be preparation for a powerful forgiveness exercise, designed to facilitate letting go, allowing more joy and light into our lives. $380

Week of September 10-15

Dzogchen—Awakening the Buddha Within: A Silent Meditation & Self-Inquiry Retreat

Lama Surya Das

Buddhism teaches awareness techniques for awakening to inner freedom. Dzogchen—Tibetan for "the Natural Great Perfection"—introduces the inherent freedom, purity, and perfection of innate Buddha-Mind. Dzogchen is considered the summit of all Buddhist teachings: swift, easy, joyful, and direct.

Through meditation (sitting, walking, and guided), chanting, energy exercises, self-inquiry, and personal instruction, this quintessential Vajrayana path will be introduced and practiced according to the nonsectarian way of the Practice Lineage of Tibetan Buddhism, relying on authentic Tibetan texts, meditation manuals, oral tradition, and personal experience. Constant themes of this nondual awareness practice include appreciating the true joy of meditation, the incredible lightness of being, and opening to effortlessness.

Conducted in silence, this meditation retreat offers a unique opportunity for experienced meditators and beginners alike to better know themselves through the timeless wisdom of this ancient Tibetan teaching. $740

Village Concepts: African Music—Esalen Massage

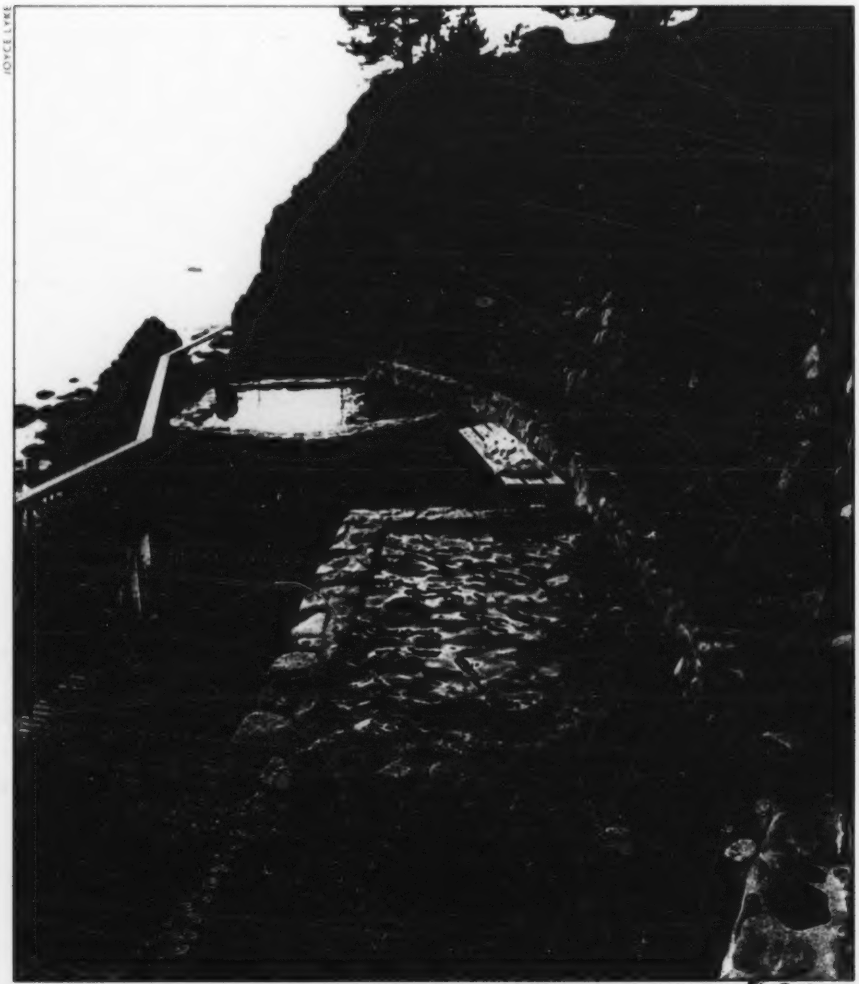
Sarah Abukutsa & Carl Chase (C.C.)

Ancient languages combined dance, music, and poetry as one concept. In this workshop, the integration of these original communicational instincts with rejuvenating bodywork will provide a unique experience designed to be physically, mentally, and spiritually exhilarating. It is a workshop created to embody, both culturally and physiologically, the oneness of the world community.

The program will alternate sessions of group experience—singing, moving, and drumming—with the individual experience of massage instruction and one-to-one, hands-on massage work. This powerful combination can harmonize body, mind, and spirit.

C.C. will present massage methods that stimulate and relax through manipulation of muscles and nerves and through cross-fiber friction. Sarah will teach traditional East and West African movements, rhythms, and songs that evoke centuries of spiritual connections through the rituals these dance forms are based upon. The leaders will incorporate both ethnology and ethnomusicology to share the wisdom of Africa.

This workshop is open to anyone, regardless of dance or massage experience. $740



JOYCE LYKE

Midlife Crisis as Spiritual Emergence

Karen Turner

This workshop will present midlife transition as a descent into contact with the soul, there to find spiritual emergence and renewal. Midlife is a time when old systems which seemed foundational are stripped away, leaving chaos and challenging long-held beliefs. It is a time of soul-searching; of confronting both inflated and deflated self-concepts; of surrendering to deeper, more expanded states of awareness; and of learning to trust inner guidance as absolute authority in one's life.

This workshop will be a rite of passage for both men and women going through this transition. Together participants will have the opportunity to discover each individual's unique self, and how each is in relationship to self, each other, the world, and spirit. Karen Turner will offer tools for self-exploration and awareness gathered over thirty years from psychology, mysticism, and shamanism, with time for discussion and sharing. The workshop will be uniquely designed to meet the needs of those attending. $740

Drawing the Mystic Light of Nature

Judith Cornell

Experience an initiation into Nature's consciousness through meditative drawing and gentle nature walks. This workshop combines elements of integral yoga and shamanic art with the esoteric skills of working with the subtle energies of plants. In Esalen's beautiful setting, participants will explore the gardens in a new way, working collaboratively with the flower and vegetable kingdoms to see and draw the inner light.

The goal of this work is to integrate one's inner vision with the outer physical perception of the colored lights reflecting from the surface of flowers and vegetables; this integration can then be captured on paper as luminous images. The workshop will present innovative color theory for blending rainbow-colored pencils to create radiant, vibrant works. Emphasis will be on understanding Nature as a living being and making a sacred connection.

This work is a convergence of art, science, ecology, and spirituality, drawing from the Eastern yoga traditions rooted in the mystery of light, sound, and consciousness as the matrix of all existence. The workshop is also a practicum in applied ecopsychology to reconcile the experience of Nature's consciousness with the scientific worldview.

No previous art experience is necessary. Please bring a notebook, a drawing board or smooth masonite board (approximately 18" x 18") with several large clips to hold drawing paper, and a quality hand-held pencil sharpener. Also bring any Berol Prismacolor drawing pencils you have.

Recommended reading: Cornell, *Drawing the Light from Within.* $740
(plus $30 materials fee paid directly to instructor)

Moving Beyond Memory: The Eidetic System of Personal Growth

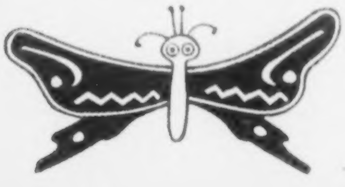
Heather Burch

Heather Burch writes: "Like a seed, we are fully endowed at birth with a blueprint for full development. However, during life we take on layers of experience that mask the original blueprint—the full expression and fulfillment of our potential. These experiences become memories which shape our view of our self and the world.

"Ultimately, we become imprisoned by these memories. We allow them to define not only what we believe we have been, but who we are and can become, regardless of our blueprint. But memory is notoriously inaccurate and limiting to our potential.

"Imagination can unleash our potential and give us access to the original blueprint—our deeper nature. By engaging the imagination with specific methods developed within the eidetic system, we can move beyond the frozen memories. The resulting new experience, rich in images, physical and emotional states, and perspective, frees us from the bondage of memory and initiates the healing process. As our deeper nature begins to emerge, new possibilities in life and significant aspects of ourselves long-forgotten or lost to us are revealed."

Participants will explore their inner landscape, the nature of mind, and the role of memory and imagination. They will be taught specific methods from the eidetic system for resolving conflict and reclaiming their potential. The workshop will be of special interest to individuals seeking healing and self-acceptance, as well as to therapists and bodyworkers. It will be primarily experiential but will include didactic work as well. $740



Weekend of September 15-17

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais* Approach

Patrick Douce

The work of Moshe Feldenkrais is based on the natural process by which we learned to move as children. During this workshop, soft, easy, gentle movements will be used to increase awareness of the body and to improve the ease and ability of movement. Special emphasis will be placed on the difficulties in movement that arise from chronic conditions such as lower back and neck pain, tension in the neck and shoulders, and knee injuries. Such conditions can be improved by approaching the difficulties as problems in learning rather than as therapeutic troubles. Situations which were "incurable" become "reëducable." Workshop participants will also be introduced to methods for improving their ability to sense each other's bodies through touch and massage.

Although this workshop is valuable for anyone interested in learning more about his/her body through direct experience, it may be of special interest and benefit to dancers, athletes, doctors, nurses, physical therapists, psychologists, health professionals, and elderly individuals who may discover new ways of moving with ease and increased flexibility—painlessly and immediately.

C.E. credit is available; see pages 60-61. $380

The Intersubjective Approach to Psychotherapy

Robert Stolorow, Leonard Bearne, Elena Bonn & Linda Loomis

During the past decade, Robert Stolorow and his collaborators have been elaborating a new theoretical paradigm for the conduct of psychotherapy. In this new paradigm, called intersubjectivity theory, the central guiding metaphor is the larger relational field in which psychological phenomena crystallize and in which experience is continually and mutually shaped. From an intersubjective perspective, crucial clinical phenomena such as transference, resistance, impasses, and the therapeutic process itself are seen to take form at the interface of the interacting subjective worlds of client and therapist.

Friday evening Dr. Stolorow will present an overview of the basic concepts of intersubjectivity theory. On Saturday his associates will discuss the clinical application of the intersubjective perspective to specific therapeutic issues. Sunday morning Dr. Stolorow will return to address questions that have emerged during the weekend.

This workshop is recommended for psychotherapists and counselors who wish to enlarge their capacity to gain access to their clients' inner experiences.

Recommended reading: Stolorow and Atwood, *Contexts of Being*; Stolorow, Brandchaft, and Atwood, *Psychoanalytic Treatment* and *The Intersubjective Perspective*. $380

Jewish Humor

Michael Krasny

What makes Jews funny? Do you need to be Jewish? Is there a non-missing link from the Old Testament to Mel Brooks and Woody Allen, Jerry Seinfeld and Gary Shandling? Is there really even such a thing as Jewish humor? AND WHY DOES A JEW ALWAYS ANSWER A QUESTION WITH ANOTHER QUESTION? Well, why shouldn't a Jew answer a question with another question? AND WHAT IS JEWISH ALZHEIMER'S? You forget everything but the grudges. AND AT WHAT STAGE DO JEWS CONSIDER A FETUS VIABLE? After completion of medical school.

This weekend will be a feast of Jewish jokes, humor, stories, and anecdotes which lead to laughter, wisdom, and deeper understanding of Judaic, Hebraic, and Yiddish culture, metaphor, folk spirit, and ritual. So do it already. Sign up. Be there. It will make your mother happy. $380

The Meditation Hall and Everyday Life: Transcending the Separation

Olga Luchakova

The goal of this workshop is to transcend the imaginary gap between sitting meditation and everyday activities by experientially realizing that the Self/God/Love is ever present. Tranquility and freedom are not states to be achieved but rather to be unveiled in the present moment.

The teaching of Self-Realization, called Advaita Vedanta or Jnana Yoga, has been transmitted since ancient times by such sages as Dattatreya and Shankara. In this century, through the grace of Ramana Maharshi and Nisargadatta Maharaj, this teaching has become known to a larger number of Western spiritual seekers.

These sages recommended certain practices that help to progress from temporary awakening experiences to the steady flow of Realization. The group will practice those most direct meditative methods that allow us to reveal our divine nature in its different aspects:

- Tracing the "I" to its Source (the aspect of Being)
- Halting the mindstream (the aspect of pure Awareness)
- Cultivating the longing (the aspect of Love/Bliss)
- Total surrender and gratitude (the aspect of Non-doing)

The workshop will address the most common doubts, concerns, and fears sometimes associated with rapid spiritual growth. $380

Transpersonal Medicine

Jeanne Achterberg & Frank Lawlis

The concept of transpersonal medicine has been coined from two fields of study, transpersonal psychology and medicine. Transpersonal medicine is healing from beyond the self, and recognizes that there are many resources beyond what we consider our consensual reality. This definition honors the integration of many eras of health care, expanding to include the ancient practices of shamanic work as well as the contemporary frontiers of psychoneuroimmunology and imagery.

This workshop will present many of the doors to alternate realities and specific avenues for accessing the wisdoms that lie just beyond the boundaries of the limits of self. Altered states of consciousness, ritual, advanced imagery techniques, the experience of community through joy, and transcendence are the basic topics for presentation. The workshop is designed to be primarily experiential with clinical applications for dealing with physical and mental problems from a professional perspective.

C.E. credit is available; see pages 60-61. $380

Week of September 17-22

Gestalt Practice

Christine Stewart Price

> *The Way, when declared*
> *Seems so thin and flavorless.*
> *Nothing to look at, nothing to hear–*
> *And when used–is inexhaustible.*
>
> –Lao Tzu

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that awareness is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. This form is similar to some Reichian work as well, in that emotional and energetic release and rebalancing are allowed and encouraged.

The emphasis is *intra*personal rather than *inter*personal. It is explicitly understood that participants are not patients but persons actively consenting to work (or play) in awareness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure or accomplishment. Through group exercises, meditations, and discussion, this workshop will introduce participants to the gestalt practice approach. The format will combine introductory group work with the open seat form in which each participant will have the opportunity to work with the leader in a group context.

Recommended reading: Perls, *Gestalt Therapy Verbatim*; Chodron, *The Wisdom of No Escape.*

C.E. credit is available; see pages 60-61. $740

Turning on the Light: A Choice to Live Consciously

Laura DeNuccio (Ma Prita) & Guest Leaders

> *In the sunlight of awareness, each thought and action becomes sacred.*
>
> –Thich Nhat Hanh

Laura DeNuccio writes: "What would you love to see in your life? What has meaning to your heart? To live fully, mindful of these questions, is a choice we can make moment by moment. This workshop is about honoring, empowering, and celebrating each person as we reclaim our wholeness/holiness as human beings making choices to live fully.

"Through the creative use of breath, sound, music, movement, and visioning, we will explore what our spirit longs to express. We will work to cultivate compassion and patience as we align with our personal truths in relation to others and the planet. There will be guided meditations to increase body awareness and aliveness, to dissolve and balance energetic blockages, and to quiet and expand the mind. Self-care and personal growth practices for daily living will be offered as a basic awareness practice to increase mindfulness, self-understanding, and the ability to be present in the moment.

"Attuning with Nature, taking light hikes into Big Sur, we can deepen our capacity to listen to our innate wisdom. By applying the creative use of the Spoken Word, we can expand a vision of possibilities for ourselves and the world in which we live."

Recommended reading: Fields, et al., *Chop Wood, Carry Water*; Chopra, *Quantum Healing*; Hanh, *The Miracle of Mindfulness.*

C.E. credit is available; see pages 60-61. $740

Five-Day Massage Intensive

Laurie Lioness Parizek & Robert Helm

Esalen massage consists of more than the long, flowing strokes for which it is well known. In this workshop, Esalen bodywork in many of its forms will be demonstrated, practiced, and discussed during this week of learning and relaxation.

The workshop will introduce grounding techniques, pressure point work, meridian massage, stretches, and manipulations. The instructors will present a bodywork style that both addresses individual needs and integrates the whole person, focusing on the concept of working from our essential being. Special attention will be given to self-care, quality of contact, breath awareness, and stress reduction.

The workshop will also incorporate movement, dance, and rhythm to integrate the bodywork. Yoga and meditation will be taught to encourage focus and serenity.

Participants will make full use of Esalen's beautiful grounds and facilities. Please bring warm, comfortable clothing and your favorite music or instrument.

C.E. credit is available; see pages 60-61. $740

Zen Teachings of Mountains, Rivers, and the Great Earth

Tenshin Reb Anderson & Steven Harper

Through the ages seekers and mystics of all cultures have gone to nature for inspiration, wisdom, and compassion. In this workshop, traditional Zen meditation will be taught and practiced as a vehicle for discovering a radically different way of experiencing the world. The workshop will take participants into the mountains and rivers where they can employ their newly awakened senses to receive the teachings of nature.

Each day there will be regular periods of meditation, group discussions, and day-hikes exploring the wilderness backcountry. This will be a time to cultivate and nurture awareness, listen to the silence of nature, and discover what Zen practice has to offer our experience of nature and daily life. Special emphasis will be placed on integrating Zen and the experience of nature into the inner vitality of our lives outside of the workshop.

No previous experience in hiking or Zen meditation is necessary. Students at all stages of practice are welcome. $740

Biodrama

Katriona Munthe

Biodrama is an interdisciplinary approach to the timeless human quest—to find the secrets of existence. It incorporates elements of art, music, theater improvisation, mythology, and modern psychology. It draws from the ancient Greek Orphic and Eleusinian Mysteries, where individuals set out on a journey to discover the depth of their spirituality—and were transformed in the process.

Biodrama was originally developed in Italy by Lorenzo Ostuni, who then brought it to America with Katriona Munthe in 1989. Here, it was described as a "journey into an archetypal universe which speaks of our capacity to live, to love, and even of our courage to die."

Workshop participants will re-enact through improvisation, mime, and music a journey into the body which commemorates the fundamental stages of existence: Bios (Life), Eros (Love), and Thanatos (Death). They will be invited to travel down into their own underworld—the unconscious—to meet the spirits and demons of their own creative passions. They can come to resonate with each other's emotions as they see them expressed in body language and learn to compare their own gestures with those portrayed by the great masters who painted the human body. Biodrama, in acting out the human drama, becomes an expression of art, of knowledge, and of caring.

Please note: Participants are invited to bring any photos or slides that have special meaning to them. $740

Weekend of September 22-24

A Weekend with Matthew Fox

Matthew Fox, theologian, writer, and teacher, is best known as the father of Creation Spirituality, a blend of mysticism, psychology, feminism, and environmentalism that emphasizes humanity's "original blessing" rather than its "original sin." Creation Spirituality integrates the wisdom of Western spirituality and global indigenous cultures with science's emerging understanding of the universe and the passionate creativity of art. For twenty-three years Fox has been presenting this ecumenical theology, which he describes as "a tradition that fosters an attitude that can change lives by giving hope and imagination . . . one that can so energize the wisdom from artists and scientists and world religions that it offers a substantially new way of thinking. It is a bridge that carries us back to the ancient past and forward with hope for the future."

An ordained Dominican priest, Fox was silenced by the Vatican in 1988 and dismissed from his order in 1993. He is founder and Editor-in-Chief of *Creation Spirituality* magazine, cited by the *Utne Reader* for "Best Coverage of Cutting Edge Issues." He established the Institute in Culture and Creation Spirituality at Holy Names College in Oakland, which he describes as a "wisdom school . . . [whose] primary purpose of knowledge is compassion, which is understood as celebration and justice-making."

This will be a weekend of thought-provoking talks, stimulating discussion, and experiential exercises. $380

Week of September 24-29

Stepping into Your Body of Light

Julian Isaacs & Patricia Fields

MARGARET LIVINGSTON

"Lightbody activation" is a path that helps individuals work consciously with their own subtle energy systems, utilizing the healing and transformative powers of transpersonal energies to refine the energy centers of the body. Lightbody activation synthesizes many sources, including kundalini yoga, depth psychology, and the teachings of Aurobindo and Mother Meera. These practices can catalyze the growth process, facilitating the release of old emotional and somatic patterns, thus extending the work of self-healing to all levels, from the physical body to the emotional, mental, and soul domains.

Participants will be shown how to differentiate among various energies and their applications, including the use of altered states of consciousness to unfold soul purpose, manifest reality, harmonize relationships, heal, and live in a more playful, joyful way, filled with grace. The workshop will include sound, music, movement, meditation, dowsing, intuition training, group and individual process, psychokinesis training, energy exercises, and fun. It is particularly useful for mental health professionals and bodyworkers, as well as others seeking to utilize subtle energy practices for personal growth, as the skills presented can support both one's own as well as one's clients' process.

C.E. credit is available; see pages 60-61. $740

Golf in the Kingdom: An Exploration of the Inner Game

Stephen Cohen, Fred Shoemaker & Brian Bergstrom

> *Ye'll come away from the links with a new hold on life, that is certain if ye play the game with all your heart.*
>
> —Michael Murphy (as Shivas Irons), *Golf in the Kingdom*

The game of golf provides many opportunities to enhance the journey of self-discovery.

It can be experienced not only as an athletic endeavor, but also as a metaphor for the way one lives. Just as in life, issues of self-confidence, fear, trust, discipline, and awareness emerge in the conflict between the ego's desire for success and the inner self's ability to achieve.

During these five days, teaching methods gleaned from a study of the inner game will be utilized, as well as principles from psychosynthesis and gestalt, to explore the inner self and how one interferes with its emergence. Two days will be spent on field trips to the Monterey Peninsula where participants will practice and play in some of the most beautiful golf country in the world. On other days there will be time to relax and enjoy the natural pleasures of Esalen and Big Sur.

Recommended reading: Murphy, *Golf in the Kingdom*; Gallwey, *The Inner Game of Golf*.

$740

(plus greens fees paid directly to the leader)

Change and Self-Esteem

Phyllis Shankman

Change is an ever present aspect of living which must be accepted and used creatively if one is to sustain a healthy, interesting, and exciting life. Many individuals talk about wanting change while actively or passively resisting it. Self-esteem, which includes self-acceptance, self-appreciation, and self-confidence, enables one to confront resistance and fear, and increases the willingness to change and take risks.

This workshop includes an in-depth process for finding and allowing self-acceptance and for creatively confronting opportunities for change and growth. Group activities include gestalt process work, discussion, massage, meditation, music, dance, art imagery exercises, and whatever else happens spontaneously.

C.E. credit is available; see pages 60-61. $740

A Course in Miracles

Julian Silverman

A *Course in Miracles* is a curriculum for changing your mind so that you can enjoy life. Its basic premise is that the mind can learn to empower itself by learning to *extend* itself. According to the *Course*, "All confusion comes from not extending life."

In this workshop the vision of A *Course in Miracles* is set within a framework of three of its critical ideas. Each one is introduced with a quote which spotlights a basic human learning need:

1. "Instruction in perception is your greatest need."
2. "You do not know the meaning of love and that is your handicap."
3. "Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it."

Elaborates Julian Silverman, "The first dovetails with my years of scientific research in the area of perception, in both the normal state and altered states of consciousness. The second fits with my lifelong search for a conception of love which integrates the spiritual and the physical. The third enables me to draw on my more than twenty years of experience as a psychotherapist and supervisor of psychotherapists, and my abiding interest in spiritually-based self-examination."

The workshop uses a combination of conceptual and experiential learning methods.

Prerequisites: Own a copy of A *Course in Miracles*. Be interested in learning what's in it.

$740

Relationships: Letting Go—Moving On

Mary Goldenson (Devarani)

> *For one human being to love another: that is perhaps the most difficult of all our tasks, the ultimate test and proof, the work for which all the other work is but preparation.*
>
> — Rilke

The fabric of our lives is made up of relationships. All of life's relationships will be the focus of this workshop: family, friends, lovers, co-workers, partners.

Often beliefs, defenses, fears, and emotions about past relationships continue into our present relationships and keep us from spontaneous feelings of love, trust, and joy. The goal of this workshop is to experience these patterns and create new ways to relate in the moment to ourselves, others, and our work. This workshop can help you:

- Find out how your relationships mirror you
- Get a clearer picture of what you want and how to get it
- Examine ways you sabotage yourself
- Learn more about how others see you
- Learn practical tools and knowledge that will help create empowered relationships

$740

Present at the Creation: Reawakening the Artist Within

Esalen Arts Center Staff

It is said that the drive to create—to be original, inventive, resourceful—is as vital as the biological drive of hunger and as life-enhancing as the spiritual call to wholeness. As children many of us were thwarted in this essential expression of the human life-force. We were taught that it was the end result that was all-important, and thus were denied the exhilarating experience of the creative process itself. And we allowed our creative expression to go to sleep.

This workshop invites you on a journey of reawakening. The Arts Center staff will provide a safe, supportive environment for you to rediscover the creator within. There will be a variety of art media available, which may include painting, pottery, silk-dyeing, dance and movement, mask-making, ritual, and group work. The leaders will offer exercises, as needed, to stimulate and liberate your creative expression, as they guide you deeper into the world of your own imagination and playfulness.

This will also be a wonderful opportunity to get messy. No previous art training is necessary. $740

Weekend of September 29-October 1

Reinhabiting Your Body: An Experience in Authentic Movement

Tina Stromsted

"Authentic Movement" is a meditative form of dance influenced by the psychology of Carl Jung. This workshop offers a structure within which natural movement can bloom and be nurtured, allowing individuals to discover ways to engage their creativity and make soulful self-contact.

The body is the mediator for all of life's experiences. Our bodies form our closest link to the unconscious, providing avenues for deep and lasting change. If we are locked into a muscular pattern held around a specific image, this can determine not only how we move but how we live. Uncovering images of the self that may have locked us into painful or dissatisfying ways of living can help us to heal wounds and find freedom of expression.

Through moving and witnessing in a safe space, participants in this workshop may explore their own inner dance as it unfolds. Body-related issues, unresolved developmental material, preverbal memories, and transpersonal experiences may emerge, leading toward integration and wholeness.

Designed for mental health professionals, educators, artists, and those interested in personal growth, this experiential process aids participants in bridging body and psyche through expressive movement.

C.E. credit is available; see pages 60-61. $380

Return, Remember, Renew: The Jewish New Year

Rabbi William Cutter

Writes Rabbi Cutter: "The Saturday between Rosh HaShanah and Yom Kippur is called 'The Sabbath of Return,' a day between the two major observances of the Jewish year devoted to reflection, study, and fellowship. In the spirit of Esalen, we shall work together to reflect on the year past, on sins and old wounds; and we shall anticipate the new year through story, poetry, and ancient Jewish texts: halkha, aggada, and kabbala. The workshop will include Sabbath observance—Shabbat at Esalen is easy to observe—and inquiry into the nature of Jewish repentance and elevation of our spirits. An opportunity to remember and forgive."

This will be the third year of this Esalen series on the Jewish New Year. The workshop is limited to twenty participants. $380

Self-Empowerment and Purification: The Farther Reaches of Gestalt

Julian Silverman

"We badly need a new orientation, a new perspective," wrote Fritz Perls. "We have graduated from the infant's 'I can't help myself,' to the adult's 'I can't help myself because . . .' But psychology and psychiatry were never meant to be after-the-fact justifications for continuing neurotic behavior, behavior which does not permit the individual to live up to the maximum of his capacities."

In his autobiography, Perls speculated that a new form of psychotherapy would emerge and that it would entail some kind of cleansing or purification process. He was not clear, however, how it would work. In actuality, he had prepared the way quite well for the next form.

In this workshop the boundaries of the "next form" are defined and examined using both didactic and experiential sessions. Two interrelated processes are emphasized: the first, a purification process, has the purpose of "wiping the slate clean" of mental debris; the second has the purpose of identifying a personal center from which to act with power.

Introductory Workshop Principle #1: Take responsibility for every emotion, every movement you make, every thought you have.

Recommended reading: *A Course in Miracles.*

C.E. credit is available; see pages 60-61. $380

Drawing with Color

Leigh Hyams

This is a workshop for people who want to reconnect with the heightened awareness that comes with drawing and the pleasure that comes from deeply experiencing color. Previous art experience is not a prerequisite.

The leader's unusual teaching methods enable students to draw immediately with joy, inventiveness, sensitivity, and wildness. Participants will be introduced to a variety of techniques and media—both orthodox and unorthodox—while exploring the pleasure of working with color. They can leave the workshop with a portfolio of drawings, a full sketchbook, and the ability to see the world with fresh eyes.

$380
(plus $25 materials fee paid directly to the leader)

Week of October 1-6

Creative Bodywork: An Advanced Workshop

Deborah Anne Medow
& Esalen Teaching Staff

> *No one is ever competent enough, nor is any technique ever effective enough. It is only the continuing growth of the practitioner that can guarantee competence and effectiveness.*
>
> —Thomas Hanna

This is an opportunity for massage practitioners to improve their skills, stimulate their creativity, and experience current trends in massage and bodywork. Cross-fiber friction, polarity therapy techniques, spiritual massage, yoga, movement, and meditation will be included.

Assisting in this workshop will be longtime Esalen teachers and practitioners Carl Chase (C.C.) and Maria Lucia Holloman.

Enrollment priority will be given to Esalen-certified practitioners.

C.E. credit is available; see pages 60-61. $740

Consciousness and Healing: History, Philosophy, and Practice

Eugene Taylor

This workshop, examining practices of inner exploration, is designed to help you think more clearly about self-knowledge, character development, and the probable means by which healing takes place. It will present an overview of the mind/body problem; a history of mystical experiences, healing practices, famous healers, and spiritual communities; an exploration of psychotherapeutic and psychoanalytic techniques; and experiential sessions to learn *ki* development. The format will consist of slide-lectures, discussion and feedback, and in-depth experiential sessions. This balanced combination is intended to:

- Make you want to learn much more about the history of healing
- Make you feel better about involvement in any aspect of healing
- Provide you with an opportunity to interact with kindred souls who feel the same way

C.E. credit is available; see pages 60-61. $740

Pilobolus Technique: Choreographic Creation

Jonathan Wolken

Since its first appearance, Pilobolus Dance Theatre has been a pioneer in American contemporary dance, creating its own unique method of choreography. This workshop is based on Pilobolus's evolving understanding of technique as a creative collaborative process. Dance is approached not as an inflexible physical regime but as an expressive medium for people of all ages, backgrounds, and levels of experience.

Taught by Pilobolus founder Jonathan Wolken, this workshop will focus on the choreographic process that makes movement a powerful means of expression. The group will investigate the lively mixture of form and flow, abstraction and theatricality, strength, force, and balance that are at work in the realm of dance.

Participants will explore a wide variety of movement through improvisation and will choreograph a number of short dances. It will be an opportunity to indulge in the incredible panorama of human motion.

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Extensive dance training is not necessary, although a reasonable degree of fitness is advised. Participants should be willing to be physically energetic and enthusiastic. $740

Moving Through Idealization and Shame to Love: A Workshop for Gay Men

David Hawkins

David Hawkins writes: "Men who are homosexual (or bisexual) live in a bicultural world. Our personalities are shaped by the expectations and values of the culture into which we were born and those of the culture we may choose to join. In each culture certain aspects of our humanity are idealized while other aspects are shamed. Our lives and our options are limited or supported by the strategies we have developed to respond to idealization and shame.

"Each of us achieves a unique balance of adaptation/individuation, confrontation/capitulation, hiddenness/openness, coming out/passing. Since no lifestyle is inherently more honorable than another, each must be evaluated as to its costs and benefits to each individual's current developmental needs.

"Because loving relationships depend on knowing and being known, understanding and being understood, strategies for achieving the ideal and avoiding the experience of shame may actually be preventing us from reaching the love and intimacy we desire. This workshop is for men who are willing to work and risk together to create an environment in which the true self can be seen and heard." $740

Handwriting Patterns: Possibilities for Healing and Change

Vimala Rodgers

From birth we listen to teachers, parents, friends, and relatives, and we interpret what they say about us. We begin to believe that this is who we really are, and shape our personality accordingly. As a result, we create a belief system that often prevents us from utilizing our natural resources. All of this is clearly reflected in our handwriting, which child psychologist William Preyer calls "brainwriting." When we write, each stroke of the pen not only reveals our personality, it reinforces it. This workshop in applied graphotherapy goes a step further than conventional handwriting analysis and focuses on altering specific writing patterns as a means of restructuring and unlearning old beliefs and imprinting new ones that can expand our potential beyond what we imagine. Graphotherapy provides a powerful model of the mind and a set of behavioral tools that allow us to unlock some of the hidden mechanisms of our belief systems.

Participants will learn how to identify both limiting and expansive belief patterns in their writing, and will be given personalized stroke or letter changes that reinforce self-esteem and create the possibility of uncovering long-hidden talents and abilities.

Recommended reading: Rodgers, *Change Your Handwriting, Change Your Life*; Chopra, *Quantum Healing*.

C.E. credit is available; see pages 60-61. $740

Fibers of Infinity: Adventures in Handmade Paper

Madeline de Joly

Paper juxtaposes issues of communication and silence, nature and culture, permanence and change. In this workshop participants

MARGARET LIVINGSTON

can discover, from the first impulses of creativity, the wonder of working with vacuum-formed paper during a week of experimental art-making, discussions, slides, videos, and inspirational readings.

The range of possibilities of the medium is vast. Both convex and concave surfaces are simultaneously possible. The pulp can be used in its pure form or it can be altered by embedding non-organic or organic materials within the fibers. An infinite variety of imprinted or cast textures can be introduced. Before drying, the pressed paper can remain flat or be shaped by being rolled, folded, squeezed, tied, or cast over forms. Further investigation can include the embedding of dimensional or flat graphic imagery, the casting or imprinting of objects, and layering. Forces of nature, found objects, and multimedia components can be integrated at any stage of development.

Emphasis will be on working in a self-referential manner with an underlying conceptual component. The tacit goal is to invoke spiritual contemplation through witnessing the evolution of amorphous material becoming two- and three-dimensional expressions. On the feeling level, artistic expression can radiate the completeness of life.

Recommended reading: Yanagi, *The Unknown Craftsman*; Saint-Exupery, *The Little Prince*; Heller, *Papermaking*. $740

Weekend of October 6-8

Relationships, Power, and Abuse: A Process Work Seminar

Max Schuepbach

Process Work, developed by Arnold Mindell, works with relationship difficulties using a wide array of methods. Many relationship problems, including stagnation and loneliness, can remain nearly unchanged in spite of working on one's personal history. Working with sexism, racism, and homophobia, Process Work has found that many of these difficulties are not only rooted in the personal psychology of the individual, but reflect a political and cultural reality. This workshop will introduce the methods of Process-oriented group process to increase awareness of these connections and will use this awareness for conflict resolution around issues of power and hierarchy.

In addition, Process-oriented methods will be used to work on old abuse traumas that surface in relationships and create difficulties that stop us from finding and living our ideals in relationship. Participants will work individually and in dyads on these issues. $380

Building a Successful Career as a Writer, Public Speaker, and Consultant

Ken Dychtwald & Bob Kriegel

In this seminar the leaders, sought after speakers and successful entrepreneurs (and long-term friends of Esalen) will share many tips and strategies they have learned about how to avoid mistakes, save time, and achieve some measure of inner and outer success and satisfaction in writing, public speaking, consulting, and business development. Topics will include:

- Why be a consultant? How to make a living from it?
- Chasing your dreams, conquering fear of failure, and taking risks
- Getting published and what to expect from the process
- Selling audio and video programs of your work
- Developing a career as a public speaker
- Gaining access to broadcast media—what to do and say on the air
- Building a leveraged business around your energy and ideas
- Money and karma—reflections on the ups and downs of success
- Developing and keeping passion—the fire in your belly

In addition to the meeting agenda, ample time will be provided to enjoy the wonders of Esalen and Big Sur.

Please note: The leaders are donating their fees to the Esalen Scholarship Fund. This is the only time and place that this workshop has ever been offered. $380

Toward Waking Up: Cultivating Mindfulness

Charles Tart

Ordinary consciousness is a kind of waking sleep, an absorption in our personal and cultural illusions. This apparently strange Eastern concept is actually supported in detail by Western psychological data. Given this, how can we awaken? Our essential selves were invalidated and suppressed in childhood, as part of our "education." How can we rediscover and nourish them? Our instinctual and sensory wisdom is buried under cultural noise and distraction. How can we come to our senses?

G.I. Gurdjieff, one of the first teachers to adapt Eastern spiritual methods to Western culture, developed practices for awakening from our sleep, our cultural trance. Occasional retreats to exotic places like Esalen are quite useful, but ordinary life is the best setting for using psychological and spiritual development practices that emphasize balanced work on mind, emotions, instincts, and body. This workshop will examine Gurdjieff's main ideas, integrating them with modern growth psychology.

Self-observation and self-remembering will be taught as a primary meditation-in-life for increasing self-understanding and living more effectively in the here and now. These practices use that most marvelous tool that is always with us—our bodies. The workshop will also review basic formal meditation practice as an aid to mindfulness. The emphasis will be on practicing awakening as part of everyday life.

Recommended reading: Tart, *Waking Up* and/or *Living the Mindful Life*. $380

Building in a Sacred Way

Tom Bender

Many social problems, such as alcoholism, drugs, homelessness, and child abuse, share a common root. They arise out of lack of self-worth and mutual respect, and a lack of opportunity to be of value to family and society. They are all diseases of the spirit and of the absence of a sacred basis to society.

Similarly, our homes and communities embody our attitudes, good, bad, sacred, or indifferent. Changes to our surroundings can reaffirm the sacredness of our world. They can embody the values and reestablish the sense of respect and honor essential for social health and a sustainable society.

This workshop will examine how to create sustainable communities and nurturing homes, with emphasis on the importance of building from a spiritual base. It will investigate the economics which make that essential and possible. There will be exploration into the modern application of *feng-shui*, which involves the energy interactions of people and places, as well as into the reasons for rituals of founding and using places which sustain their energy and the meaning they hold. The workshop will use the power of Esalen's setting to teach how to embody the same spirit in our homes and communities. $380

Self-Transformation: The Art of the Actor for Everyday Life

Jane Marla Robbins

Transforming feelings of anxiety and insecurity into feelings of self-confidence and joy is a miracle that can happen in all areas of one's life—physical, emotional, spiritual. This transformation can help us fulfill our potential for the roles we have chosen to play—child, parent, artist, public speaker, shaman, sensualist, or spouse.

The group will explore and discuss a wealth of acting techniques, including: physical, mental, emotional, vocal, and spiritual preparations, relaxation, sense memory, the magic "as if," animal exercises, overcoming self-consciousness, speaking the truth, perfect props, and psychophysical action.

Participants can learn how to replace old fears and paranoid projections with self-manufactured pleasures and positive projections. Many "real-life" situations ordinarily fraught with worry can easily be transformed using the Actor's Imagination. The power and pleasure of being able to create a sense of well-being can be experienced by everyone, and, once discovered, cannot be easily shaken.

No previous acting experience is necessary.

$380

October 7-14

Heart of Big Sur: Wilderness Journey into the Santa Lucia Mountains

Little Bear Nason & Steven Harper

For workshop description see Wilderness Programs, page 58. $790

October 8-15

Cortical Reeducation® and the Feldenkrais Method®

Harriet Goslins & Patti (Lawrence) White

How a person sits, stands, or moves reflects patterns that are "wired in" to the nervous system. This information can be erased or changed. By reeducating the brain-muscle connection, restrictions in movement can be freed, freeing lifetime habits that have organized around that movement.

This work is a relearning of the ease and fluidity taken for granted as a child and lost somewhere along the way. Physical injury, emotional trauma, or ongoing stress all evoke a protective response from the body. These patterns remain when no longer needed, outside of awareness, and continue to cause discomfort and limitations. Freeing them results in relief of chronic pain or tightness and a higher energy level. By changing muscular holding patterns, the entire protective posture is altered, deeply affecting the body's habitual defense system. Thus, new movement possibilities mean new self-image possibilities.

Fears and anxieties have corresponding muscular habits. Verbal information or spiritual practice that fails to extinguish these habits may fail to eliminate the toxic behavior.

This workshop is for those who are physically active and fit and want to increase their skills while learning to reduce risk or injury; for the sedentary or those dealing with after-effects of injuries; for chronically tired and stressed individuals who want to learn how to take better care of their neck, shoulders, and back; and for those who want to improve their posture and breathing and live with more flexibility and comfort.

C.E. credit is available; see pages 60-61. $1110

Week of October 8-13

Tantra: The Art of Conscious Loving

Charles Muir & Caroline Muir

Few of us have been blessed with healthy childhood conditioning and education regarding the mysteries of sexual love and sexual energy. This can leave many individuals less aware and conscious about their sexuality than they are in other aspects of their lives. Tantra can transform sex into a loving meditation, putting more consciousness, energy, intimacy, joy, and love into sexual exchanges.

Participants will learn and discuss various ways to increase intimacy and passion in their relationship. Tantric meditation and ways to exchange sexual energy in a safe, nonsexual manner will also be taught in the workshop. These methods can then be practiced in a sexual way in the privacy of your own home.

This workshop is open to couples only.

$740
per participant

The Subtle Art of Meditation

David Streeter

The experience of insight, tranquility, inner strength, and aliveness can be found within our everyday life through the ancient art of meditation.

This workshop will approach traditional meditation practice in an unusual way. In a retreat atmosphere, participants will prepare the body/mind for silent listening with fluid movement from the martial arts and yoga. The workshop will incorporate breathing methods (Prana-Yama) and energy work with Zazen (sitting meditation). Other activities will include a silent listening hike in the wilderness, group meditation in a nearby contemplative monastery, and Zazen at Esalen's meditation center nestled close to a waterfall.

This approach to the subtle practice of meditation through the body can inspire the student to discover his or her rich interior life and that crystal-clear still point described so well in every spiritual tradition.

C.E. credit is available; see pages 60-61. $740

Opening to Ourselves and Others

Rachel Harris

In order to survive and make our way in the world, we develop defense mechanisms, rigid patterns of thinking, feeling, and behaving. We deaden, dissociate, or sacrifice parts of ourselves during early childhood experiences, chronically stressful situations, or traumatic events. These brittle habits, originally designed for survival, limit our vital connection to ourselves as well as to others. We create our own self-limiting prisons.

"This workshop is about softening, melting, opening," writes Rachel Harris. "We will create a safe opportunity to identify our chronic defense patterns and explore who we are underneath these personality structures. We will seek to become more objective about ourselves and increase our psychological freedom. The focus is to deepen our sense of ourselves and enhance our capacity for relationship with others.

"We will use an integrated approach of body awareness, mindful introspection, breathing, creative expression, and dyadic exercises to gently lighten the burden of our chronic defenses. The opportunity is to stop being who we think we have to be and develop the process of being with ourselves as we are, which is all we really have and what we will take home with us." $740

Weekend of October 13-15

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 8-10. $380

Pushing the Envelope

Terence McKenna

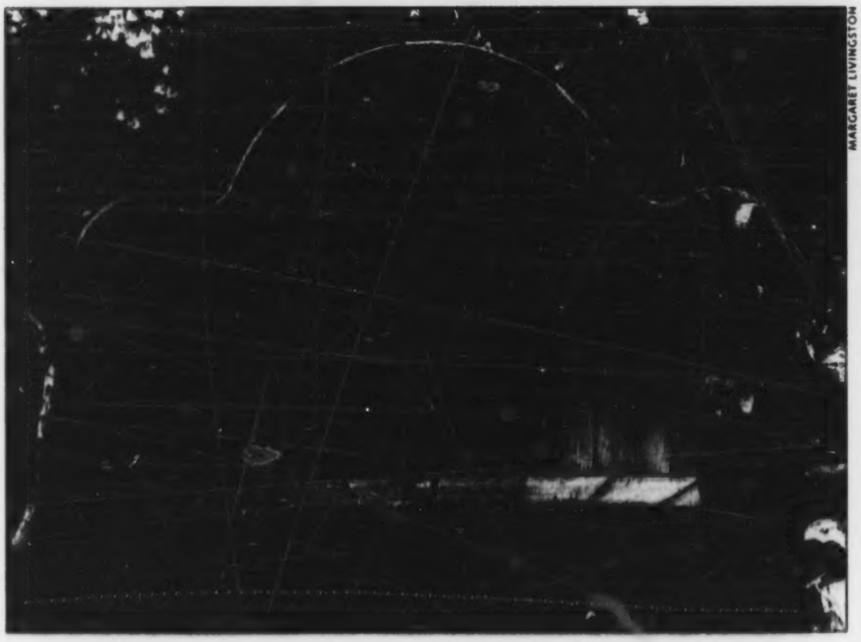
Submits Terence, inimitably: "Fun and conviviality for ravers, anarchs, cyborgs, boppers, androids, vat clones, zippies, and old-fashioned just plain freaks. The plot is revealed and the stakes rise as we approach the end of the Millennium. Join us for a pre-solstice meditation on the state of the condensing techno-lapis of the collective human soul and the mysteries of the attractor at the end of time. We will discuss self-directed psychedelic cartography, zippie culture, post-everything sexuality, four-dimensional map-making, and the care and feeding of psychedelic plants and people. Excursions into botany, ontology, epistemology, pataphysics, and dubious puns are bound to occur. Think-along fun for double Scorpios, pagans, explorers, fans of Tantra and alchemy. Practical approaches to rave culture, the problem of post-Modernism, and the search for real love and community. All are welcome." $380

When Drummers Were Women

Layne Redmond

This century has seen a vast unearthing of the images of the Great Goddess and her priestesses. Throughout the ancient Mediterranean world, she is portrayed with her tambourine or frame drum. The frame drum is one of the oldest, most primal instruments and was predominantly played by women with their bare hands. A powerful trance-inducing instrument, it was used in the religious rites of many goddesses, including Inanna, Ishtar, Isis, Artemis, Aphrodite, and Demeter.

This weekend will focus on hand drumming techniques and their relationship with the elements of earth, water, fire, and air. Working in a circle and using the force of gravity, participants will practice synchronizing with the energy of the earth and radiating a group pulse. These rhythmic rituals are an ancient technology for accessing higher levels of awareness and releasing a deeper feminine energy.



MARGARET LIVINGSTON

This workshop is for women only. No prior experience with frame drums is necessary. Drums will be provided. $380

Psychosynthesis: Personal and Transpersonal Growth

John Firman & Ann Russell

Psychosynthesis was born in 1910 when the Italian psychiatrist Roberto Assagioli became dissatisfied with psychoanalysis. Although Assagioli was a colleague of Freud and Jung and an early pioneer of psychoanalysis in Italy, he saw that psychoanalysis neglected the healthier and "higher" aspects of human nature.

A student of philosophical and spiritual traditions of both East and West, Assagioli sought instead an approach which would address not only psychological wounding and personal development, but, in addition, the "transpersonal" dimension—the dimension of inspired creativity, altruistic ideals, and peak experiences. Since that time, psychosynthesis has grown to become a compassionate and comprehensive psychology of the whole person, providing the practical means for examining one's life and for discovering how to grow more fully into one's true self.

This workshop will be an experiential overview of the theory and practice of psychosynthesis. It is an invitation to explore the heights and depths of human being, including subpersonality or "ego-state" work, object relations and family-of-origin issues, the superconscious and transpersonal self, and the experience of "vocation" or "call" in life. The intention is to gain a deeper feel for our unique psychological and spiritual journey, to get a sense for what our next steps on this journey might be, and, most essentially, to find a greater compassion for ourselves and others.

C.E. credit is available; see pages 60-61. $380

Week of October 15-20

The Upledger Institute's SomatoEmotional Release I

John Upledger

SomatoEmotional Release is a healing process that helps rid the mind and body of residual effects of past trauma and associated negative emotional experiences. Joint research efforts by Dr. John Upledger and biophysicist Dr. Zvi Karni led to the discovery that the body often retains (rather than dissipates) physical forces as the result of an accident, injury, or emotional trauma, and then isolates the dysfunctional area, creating what we call an "energy cyst."

Although a reasonably healthy body can work and adapt to "energy cysts," extra energy is required to perform normal bodily functions. As the years pass, the adaptive pattern of the body loses its effectiveness, and symptoms and dysfunctions begin to appear which become more difficult to ignore or suppress.

In SomatoEmotional Release I, students learn how to assist the patient/client in physically identifying and expelling the "energy cyst" and in reëxperiencing and resolving unpleasant memories.

Students must have completed CranioSacral Therapy I and II before participating in this course, either at Esalen or elsewhere. For further information see Special Programs, page 56.

Required reading: Upledger, *SomatoEmotional Release and Beyond* and *CranioSacral Therapy II: Beyond the Dura*; Fisher and Ury, *Getting to Yes*.

C.E. credit is available; see pages 60-61. $740

Focusing: Treasure Maps to the Soul

Ann Weiser Cornell

Focusing is a body-centered process which you can use to bring clarity and fresh air to all the life issues you face. Eugene Gendlin developed Focusing after researching why psychotherapy doesn't always succeed. He discovered that successful therapy clients had a vague, hard-to-describe inner awareness, a bodily *felt sense* about their issues. Listening to the felt sense proved to be a key component of psychological change.

This workshop is an opportunity to learn this gentle, powerful process of bodily attention, to listen to your own felt senses, exploring the subtleties of feeling that are there for you, in an atmosphere of respect and safety.

Ann Weiser Cornell writes: "I have discovered seven Treasure Maps that show where wholeness can come back into your life: self-criticism, confusion, obsessions and secrets, blocks, addictions, depression, and unfulfilled desires. Step by step, I'll show you how to listen to the parts of you that seem most stuck, and invite them to tell their stories and release. We think we have to push ourselves to change, but inner gentleness and compassion bring change faster."

This workshop is designed for beginners as well as those familiar with Focusing. Helping professionals can learn powerful tools for working with clients.

C.E. credit is available; see pages 60-61. $740

Taoist Chi Kung: Enhancing Vitality

Master Share K. Lew

Traditional Taoist concepts of health, longevity, and harmony with nature will be introduced by Master Lew, a monastery-trained Taoist priest from southern China. The core of the workshop will be instruction in the "Shen," a set of twelve Chi Kung exercises (six standing, six sitting) whose primary purpose is self-healing. These rare exercises can also develop better concentration, increase visual and auditory acuity, and enhance sensitivity to oneself and others. Master Lew will discuss the use of everyday foods and Chinese herbs in healing, and tell stories from his life in the monastery.

Master Lew, now seventy-seven, was among the first to openly teach Chi Kung (Taoist internal energy cultivation) to non-Chinese. His monastery style, Tao Ahn Pai, dates back 1300 years to Lui Dong Bin in the Tang Dynasty, who is one of the Eight Immortals of Taoism.

Recommended Reading: Porter, *Road to Heaven: Encounters with Chinese Hermits*; Deng Ming-Dao, *The Wandering Taoist*.

C.E. credit is available; see pages 60-61. $740

Proprioceptive Writing: Demystifying the Creative Process

Linda Trichter-Metcalf & Tobin Simon

"Proprioception" is a physiological term for kinesthetic sensation—feelings that originate in the body's interior. Proprioceptive Writing is a method through which inner intelligence is stimulated: meaning is approached through feeling. The originators of this method will lead participants in an experiential exploration of a simple yet richly subtle method of writing that demystifies the initial stages of the creative process.

Proprioceptive Writing is practiced to music in 25-minute sessions under stress-free conditions, either in groups or alone. This method takes the emphasis off writing and focuses on the experience of inner hearing, activating the auditory imagination—the key to emotion and the path toward feeling. Once participants relax into a listening stance, their psychological space expands and they can begin to speak through their writing with simplicity and strength. Writing becomes textured as well as cathartic. Because this process releases the writer from the painful pressure to produce form, it feels fluent, like meaning in motion. It lets you enter your own mind and forget the world.

This workshop is valuable for people who are seeking a form of written expression, a creative ritual, or a meditative discipline, and also for those who desire increased focus and personal meaning in their lives. $740

The Future of Leadership: Integrating Creativity, Value, and Accountability

Bruce Gregory

Bruce Gregory writes: "In the future, leaders will work creatively to transform climates of exploitation, frustration, and discomfort with climates of accountability and value."

This workshop is for executives, managers, and others who are committed to improving their leadership skills. The focus will be on:

- Developing skill to respond with creativity—as opposed to reactivity—to communications of blame, defensiveness, manipulation, and intimidation
- Developing skills to transform blame into accountability when facilitating conflict resolution
- Assessing personal needs in order to stay grounded and focused on the achievement of goals and visions
- Exploring internal resources via creative use of unconscious processes to expand availability and trust of these resources

The processes used will include: giving and receiving feedback on communication and leadership styles; mind/body exercises for learning to creatively use the unconscious; and role-playing. Some didactic information will also be covered.

C. E. credit is available; see pages 60-61. $740

Weekend of October 20-22

Awakened Mind II: Advanced Brainwave Training and Transcendent States

Anna Wise

After the initial Awakened Mind brainwave training, how do we develop brainwave states and practice meditations that take us to internal spaces of greater spiritual awareness and transcendence?

Focusing on the union of beta, alpha, theta, and delta brainwaves, participants will explore "the space of consciousness" which can unlock hidden realms of perception and understanding. The group will work with developing concentration and memory, opening up the storehouse of internal energy, deep psychic relaxation, and the expansion of consciousness for self-healing and healing.

To help access and develop higher states of consciousness, a variety of practices will be used, including inner visualization and sensualization, Yoga Nidra, Chidakasha meditation, open-eyed brainwave training, Trataka, and Antar Trataka. Participants will also look at how Eastern meditations and visualizations as well as meditations from the tantras are used for personal transformation.

The Mind Mirror EEG will be used to demonstrate and monitor brainwave patterns, and Electrical Skin Resistance Meters will be available to measure the depth of arousal and relaxation.

The seminar is open to anyone who has participated in a previous workshop with Anna Wise.

C.E. credit is available; see pages 60-61. $380

Taking Care of Yourself While Helping Others: Survival Tools for Service Professionals

Dennis Portnoy

Service professionals—nurses, counselors, educators, administrators, those in helping roles—are at great risk for burnout and decreased effectiveness. In addition to facing increased pressures in the workplace, they frequently perpetuate familiar self-defeating habits of relating, such as over-identifying with their role as helper, taking on too much responsibility for both work and the feelings of others, making everyone else's needs more important than their own, and deriving self-worth from being needed by others. This behavior limits effectiveness personally and professionally and leads to burnout. Participants will be shown ways to:

- Deliver service excellence without becoming overextended
- Distinguish between healthy and unhealthy giving
- Minimize the negative effects of stress in a demanding work environment
- Learn how to protect themselves and recover from continual exposure to other people's suffering
- Identify and counteract dysfunctional helping styles

Nonprofessionals who are in a helping role or people involved in taking care of loved ones are also welcome to attend.

C.E. credit is available; see pages 60-61. $380

Writing and the Act of Creation

George Leonard

Participants will be encouraged to break through ego-barriers and cultural conditioning that inhibit expression. In so doing, they will have a chance to experience the creativity that is inherent in all of life. There will be little in the way of theoretical discussion and no critiques of past works. Simple movement will serve to reduce stress, free the mind, and focus the will. Participants will have the opportunity to write furiously in the here and now and to get immediate feedback. Before the weekend has passed, they in all probability will have completed a short article or fictional work, and will have experienced some of the joys and heartaches that accompany publication. Bring pencils, pens, or portable typewriters—and plenty of paper.

Recommended reading: Strunk & White, *The Elements of Style*; Leonard, *The Silent Pulse* and *Walking on the Edge of the World*. $380

Forgiveness: The Key to Intimacy

Mary Goldenson (*Devarani*)

All life is about relationships. Creating an alive and honest connection with an intimate partner requires us to go deeply into our hearts and allow the courageous self to emerge. This journey to intimacy begins with the path of forgiveness.

How does forgiveness lead to intimacy?

- It allows us to let go of anger, resentment, and grief
- It allows the agitated mind to move more deeply into the healing heart
- It resolves separation from ourselves and from others
- It allows us to give up inflicting punishment on ourselves and others
- It allows us to complete unfinished business

The workshop will present ways to help complete the past, be open to the present, and create the future. It will offer a safe, supportive environment that will include taking risks, intense bodywork, gestalt imagery, dance, and meditation to support the commitment to the process of discovering ourselves.

This workshop can be especially helpful for those dealing with boundary issues, the effects of a dysfunctional family life, or addictions that have been used as a defense against intimacy. It is appropriate for everyone, whether in a good relationship or troubled, as a couple or alone, mother, father, daughter, or son, or in the healing professions. $380

Joy, Inspiration, and Hope: A Retreat for Gay Men

Scott Wirth

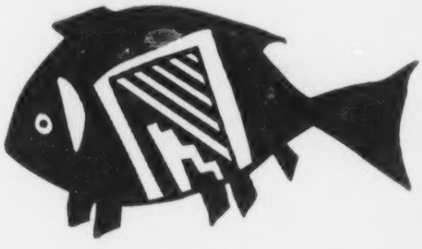
"As gay men," writes Scott Wirth, "our psychological lives are too often defined in terms of deficit and injury: we are not 'real' men; we are 'sick and sinful'; our lives are being robbed from us by AIDS—the long, dark list goes on. Our gay male psyches are invariably overburdened with the images and emotional residue of victimization, oppression, and tragedy.

"Without denying the dark aspects of our lives as gay men, we will emphasize the joyful, inspiring, and hopeful aspects of our histories, present lives, and futures. We will visit five phases of our lives: infancy, boyhood, adolescence, young manhood, and midlife. We will blend together memory, fantasy, and stories we have heard.

"In a series of guided experiential sessions, we will construct and journey through what Jungian analyst Verena Kast has called our 'biography of joy,' this time as gay males. We will discover ways in which our soul remained inwardly steadfast throughout the different phases of our lives, nurturing and protecting us in ways that no parent or caregiver ever did. We will also recall and honor those who supported us—usually unknowingly—in the formation of our gay identity."

If you wish, bring a cassette of music which you find joyous, inspiring, or hopeful (each piece five minutes or less).

Recommended reading: Kast, *Joy, Inspiration, and Hope*. $380



Week of October 22-27

Esalen Arts Festival

This week Esalen will be hosting its first Arts Festival, a five-day appreciation of the arts, bringing together painters, musicians, dancers, actors, and writers. There will be guest performances, instruction in various art media, poetry readings, multimedia events, and panel discussions. Participants will be offered a range of classes from which to choose, including instruction in painting, sculpting, singing, and dance. A number of events will take place outdoors—on our sloping lawn overlooking the Pacific Ocean, in our new amphitheater and dance platform, and in the Esalen garden. The biggest events will be held in a forum that will comfortably accommodate all participants.

At Catalog publication time, scheduled to appear are several Esalen longtime favorites and some stimulating first-timers. There will also be a number of unannounced surprises. A full schedule will be provided to participants. For up-to-the-minute Festival line-up information, please call 408-642-4765.

Whether you are an artist, an art lover, or an artistic spirit, the Esalen Arts Festival is sure to be a stimulating, enriching, and memorable event.

Please note: Since there will be only 70 beds available this week, early registration is recommended. $740

Weekend of October 27-29

Introduction to Mindfulness Meditation

James Baraz

Mindfulness—or vipassana—meditation is the practice described by the Buddha for developing wisdom, compassion, and peace. Vipassana, "to see things clearly," means being mindful of what is actually happening in the present moment. Using the breath, body sensations, thought, and emotions as objects of attention, we can learn to be fully awake and bring a balanced awareness to all aspects of our lives.

Through vipassana meditation we can experience the nature of reality as continuous change. When we see that all phenomena are impermanent, we can begin to let go of clinging to the pleasant or avoiding the unpleasant. We are then more capable of meeting each situation with spontaneity, fearlessness, and love. Meditation also teaches us to see in each moment the interconnectedness of all things. Our hearts open to a natural expression of compassion and kindness.

Participants will be introduced to this method of meditation practice and the principles on which it is based. There will be periods of silent sitting and walking meditation, as well as discussion. As attention is brought to all activities at Esalen, individuals will continue to develop mindfulness through the weekend. This will provide a foundation for applying mindfulness practice to everyday life.

C.E. credit is available; see pages 60-61. $380

The Art and Craft of Screenplay

Lewis John Carlino

This work will be an exploration into the form of the screenplay. It will examine questions of story, plot, character, theme, and images, with particular emphasis on what constitutes a *dramatic action* and the pitfalls encountered in building sound film structure.

The group will investigate the seeds of creativity, its blocks, and what can and cannot be taught about screenwriting. Participants will write their own short motion picture scenarios which will then be analyzed by the group.

Lewis John Carlino is a screenwriter, playwright, and director. Among his films are *The Great Santini, Resurrection, I Never Promised You a Rose Garden,* and *The Sailor Who Fell from Grace with the Sea.*

Recommended reading: Aristotle, *Poetics*; Froug, *The Screenwriter Looks at the Screenwriter*; Goldman, *Adventures in the Screen Trade.* $380

A Massage Workshop for Women

Ingrid May & Ellen Watson

This is a weekend massage workshop for women of all ages and backgrounds who wish to learn in a nurturing and supportive setting how to give and receive massage. The workshop will enable participants to master some fundamentals of bodywork as developed by Esalen massage practitioners, including grounding, movement, and breath awareness. This is an invitation for women to rediscover the innate wisdom of the body and to honor and celebrate being female. $380

Horror and the Holy: Wisdom-Teachings of the Monster Tale

Kirk Schneider

What makes horror films and books so compelling? What fascinates us about the macabre, extreme, or ostensibly repellent? What can we learn from these tales—about ourselves, spirituality, and the direction and values of our society?

In this workshop, Kirk Schneider will utilize films, stories, and experiential exercises to shed light on these questions. He will show that despite classic horror's reputation for sensationalism, it has a rich and underappreciated insight into the human condition—and into the most timely questions of our age.

Dr. Schneider will explore such themes as the fascinating in the terrifying, the terrifying in the fascinating, the interplay of despair and fanaticism, and the redemptive element in despair and fanaticism, indeed in horror itself: wonderment.

Discussion, self-exploration, and the play of ideas will be encouraged.

Recommended reading: Schneider, *Horror and the Holy: Wisdom-Teaching of the Monster Tale* and *The Paradoxical Self: Toward an Understanding of Our Contradictory Nature.* $380

CoHousing: Creating Your Own Community

Kathryn McCamant & Charles Durrett

Dramatic demographic and economic changes have created a mismatch between today's household and most conventional American housing. Households experience this mismatch as they face a child care crisis, deepening isolation, and a chronic time crunch. Things we once took for granted—family, community, a sense of belonging—must now be actively sought out.

CoHousing addresses many of these needs. Developed by the residents themselves, CoHousing communities are made up of private dwellings complemented by extensive common facilities. Each dwelling is autonomous, yet the common house, with the opportunity for shared dinners and child care, is a focal point of the community.

This workshop gives participants an overview of organizing, planning, and designing a CoHousing community, from site acquisition, group process, development, and design, to construction and management.

Topics will include:

- An overview of the CoHousing development process, from initial meetings to moving in
- Development strategies and the advantages/disadvantages of working with a developer
- Forming and working with a group, and organizing for effective decision making
- Financial options—ownership structures and money realities
- Designing for community—architectural considerations
- The next steps—your role, the group's role, services of professionals
- What other CoHousing groups are doing—the network and how to plug in

Recommended reading: McCamant and Durrett, *CoHousing—A Contemporary Approach to Housing Ourselves.* $380

October 29-November 10

Integrative Body Psychotherapy (IBP): Professional Training Program

Jack Rosenberg & Beverly Kitaen Morse

For workshop description see Special Programs, pages 56-57. $1795

Week of October 29-November 3

Five-Day Massage Intensive

Kathleen O'Shaughnessy & Dean Marson

This workshop is designed for those who are just beginning to explore Esalen massage as deep communication. The central theme will be primary approaches to full-body massage, which the leaders will introduce through demonstration and experiential exchanges. Self-awareness through movement, yoga stretches, and Zen meditation will be used to enhance the senses. Discussion will offer insights into various approaches to bodywork and how they address both the physiological and the mental/emotional body.

C.E. credit is available; see pages 60-61. $740

MARGARET LIVINGSTON

Life as Art—Art as Life

Wes "Scoop" Nisker & Nina Wise

Most of us spend our days concerned with the grocery list of life's demands, paying the bills, keeping the gas tank filled, maintaining our hairdos, and boiling the water for pasta. But just below the surface of our polite and upright lives lurks the living room dancer, the singing poet in the shower, and the storytelling fool.

The Hindus call life "leila," the sport of the gods. This workshop is about stepping onto the playing field. We will lift the serious veil of purpose and meaning so that our true nature, which is inherently playful, can emerge. Give up on self-transformation, forget about being politically correct or spiritually advanced, this is a come-as-you are party!

Using stories from our lives, we will make art in a safe and supportive environment. Participants will be guided in vocal and movement exercises, theater games, storytelling, and imaginative meditations. We will create performances for and with one another by allowing the characters within us to have a voice. We will turn life into art. Bring your lipstick, your tutu, your cowboy boots, your smoking jacket, your worst memories, your favorite dance steps, and your bag of confetti. $740

Transition, Risk, and Renewal: Mastering the Art of Change

David Schiffman & Susan Kuttner

David Schiffman writes: "During the last twenty-five years I have had the privilege of being a midwife for an extraordinary variety of people facing major transitions in life. During this week we will share and explore those influences, inner resources, and natural rhythms that best support real, healthy, sustainable change. Our aim will be to cultivate the emotional poise, mental clarity, energetic flexibility, and stamina necessary to face life's inevitable challenges in a timely, graceful, and thoroughly effective manner. Participants will be encouraged to initiate attention and support for themselves both in the group and upon returning home in fresh and innovative ways that can minimize unnecessary suffering, fatigue, and wasted time.

"The methods used will be a blending of the old and the new, the tried and the true—tailor-made to fit the actual needs of the group. The only prerequisite for attending this seminar is an honest readiness to engage in a heartfelt adventure of exploration and risk-taking that could change your approach to life." $740

Vocal Awareness: Empowerment Through Voice

Arthur Joseph

In many traditions, the throat is the center of creative power. The voice represents this power, and thereby has the capacity to help access our full creative expression. This course combines the powerful techniques of Vocal Awareness with the principles of creativity theory to help participants realize their creative potential.

Vocal Awareness introduces techniques which are integral to this development process. This approach—which views voice as a metaphor, representing an individual to the world—includes vocalizing, sound meditation, movement, song study, and development of the speaking voice as a means for deepening contact with the self. Participants will work individually and in groups exploring breathing, toning, and vocalizing.

Singing and speaking offer an immediate outlet for creative expression. In addition, the voice can become a springboard for other forms of creative expression, such as writing, drawing, movement, and problem solving. In this way, the voice becomes a metaphor for the whole person as an integrated creative being. Consequently, this workshop can be not only a vocal training class but a step toward empowerment along life's path.

Please note: Participants are required to bring tape recorders. $740

Weekend of November 3-5

Releasing the Warrior: Assault Prevention for Women

André Salvage

The ancient warriors of old had it. Many of the great seers had it. Once in a while you'll see it in the eyes of a stranger, a woman in the market, or even in a child. There is no fear, no resentment, no paranoia. There is only a peaceful awareness that allows these warriors to walk through any city with the confidence that they can defend themselves. This type of power is accessible to all of us. During this workshop, Master André Salvage will share how to develop a true reliance on your intuition to trust when something feels wrong, to assert yourself in a way to prevent inappropriate behavior that leads to harm, and, finally, how to physically stop an attacker.

This program was developed in response to Salvage's own experience of trauma and tragedy in the crime-ridden neighborhoods of South Central Los Angeles. He combines the practical knowledge and survival savvy of a former street fighter with the compassionate understanding of a teacher who can help release the latent warrior in us all. $380

Intimate Connections

Mariah Fenton Gladis

Creating stable and fulfilling relationships is a challenge that everyone faces. To be successful, human relating must be understood and accepted as an activity, an ability that requires movement, purpose, emotional capacity, and contact skills. People often believe that good relating evolves naturally, but they discover in the routine of living with families, friends, and lovers that, in truth, they have not been adequately prepared to meet the demands of loving relationships.

This workshop will focus on the nature and basic requirements of healthy relationships. It will offer participants opportunities to assess their abilities and disabilities, to develop awareness, and to practice risking positive action with others. It is for anyone who has "hit the wall" in a relationship or who has experienced being stuck at some seemingly impenetrable contact boundary and wants to break through. Particularly helpful for adult children of dysfunctional families, ACAs, and human relations professionals, this experiential and didactic workshop will blend individual and group gestalt work, spiritual healing, bodywork, and personal metaphor.

C.E. credit is available; see pages 60-61. $380

The Healing Power of the Dream: A Dreamwork Seminar for Professionals

Joyce Frazee

Each night we dream,
Each dream a work of art,
Each work of art a healing...

This seminar will reveal how simple approaches to the art and artfulness of dreams can reveal the healing power of the dream. Joyce Frazee writes: "As health care professionals, we receive many questions from clients about their dreams. Also, we ourselves wonder about our dreams. Who are these strangers and acquaintances, friends and lovers who come to visit us at night—often bizarrely different from their daytime roles? Who are these monsters and attackers?"

This weekend workshop will focus on techniques for working with dreams, including how to use dreamwork for therapeutic intervention and how to use dreams to uncover body memories. Storytelling, role-playing, drawing, dancing, meditation, and gestalt will also be used to learn how the dream itself—and the understanding of the dream—can be the healer.

Please note: Nonprofessionals are welcome.

C. E. credit is available; see pages 60-61. $380

Esalen Massage Intensive

Brita Ostrom & Laurie Schutz

> *The body is the soul, presented in its richest and most expressive form.*
>
> – Thomas Moore

Massage is a satisfying way to "come home," an experience that can unify body and mind—and connect with spirit. Sharing a massage can also heighten intuitive, nonverbal connectedness. In this workshop, participants will learn to reach out from their center to touch another, to heighten awareness, and to ease painful holding patterns. In the exchange process, they will also learn to receive more fully.

Group members will be guided through the body via touch and movement to learn the elemental skills of Esalen massage. The physiology of breath and relaxation will be illustrated and the psychological impact of touch in one's personal history will be explored. There will be plenty of time for supervised practice and for questions of individual concerns.

This workshop is for individuals who want to learn massage basics or add another approach to giving massage, anyone searching for a retreat from the mental chatter of the workplace, and those engaged in their own personal healing journey.

Please bring a large towel.

C. E. credit is available; see pages 60-61. $380

Week of November 5-10

The Upledger Institute's CranioSacral I

Robert Harris

CranioSacral Therapy is a gentle, non-invasive, hands-on technique that helps detect and correct imbalances in the CranioSacral System which may be the cause of sensory, motor, or intellectual dysfunction. It is used to treat a myriad of health problems including headaches, neck and back pain, TMJ dysfunction, chronic fatigue, motor coordination difficulties, eye problems, endogenous depression, hyperactivity, and central nervous system disorders.

Participants will learn the detailed anatomy and physiology of the CranioSacral System, its functions in health, and its relationship to the disease processes. Half of the class time will be "hands-on," developing the sensitive palpatory skills needed to detect subtle stimuli in the human body.

Class material will concentrate on palpation and its potential range as an evaluative and therapeutic process; fascial and soft tissue release techniques; and the pressurestat model which explains the mechanism of the CranioSacral System. Participants will learn a concise 10-step protocol for evaluation and treatment of the entire body. By the end of this intensive program, participants will be able to identify and localize significant restriction and imbalances in the CranioSacral System.

For more information see Special Programs, page 56.

C. E. credit is available; see pages 60-61. $740

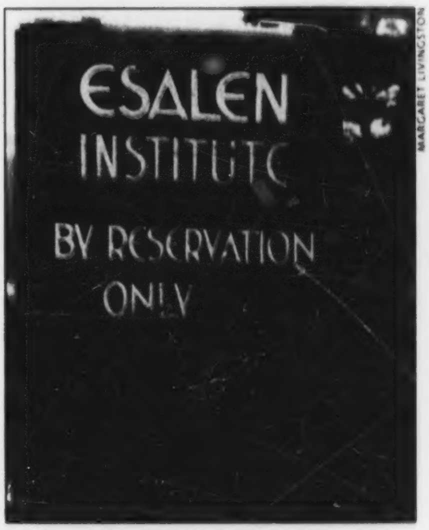
Psychotherapy as Spiritual Practice: The Method of Loving Presence

Ron Kurtz

> *True love is no game of the faint-hearted and the weak. It is born of strength and understanding.*
>
> —Meher Baba

How do we become full human beings? Where do we find the strength for "true love," and how do we develop "true love," the kind of presence that tells clients, "nevertheless there is meaning"? How do we express all this first as qualities we bring to relationship and finally as method and technique? In what ways is psychotherapy basically a spiritual discipline?

This workshop will approach these questions using the wisdom of Buddhism and Taoism and the teaching methods of Hakomi Body-Centered Psychotherapy. The emphasis will be on discovery, particularly the discovery of *how we do what we do by being who we are.* The group will also study how the images and energies which give rise to this way of being are evoked, nourished, and sustained.



MARGARET LIVINGSTON

The work will be experiential, with short talks, exercises, and demonstrations. And, of course, there will be laughing, singing, dancing, and otherwise behaving with love and joy. $740

Creating Exact Moments of Healing

Mariah Fenton Gladis

Adult children of alcoholic, dysfunctional, or abusive families (ACAs) must walk a road of recovery that requires determination, lifelong commitment, and the creation of specific moments of healing. This workshop offers participants an opportunity to take a major step toward health, helping them define a plan for necessary moments they must create so they can move forward, transforming their personal history from one of liability to one of strength and wisdom. Focus will be on the promotion of healing:

- With oneself—developing awareness, freedom from addictions, and healing of the body and soul from the residual effects of trauma
- With others—improving one's capacity for moving out of isolation and into direct, open communication and trust; expanding intimacy skills while securing healthy boundaries
- In the world—moving away from chaos and deprivation toward stability and abundance
- Spiritually—searching for the meaning of one's history and accessing that part of the self that can utilize universal blessings

This workshop will be experiential and didactic, blending individual and group gestalt work, music, spiritual practices, and bodywork. A step-by-step recovery process developed by the leader will be incorporated throughout the workshop. The atmosphere will be one of trust and mutual support. This workshop is also appropriate for professionals who work with ACAs.

C.E. credit is available; see pages 60-61. $740

Courage

Joyce Frazee

> *In the mouth of the dragon there are many jewels.*
>
> —Buddhist proverb

For some of us it takes courage just to live our daily lives. Every day we awaken to face the demons in our lives—demons that come in many forms: perfectionism, guilt, avoidance, shame, despair, failure. Time passes and we become skillful at living despite the constant awareness that these demons are preventing us from experiencing the fullness of life. Their existence drains our energy and limits our joy and freedom. But getting close to them, allowing ourselves to confront them, is very difficult to do.

This week will give us an opportunity to find the courage to face our demons. Participants will be encouraged to look at the things in their lives that are difficult to face and will be given support to help recognize and confront them. This will be done through gestalt practice, dreamwork, and bioenergetics. Drawing, dance, and meditation may also be used to recover the jewels from the dragon. $740

Weekend of November 10-12

Mindfulness and the Pursuit of Intimacy

James Baraz & Steven Newmark

Forming meaningful intimate relationships can be a painful and confusing process. We may meet someone who seems like a promising potential partner, have the highest intentions to act with honesty and sensitivity, and still find our hopes ending in disappointment. By becoming aware of unconscious patterns that sabotage real intimacy, there is a greater possibility of creating the kind of bond we are seeking.

Bringing a spiritual dimension to the challenge of being single allows us to shift our perspective and not take our predicament quite so seriously. Using mindfulness practice we can see through identification with negative thoughts that block our natural expression of love and presence. As a result, we can move toward more honest, centered, spontaneous communication that puts others at ease and makes us attractive to them.

Through frank discussions and experiential exercises this workshop will explore the challenge of forming new relationships consciously so that barriers that keep us apart can be dissolved. A safe, supportive environment will help participants to be genuine, have fun, and learn to use relationship as a vehicle to become more awake in life. $380

Introduction to Gestalt Practice

Christine Stewart Price

> *The Way, when declared*
> *Seems so thin and flavorless.*
> *Nothing to look at, nothing to hear—*
> *And when used—is inexhaustible.*
>
> —Lao Tzu

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that awareness is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. This form is similar to some Reichian work as well, in that emotional and energetic release and rebalancing are allowed and encouraged.

The emphasis is *intra*personal rather than *inter*personal. It is explicitly understood that participants are not patients but persons actively consenting to work (or play) in awareness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure or accomplishment. Through group exercises, meditations, and discussion, this workshop will introduce participants to the gestalt practice approach. Open seat work may be demonstrated.

Recommended reading: Perls, *Gestalt Therapy Verbatim*; Chodron, *The Wisdom of No Escape*.

C. E. credit is available; see pages 60-61. $380

Sensory Awareness

Charlotte Selver

Some seventy years ago Charlotte Selver's teacher, Elsa Gindler, began exploring the natural potential of the human being. The work that evolved was an approach through a disciplined practice involving the person as total organism. Gindler's innovative methods very often unearthed, liberated, and cultivated abilities and sensitivities which her students had never been conscious of possessing.

To "awaken" means that one's energies—neuromuscular and perceptive—become altered, leading to greater movability, both psychologically and physically, and to a fuller use of the senses and intuitive powers. For this to occur, a deeper peace is needed so that sensations become clearer and rigidities, pressures, and preconceptions can gradually dissolve. In becoming "tuned in" by another person, or by a task or given situation, powers arise and come into play which correspond exactly to the demands of the occasion. This calls for permissiveness, subtle reactiveness, and openness to the moment.

With the cultivation of these functions, our lives can unfold in a far richer and more responsive way than what we are used to. We can restore the delight of ever new experiencing which was our birthright in childhood, but lost in the course of our education into adulthood.

Recommended reading: Brooks, *Sensory Awareness*.

C. E. credit is available; see pages 60-61. $380

The Core Self: Return to Innocence and Choice

Ron Alexander

Resources for healing, such as spontaneity, curiosity, trust, creativity, innocence, and joy, are found in the Core Self. This workshop will assist participants—including health professionals—in accessing the resources of the Core Self to facilitate personal healing and to acquire new skills in the mind/body healing process. Participants will work on cultivating a friendly relationship with the unconscious to heal dysfunctional patterns and resolve incompletions from the past in order to become more conscious in the present moment. This process can bring about the healing of pain, fear, grief, and loss, and thereby enable the creation of healthier pathways for new living, loving, working, and relating.

The goals of this work are to enhance self-esteem, to become free of trauma and self-images of the past, to communicate more effectively, to become empowered as a leader, and to develop a cohesive personal vision. The tools will include gestalt open seat work, self psychology, insight meditation, breathing practices, dreamwork, accessing the creative unconscious, deep music, group process, and immersion into nature.

Recommended reading: Heider, *The Tao of Leadership*; Chopra, *Timeless Mind, Ageless Body*; Polster, *Every Person's Life is Worth a Novel*; Moore, *The Care of the Soul*.

C.E. credit is available; see pages 60-61. $380

Money: Myths, Lies, and Financial Independence

Dennis Stearns

It's been said that even sex is easier to talk about than money. This workshop offers a healthy discussion of money, its myths and lies, along with how to achieve success on your financial independence journey. Dennis Stearns has over fifteen years of experience helping people find a peaceful coexistence with money-related issues. Among the questions to be explored:

- How can I free myself from money worries?
- How can children and grandchildren be taught healthy attitudes toward finance in our money-driven society?
- How can we help elderly parents deal with living longer, nursing homes, and limited financial resources?
- What are step-by-step investment and estate techniques to help our family stay financially balanced?

Special group discussions will help you solve problems in a relaxed setting with no "sales pitch." Spouses are encouraged to attend, since many of the most successful people utilize interdependence and family support systems. Advanced techniques will be presented in layman's terms. Take an important step toward freeing yourself from money worries. $380

November 12-December 10

28-Day Massage Practitioner Certification Program

David Streeter, Ellen Watson
& Esalen Massage Staff

For workshop description see Special Programs, pages 56-57.

C.E. credit is available; see pages 60-61. $3325

Week of November 12-17

Entering the Dreamtime: Walking Between Two Worlds

Jeremiah Abrams & Linda Piscitelli Wolf

> *In the last analysis, most of our difficulties come from losing contact with our instincts, with the age-old unforgotten wisdom stored up in us. And where do we make contact with this old man or old woman in us? In our dreams.*
>
> —C.G. JUNG

What we dream reflects forward and backward on our everyday waking reality. In fact, we dream all the time; it is only when we drop below the threshold of reverie in sleep that we dream without distraction. In this experiential workshop, participants will engage in the magic of conscious dreaming and learn to be walkers between two worlds.

The approach will be a synthesis of the soul-centered view of Jungian psychology and the psychospiritual shaman's journey, both of which are concerned with the unique transformative path that each soul must follow. The main purpose is to incarnate the realities of the Self.

In an environment of safety and support, using visualization, trance, breathwork, and evocative music, participants will journey inward, allowing images to emerge, encouraging an easy flow between conscious and unconscious reality. Bioenergetics, bodywork, active imagination, and group dialogue will be used to embody the insights retrieved.

Midpoint in the workshop, the group will enter into the dreamtime in a ceremonial purification (sweat) lodge. The week will end with a ritual celebration, weaving the individual dreaming together into a collective dream mandala. $740

The Transformational Enneagram: Mindfulness, Insight, and Experience

Don Richard Riso & Russ Hudson

Much is said about the transformative aspects of the Enneagram, and yet little has been demonstrated about how it can be used for transforming the personality. People are finding that it is not enough to meditate on the higher aspects of the types to bring the passions into balance: it is first necessary to use the Enneagram as a guide for uncovering our psychological wounds and to experience the many ways in which our personality acts as a defensive structure.

This advanced workshop will focus on integrating insight into the inner logic of the types with meditation practices and experiential work. The personality types will be viewed as patterns of object relations, habitual attentional orientations, and emotional reactions which prevent us from experiencing our essence. While our type usually obscures our true nature with a characteristic web of identifications, it can also serve as an opening to the deeper reality of spirit. Conversational instruction will be combined with guided meditation, small group work, music, and other tools so that the Enneagram can truly help us live a life of presence, compassion, and joy. Some familiarity with Don Riso's *Personality Types* or *Understanding the Enneagram* is required.

C.E. credit is available; see pages 60-61. $740

I—You—Us: Pleasure, Intimacy, and the Search for Connectedness

Gina Ogden & Terry Hunt

Pleasure is essential for healthy relationships. Add the erotic element and the potential for pleasure grows exponentially. But real life all too often leaves us isolated, confused, and struggling with the men and women in our lives. We substitute control for intimacy as we play out the myriad "good girl" and "super guy" roles we developed during traumatic childhoods and nightmarish adolescences. Or we may act and react out of fear, sadness, and rage, keeping our relationships locked in habitual defensive patterns.

The leaders write, "This workshop will help both individuals and couples to identify myths that block the flow of joy. Together we will redefine the role of pain and pleasure in our lives and create updated images of our powerful, sensual, creative selves. The workshop will include intensive breathing, cathartic family-of-origin work, psychodramatic exploration of conflicts, managing physical and emotional boundaries, and visualizations that tap our deepest longings for intimacy. We will encourage each other to approach the mysteries in our lives with intention rather than fear, with assertion rather than suspicion. We will allow time to follow our instincts for pleasure into enriching and creative moments of wholeness."

Recommended reading: Hunt and Paine-Gernée, *Emotional Healing*; Ogden, *Women Who Like Sex*. $740

Instant Dreams: The Polaroid Transfer

Cynthia Johnson-Bianchetta

Often referred to as "crossover" art, Polaroid transfers blur the distinction between photography and watercolor, possessed of an ethereal quality that transcends photographic rendition and plays on the viewer's imagination with dreamlike effect. Each image becomes a personal statement with a handmade, one-of-a-kind quality.

In this workshop participants will learn the Polaroid transfer process, transferring slides onto watercolor paper and hand-coloring them. The emphasis will be on connecting image making to internal process so that photography can become a tool for awareness and growth. Movement, intuition, and play will all be vehicles for this journey.

Please bring a 35MM camera you are familiar with, as well as a journal. A list of film and additional necessary materials will be supplied upon registration. $740

November 17-24

Healing from Sexual Trauma: A Seven-Day Intensive for Survivors

Carolyn Braddock & Guest Staff

Healing does not have to be a struggle—healing can be gentle, sensitive, and friendly. In a week of safety, exploration, and integration, this intensive will explore the belief systems of the sexual trauma survivor's body, mind, and spirit. Using a gentle approach, the workshop will offer innovative and creative possibilities for healing.

Since the body was where the trauma occurred, the focus will be on body-oriented healing. Attention will be paid to how trauma affects flashbacks and dissociation, old patterns, addictions, and the ability to let go. Participants will learn and practice specific tools for wholeness: humor, energy awareness, gestalt, role-playing, breath, sound, movement, meditation, Tai Ji, and play. Different sessions will focus on sexuality, relationships, touch and intimacy, and creating new patterns. Video demonstrations and a Braddock Body Process™ Manual will be used. Individual work within the group will be possible.

To register for this seminar, completion of an application questionnaire is necessary. This is to provide some history and to help determine what support could be available during the week. For an application, please contact the leader at: 333 S. Allison Parkway, #304, Lakewood, CO 80226-3115, or call 303-985-7310.

Recommended reading: Braddock, *Body Voices: Using the Power of Breath, Sound, and Movement to Heal and Create New Boundaries*; Hendricks, G. & K., *Conscious Loving* and *Radiance*; Covington, *Awakening Your Sexuality*.

C.E. credit is available: see pages 60-61. $1110

Weekend of November 17-19

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 8-10. $380

Angels

Sophy Burnham

What is an angel? Are they real? When and why and how do they appear? Why to some people and not to others, and why on one occasion and not another? If there are indeed attending angels, what do we do to call their help? What happens to you after you see an angel or have a miracle that saves your life? What then?

What then, indeed. As Sophy Burnham writes: "In this two-day workshop, we shall use meditations, exercises, and especially participant interactions to tell our stories, strengthen our bonds with spiritual companions, as well as consider questions of suffering and pain, peace and love, prayer, the human physiology and brain, our missions on this plane, and where the angels are leading us on this journey of our lives." $380

Action Theater: The Improvisation of Presence

Ruth Zaporah

Action Theater is a physical theater training that offers a way to proceed toward lively, spontaneous expression. Its exercises invite exploration into the direct experience of sensation/feeling/action. This quiets the conceptual mind, the mind that forges ahead leaving the body behind, the mind that limits experience. The exercises encourage the development of diverse skills: movement, acting, voice, and partner and ensemble relating.

Participants can increase the ability to hold and express emotion. They will learn how to embody action, to elicit images from an enlivened imagination, and to recover lost personal material. Every exercise works simultaneously in all of these directions, creating a reciprocation between exploration and communication. In a larger sense, every exercise addresses a present relationship between intention and awareness and expands the possibilities of both.

This training is appropriate for anyone interested in the dynamics that support the relationship between consciousness, action, and communication.

Recommended reading: Zaporah, *Action Theater: The Improvisation of Presence.* $380

Week of November 19-24

Turning on the Light: A Choice to Live Consciously

Laura DeNuccio (Ma Prita) & Guest Leaders

For workshop description see September 17-22.

C.E. credit is available; see pages 60-61. $740

ISHTA: The Yoga of Empowerment

Rod Stryker

Rod Stryker writes: "Every human being already has all that is required to realize deep and meaningful fulfillment. Our deepest desires, often hidden or misunderstood, are the guideposts to our ultimate destiny. By leading us to the direct experience of who we are, the practices of ISHTA (Integrated Science of Hatha and Tantric Arts) Yoga can make us aware of and sensitize us to our innate physical, intellectual, energetic, and spiritual gifts."

The course will include daily yoga routines to strengthen and purify the body, breathing practices for rejuvenation and healing, and meditation (including yogic visualization practices) to still the mind and deepen the experience of Self. It will also include open discussion and some theory, and will employ the majesty of the Esalen surroundings to nourish the journey toward wholeness and integration.

Previous yoga experience is recommended but not necessary. For further information, please contact Rod Stryker at 310-364-4698. $740

Expressive Painting

Leigh Hyams

Artwork comes straight through an open mind and an adventurous spirit. With it come clarity of vision, increased self-awareness, and a deepening understanding of the meaning of art in one's life.

Without freedom one cannot respond fully to the experience of painting. Leigh Hyams's teaching methods help students to work freely, exuberantly, and sensitively from the very first session. Participants will work from Esalen's natural landscape, still lifes, models, dreams, myths, and memories. Informal discussions, demonstrations, and slides of art from many cultures will help expand understanding of visual language. Participants will complete portfolios of their own paintings and, in the process, may discover a new sense of themselves as artistic, creative human beings.

This is a workshop for people who want to revitalize their connection with art—to develop fresh eyes. No previous experience is necessary. The only prerequisites are curiosity about the creative process and a willingness to explore the rich possibilities inherent in the act of painting. $740

(plus $50 materials fee paid directly to the leader)

Weekend of November 24-26

The Patterns of Life

Fritjof Capra & Chungliang Al Huang

Throughout the history of philosophy and science there has been a tension between substance and form, contents and pattern. In the West, the study of contents ("basic building blocks") dominated all science until recently. In the East, especially in China, the accep-

tance and awareness of the "Larger Pattern"—*Tao Hsing*, which includes both substance and form, contents and patterns—has always been predominant.

In this workshop, Fritjof Capra will show how the study of pattern has informed the latest developments in science—systems theory, chaos theory, fractal geometry, and more. Chungliang Al Huang will complement this approach by demonstrating through Tai Ji movement meditation, Chinese philosophy, and brush calligraphic symbols how the study of pattern is at the very center of ancient Taoist wisdom.

This workshop unites two longtime friends from opposite cultural backgrounds to share a synthesis of East and West in a stimulating exploration of lifelong learning. $380

Ramakrishna Today

Andrew Harvey

Using the parables, conversations, and teachings of Ramakrishna, the great Bengali saint and child of the Mother, Andrew Harvey will complete a vision of the mystic path in today's world. Starting with Ramakrishna's revolutionary vision of the Divine Mother as the force and truth underlying all paths and ways of knowing God, Harvey will explore the stages of mystical growth, the necessity of prayer and urgent devotion, and how one's deepening love of God flowers in service to fellow beings.

The weekend will be rooted in stories of Ramakrishna's life and in the pithy and vibrant parables that Ramakrishna used to open the souls of his disciples. For Ramakrishna and those who follow his way of the Mother, final spiritual mystery consists in being able to give birth in reality to one's own inner divine child. In this workshop Harvey hopes to enable all participants to awaken their inner divine child and establish a direct relationship with it and the Mother.
$380

Week of November 26-December 1

Feldenkrais®: Life, Learning, and Movement

Mark Reese & Donna Ray-Reese

The Feldenkrais® Method is a somatic learning-based approach to health and personal growth with profound implications for many professions—rehabilitation, psychology, education, performing arts, athletics, and gerontology. This approach was originally developed by Israeli physicist, judo teacher, and somatic practitioner Moshe Feldenkrais, who based his discoveries on a synthesis of physical, biological, and human science, and a self-guided body/mind reeducation prompted by crippling knee injuries.

In this workshop the leaders will guide participants through an in-depth exploration of The Feldenkrais Method through effortless body/mind movement exercises, discussions, and demonstrations. The workshop will include specific exercises for the back, neck, shoulders, breathing, and posture, and introduce basic principles of the Feldenkrais hands-on work, Functional Integration®. Participants will be taught methods to develop bodily coordination, flexibility, efficiency, pleasure, and grace of motion, as well as improved mental and emotional functioning. The workshop will also teach movement-based approaches to psychological learning, as well as the revolutionary scientific concepts underlying the Feldenkrais Method.

C.E. credit is available; see pages 60-61. $740

The Power of Growth

Seymour Carter

Everyone has unused capacities for further personal development. When these capacities are recognized and given attention, a natural force is released which, like a tide, can carry the individual to a higher level of ability and action. Fritz Perls taught how to recognize the force of avoided issues in dealing with blocked energies. When unfinished issues are confronted and assimilated, it is possible to feel potent and in charge of one's life.

In this workshop, participants will deal with these issues by examining the influence of the inner dialogue on thoughts and the nature of impasse, as well as tendencies within themselves toward psychological completion and well-being. The basis of this work is the gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, and aikido. Each participant's process of development will be honored, encouraged, and treated as unique. $740

La Trama de Nuestras Relaciones

Gustavo Rabin & Sara Szpektor

Muchas veces nuestras relaciones interpersonales no nos dejan satisfechos. Vemos al otro como a un contrincante. Y esto ocurre a pesar de desear desde nuestro ser mas profundo, que nuestras relaciones sean un trampolin hacia una conciencia mayor.

Es "a pesar nuestro" que nos vemos compelidos a cumplir con programas del pasado y repetimos formas de relacionarnos que provocan dolor, desesperanza, aislamiento. Esta disfuncionalidad en la trama de nuestras relaciones, responde al programa absorbido y cristalizado en nuestra infancia.

Este workshop esta concebido para traer luz al camino de la curacion/reparacion, y alegria y amor para compartirlo. Traeremos a la superficie aspectos nuestros que manteneiamos ocultos o que permanecian a nuestra sombra.

Los partipantes se beneficiaran del trabajo personal en este taller experiencial, ya sea que concurran solos o como pareja, estando en una relacion afectiva estable o en búsqueda de una.

A traves de ejercicios gestálticos, trabajo grupal y proceso personal, en este workshop tendremos la oportunidad de:

- Descubrir y reconocer nuestras proyecciones sobre los demas
- Examinar la forma en que saboteamos el conseguir lo que mas deseamos
- Aprender nuevas formas de comunicación y a amar desde un estado do libertad interior

Este workshop tendra lugar totalmente en español, los presentantes invitados serán traducidos simultáneamente. $740

Weekend of December 1-3

All Our Relations: Shamanism and Ecopsychology

Leslie Gray

Leading-edge psychologists contend that we cannot have sanity without a sane relationship with the environment. Some psychotherapists are beginning to feel their work is "irrelevant" as they increasingly encounter analysis-weary patients seeking a sense of "connectedness." Meanwhile, eco-activists have been concluding that guilt tactics are not producing the changes in human behavior required for planetary restoration. Indeed, the thinking on the ecological frontiers is that our key to survival lies in the formation of an *empathic* relationship with the earth.

This workshop will demonstrate the critical link between shamanism and the emerging ecopsychology movement. Ancient shamanic practices will be used to address contemporary ecopsychological dilemmas. Participants will work with plants, stones, feathers, and fetish animals to make tangible the shamanic worldview that "all things are related." Cleansing, purifying herbs, simple repetitive movement, and the sound of the drum will be tools for self-empowerment to become visionaries of a sustainable future. Leslie will share songs, rituals, and stories learned from her Native American elders—for these are the ways human beings have traditionally maintained an emotional connection to Mother Earth and the awesome diversity of creatures that live upon her. $380

A Workshop for Poets

Galway Kinnell

This is a gathering for the writing of new poems in an atmosphere that is encouraging and challenging. The participants/poets will be asked to put aside old habits and inhibitions and attempt to write something that is more difficult and daring than they have done previously. They will also be asked to take a part in making the workshop supportive and inspiring for others. Much of the time during the weekend will be spent writing. Only the new poems written during these two days will be discussed in the group meeting.

To apply, please send four pages of your recent poems, typed (no dot matrix, please) with name, address, and day and evening phone numbers, postmarked by October 2, to Kinnell Workshop, Esalen Institute, Big Sur, CA 93920. Participants will be notified of their acceptance by October 30. $380

MARGARET LIVINGSTON

Dancing Backwards in High Heels: Women's Resilience and Love

Patricia O'Gorman & Julie Bowden

> *Ginger Rogers did everything Fred Astaire did. She just did it backwards and in high heels.*
>
> —FORMER TEXAS GOVERNOR ANN RICHARDS

"As women," write the leaders, "we develop our own natural resilience based on the challenges and reinforcements we experience growing up. In no area is this more evident than in love relationships, where we must learn how much to yield, how much to retain, how much to give, and how much to ask for.

"Resilience is the ability to take life's challenges and adversities—life's lemons—and create a sweeter existence. It rests on a balance of self-regard and regard for others. Our ability to love and build fulfilling relationships depends upon our ability to achieve that balance between our independence (our wholeness) and our vulnerability (our need for others).

"This workshop can help you resume control over your life, prepare you to make better choices, and enhance your ability to meet individual goals and priorities. Come explore, deepen, and celebrate the resilience we bring to our relationships."

Patricia O'Gorman and Julie Bowden are two of the founders of the adult child and codependence movement. $380

Improvisational Wisdom: Finding the Robin Williams Within

Paula Shaw

The nature of creativity is elusive. Our most creative moments often seem to come from nowhere and happen when we least expect them. Einstein's theory of relativity came to him suddenly and unscientifically, and Mozart saw many of his greatest compositions complete in a single vision. At the other end of the spectrum, we marvel at the lightning-quick humor of Robin Williams, a brilliance that seems boundless. What are the conditions that put us in touch with our own creativity and brilliance, and how do we access them?

This weekend is an introduction to letting go of your programmed patterns and discovering the joy of spontaneous creation. The first premise of improvisational theater games (which Robin Williams claims unleashed him) is to "go in blank." Within the game structures, participants are coached to be receptive—stop, look, and listen; deny nothing; release control; let go of planning ahead. This process can help you to trust your own intuition, sense of humor, eloquence, and physical grace, and lets you get out of your own way to make room for exhilarating flashes of creative brilliance. The workshop is also just a lot of fun. $380

Week of December 3-8

Writing Through Loss

Nancy Bacal

> *To write from the heart is to heal the heart...*

One of life's unavoidable realities is that we all experience loss. Whether it be with love, death, youth, health, marriage, work, or a moment of pure grace, we are all subject to the laws of impermanence. Loss inevitably involves pain. Pain becomes suffering when we shut down and resist the natural rhythms of mourning and change.

A time of loss is a time of vulnerability. It can also be an opportunity to awaken to a new perspective of life. This workshop is intended to help participants reopen to joy through surrender and the expression of our deeper feelings. Rather than feel diminished by what is gone, we will utilize it as material for writing. Even the cruelest tragedy can be transformed through the practice of writing and the telling of story. As we write, we come to know ourselves; as we share, we move out of isolation. As the dark riches of our lives are released, they deepen our emotional and creative lives and inspire the journey of our companions.

Meditation and movement will be included, but our primary tools will be pen and paper. More than skill, enthusiasm for the writing process and a desire for change are the main requirements.

Recommended reading: Beck, *Everyday Zen in Work and Love*; Goldberg, *Writing Down the Bones*; Chodron, *Start Where You Are*. $740

The Evolution of Desire: Sex, Love, Jealousy, and Human Nature

Jed Diamond

How we choose and lose our mates has been a source of fascination and confusion for men and women throughout history. Fear and desire fuel the battle of the sexes, which seems to produce more and more casualties despite our best efforts at healing.

This workshop will explore what's behind casual sex, as well as short-term and long-term relationships. It will show why men and women differ in what they want in a mate and why people confuse addictive "love" with healthy intimacy. It will offer a model for developing satisfying relationships that work.

The leader's wide-ranging experience in this field as well as the most recent discoveries in evolutionary psychology will help to answer many of the most perplexing questions we face, including:

- If we all want love, why is there so much conflict in our intimate relationships?
- Why do men often complain that they don't get enough sex, and women that they don't get enough intimacy?
- Are there universal male and female desires that cut across cultures?
- What light can evolutionary psychology shed on human nature and the problems in the world? $740

The MAX: Stretching the Limits of Your Self-Expression

Paula Shaw

"The MAX" is an outrageous voyage through your own humanity—a journey to turn yourself inside out and explore the extent of your self-expressive power. It employs a variety of acting, observation, and communication methods designed to expand your limits "to the max" and move you into a new arena of personal creativity and self-expression.

"The MAX" is extremely challenging. Participants must commit to a rigorous exploration of the sources of their emotional limitations. Seminar hours will be longer than usual early in the week (and shorter later in the week). Participants will work individually in front of the room, playing to and with other group members. There will be exercises that use raw emotion, role-playing, and "dress-up" assignments.

This workshop is an opportunity to experience yourself in a way you may have dreamed about but never imagined possible. The game is risk, the premise: You're either daring or dead—the most unsafe thing you can do in life is to play it safe. Clearly, this course is not for the faint of heart, but it is full of heart, humor, and irreverence and is constructed with the understanding that this kind of risk-taking requires a very safe workspace.

If your heart beats faster when you think of taking this workshop, then maybe it's just the thing to do. Come play!

Please note: Due to the intense and sequential nature of this workshop, attendance at all sessions is necessary.

Required: A 1-3 minute memorized piece—monologue, poem, song, etc. $740

Weekend of December 8-10

The Artist's Way: The Vein of Gold

Julia Cameron & Mark Bryan

> *Every blade of grass has its Angel that bends over it and whispers, "Grow. Grow."*
>
> —THE TALMUD

All of us are creative, with a "vein of gold," an area where our gifts operate smoothly, even brilliantly. This intensive course in creativity as a spiritual path is designed to amplify each individual's unique voice—the voice of the Original Self—through creative exercises in writing, storytelling, making art and music, and intensive work with our own narrative timelines.

The workshop will focus on the "myths and monsters" that stand between us and our full creative potential. It will help participants to move beyond shame and creative constriction to dissolve fear, remove emotional scar tissue, and strengthen conscious contact with the divine. Special importance will be given to clarifying individual veins of gold, understanding our particular lenses of perception, and looking for clues to the nature of our "karmic jobs."

For those already in touch with their creative veins of gold, this course offers concrete methods for reaching even richer sources. For those not yet employing their creativity, it can help free the way to uncover the vital and unique Original Self. $380

The Good Divorce

Connie Ahrons

Most of us think of divorce as marking the end of a relationship, something to survive and then get over. Yet the reality—especially for those of us with children from that marriage—is that the divorce remains with us for the rest of our lives, a relationship full of confusing ambiguities.

Although it was anger that helped to mobilize the "break-out" from a painful relationship, anger often masks deeper emotions. Most of us still have unresolved issues with our exes that are reactivated in new relationships and during the many life transitions—grandchildren, illnesses, deaths—that thrust us together with ex-spouses.

In this workshop, participants will work to identify their "stuck" places to better understand what keeps them from letting go of the old anger and integrating the divorce into their lives. The workshop will incorporate storytelling, role-playing, small group experiential exercises, and group discussion to defuse anger, identify gender-related issues, and remember and reconnect with the good and loving aspects of ex-partners.

The workshop is for anyone who is divorced. Come alone, with exes, or with new partners. $380

The Group 2000

Esalen Staff

The Group 2000 consists of people who wish to help Esalen fulfill its mission and have contributed $2,000 or more in one year. This is a special weekend to inform the Group of the latest developments at the Institute and discuss the plans and possibilities for the future. There will be time with the staff, the opportunity to interact as a group, a possible special guest or two, as well as time to enjoy being at Esalen with some optional planned activities.

For more information, contact Gordon Smith at 408-667-3007. $380

Week of December 10-15

Esalen will be closed to the public during these five days.

Weekend of December 15-17

The Healing Power of Humor, Compassion, and Gentle Touch: The Rubenfeld Synergy® Method

Ilana Rubenfeld

"Humor lightened the dark, painful places in my life and helped me onto a path of healing," writes Ilana Rubenfeld. This workshop is for people who want to include humor, movement, body language, and compassionate touch as a way of taking care of themselves personally, professionally, and spiritually. Using the Rubenfeld Synergy Method, a healing system for the dynamic integration of body, mind, emotions, and spirit, participants will have the opportunity to listen, recognize, and work through feelings and memories locked in their bodies.

The workshop will use body/mind exercises, individual demonstrations, hands-on practice, dreamwork, gestalt practice, and music, all designed to support contacting, releasing, transforming, and balancing the energy of inner body language.

The workshop atmosphere will be one of caring, healing, laughter, tears, and inspiration—encouraging participants to experience empowerment, integration, and new possibilities.

Recommended reading: Rubenfeld, *Twenty-Five Years of Simple* (available through The Rubenfeld Center, 115 Waverly Place, New York, NY 10011).

Participation in this workshop fulfills one of the requirements for acceptance into the Rubenfeld Synergy Training Program. $380

Energy, Resources, Environment, Development, and Security

Amory Lovins

Energy policy is well along in a revolution which Amory Lovins's 1976 *Foreign Affairs* article helped to launch, redefining the problem as not simply where to get more energy—of any kind, from any source, at any price—but rather how to find just the amount, type, scale, and source that would do each desired task at the least cost. This end-use/least-cost approach has proven fruitful in examining a wide range of issues, from the efficient use of water and minerals to the interlinked problems of sustainable economic development, redefining security, rethinking agriculture, and protecting the earth.

Understanding the links between these subjects often makes it possible to solve many problems at once. This seminar will begin with energy—chiefly its efficient use and renewable supply—both as factual background and conceptual launching pad for related issues. It will then branch out in the directions of most interest to participants, emphasizing interconnections and vision across boundaries between various disciplines. Modest acquaintance with numbers and economic fundamentals will be helpful, though not essential, as the seminar is equally concerned with social, political, and ethical issues, and with practical methods of implementation, drawing on participants' diverse perspectives. $380

Tao
follows
the
Way
of
the
Watercourse
on the
Heart/Mind
through Meditating
Returns
to the
Sea

MARGARET LIVINGSTON

The Ohashiatsu® Method

Ohashi

Combining elements of the philosophy and practices of Oriental healing with psychological and spiritual components, Ohashiatsu is a method of bodywork offering both giver and receiver an experience of self-development and healing. Ohashiatsu expands awareness of self and others through movement, meditation, and touch. As a holistic method, it emphasizes sensing and working with overall energy flow throughout the body to create balance and facilitate the body's own natural impulse to heal itself, relieving aches, tension, stress, and fatigue to induce a state of peaceful well-being.

The format of the course is lecture, demonstration, and hands-on practice, presenting basic Ohashiatsu techniques that can be used immediately with family, friends, and clients—techniques which can both benefit professionals from other fields of touch therapy and provide beginners with a good start.

Please note: Wear loose, comfortable clothing and bring a blanket or exercise mat.

C.E. credit is available; see pages 60-61. $380

You Don't Have to Be Good

Kim McCourt

> *You do not have to be good.*
> *You do not have to walk on your knees*
> *for a hundred miles through the desert, repenting.*
> *You only have to let the soft animal of your body*
> *love what it loves.*
>
> —MARY OLIVER

By listening to our bodies we can know what is right for us, rather than what we "should" do. We knew this as children but were encouraged to ignore our inner truths and obey the critic. Always having to be "good" restricts and censors the richness of who we are. Buried beneath all the "should's" and "don't's" is a true, wise self that longs for expression.

To get there, the group will play with different doorways to somatic knowing: emotional, visual, auditory, kinesthetic, olfactory, or general sensing. The intention will be to identify which doorway opens up our personal intuitive self, and then go on in.

Using movement and meditation, play and process, art and journal writing, participants will explore the indomitable aliveness beneath the censoring critic and conditioned tendencies. The focus will be: listening, accepting, and expressing what is true. The atmosphere will be nonjudgmental and lighthearted. Come and discover what feels so "good" about being "bad." $380

Conscious Health: A Model for Ultimate Aliveness

Richard Helfant & Steve Hasenberg

> *Thoughts in your mind have made you what you are and thoughts in your mind will make you what you become.*
>
> —PONDER

Here is an approach that offers the possibility of a healthier, more empowering life to everyone. The Conscious Health Communication (CHC) model provides the tools to reenergize your sense of self, your body, your stress coping skills, and your preparation for a healthier future.

Health can be defined as the full, free flow of vital life energy throughout the mind and body. This energy is affected by one's internal and external communication. An unacknowledged inner voice can exist which controls the forces for health and vitality, or sickness and fatigue. This inner voice often contains strong beliefs and attitudes about your body's well-being. The body may respond to these messages with either enhanced energy and vigor or by constricting, shutting down, and blocking off.

This workshop will provide an exploration of your own CHC. Through simple exercises, participants can reawaken a healthy flow of energy throughout their internal and external worlds. Experiential practices will be used to help restore a sense of power, vigor, and control over the body/mind, and unlock the ability to achieve a higher level of ultimate aliveness.

C.E. credit is available; see pages 60-61. $380

Week of December 17-22

True Stories: Autobiographic Storytelling

Spalding Gray

All human beings have at least one good story in them. The aim of this workshop is to create a safe, supportive space to give birth to that story. Each member of the workshop will be asked to function as storyteller, audience, and critic. When not telling, members will be asked to listen and respond.

Participants should bring a tape recorder to record their own work.

This workshop is limited to 13 people who will be chosen on the basis of personal letters sent to Spalding Gray, c/o Esalen (please include your phone number). The letters should explain why you feel it is important for you to take this workshop. Please send no fees until you have been notified by mail of your acceptance. All letters should be sent to Spalding Gray, c/o Esalen, Big Sur, CA 93920, and must be received by October 15, 1995. Participants will be notified of their acceptance by November 15. $740

The Body in Four Dimensions: Anatomy for Bodyworkers and their Clients

Deane Juhan

Anatomy is typically presented on the flat pages of textbooks. But only when it is experienced in the three-dimensional body does it come alive as a vital and fascinating study. And only then can the body's fourth dimension—its development over time and its faithful recording of our experiences, habits, and accumulating tendencies over all our years—be constructively understood.

Using slides, discussion, self-exploration, and interactive hands-on contact, this workshop will illustrate the internal parts of our bodies and their biomechanical, functional relationships. As we build more accurate and detailed images of our anatomy, we can more clearly identify the physiological and psychological ramifications of the ways we have organized and used our physical beings—posture, movement, respiration, digestion, circulation, memory, emotions, habits, blocks, and so on.

This workshop is especially beneficial for bodyworkers of all kinds, and can accelerate the personal changes sought by those who are clients and receivers as well.

C.E. credit is available; see pages 60-61. $740

Green Buildings with Magical Spaces

Gregory Franta

As our society pushes toward global environmental havoc, can we make a significant difference in the quality of our future? Can our communities become "green" enough to enable future generations to enjoy our planet in healthy, sustainable ways? This workshop will investigate design strategies leading toward sustainable communities. Participants—whether homeowners, architects, educators, facility planners, executives, or concerned citizens of Earth—will have opportunities to discover a deeper awareness of the intrinsic relationship between people, nature, and technology.

The workshop will address our built environment and its growing impact on energy, health, pollution, natural resources, and society. Energy efficiency, natural lighting, and environmental quality in architecture will be explored in regard to building design, form, envelope, interiors, and materials. The format will include: slide presentations; a design studio individualized for participants with diverse interests; "hands-on" energy design analysis; field trips to explore opportunities with indigenous materials and renewable energy alternatives; and time for personal adaptation and process.

C.E. credit for architects is available through the American Institute of Architects. A workbook with specially prepared sections, a compilation of publications, *A Primer on Sustainable Building*, and energy analysis software are available for an additional $95 (optional). Amory Lovins's preceding workshop on December 15-17 is recommended and complementary, but is not prerequisite. $740

Healing the Emotional/Spiritual Body: The Rubenfeld Synergy® Method

Ilana Rubenfeld

This workshop is for people who want to learn how to listen to the messages, memories, and feelings locked in their bodies. Ilana Rubenfeld will introduce and demonstrate the Rubenfeld Synergy Method, a holistic system that integrates Alexander Technique, Feldenkrais Method®, Ericksonian hypnosis, and gestalt practice.

Each day will include: body/mind exercises to relax, to stretch, and to heighten awareness; hands-on teaching to develop intuitive, gentle, and listening touch; discussions and demonstrations; and music and humor. The workshop community will become an active culture for learning and growth focused on:

- Experiencing the interdependence of emotions and posture
- Healing the wounds of dysfunctional families
- Moving beyond therapeutic techniques toward intuitive wisdom
- Exploring dreams and metaphors that reveal life patterns
- Developing a sense of humor
- Honoring the sacred within

"The body is the sacred sanctuary of the soul." says Ilana Rubenfeld. "Care for it like a flower garden." In this workshop she will demonstrate the possibility of achieving emotional, physical, and spiritual integration.

Recommended reading: Rubenfeld, *Twenty-Five Years of Simple* (available through The Rubenfeld Center, 115 Waverly Place, New York, NY 10011).

C.E. credit is available; see pages 60-61. $740

Holiday Humbug

Paul Rebillot & Audrey Savage

For many people, the winter holidays are the time of maximum stress and deepest depression. Hospitals and mental health clinics fill with people seeking relief from the pressures of outer darkness and frantic social "cheerfulness." Darkness seems to have overwhelmed the light, inducing sadness within, while holiday festivities stir past disappointments and present loneliness.

In traditional cultures, the time before the winter solstice is a time of turning inward to prepare for the festival of the light's return. Paul Rebillot writes: "This workshop offers a chance to deal with the humbug by looking at our disillusioned dreams, our unfulfilled ideals, our past regrets and present sorrows. Through ritual and gestalt open seat, guided fantasy, music, and play, we will each seek an inner solstice, our own turning from the darkness of past regret and future fantasy to the light-filled divine simplicity of our present being. Together we will create a celebration that brings us into the light and tunes us into the joy of the light's rebirth that takes place each year at solstice time." $740

Weekend of December 22-24

Zen Practice

Kathleen O'Shaughnessy

> *We can use the mind to penetrate thought to the place behind thought, where all thought begins.*
> —MODERN ZEN SAYING

Kathleen O'Shaughnessy writes, "Zazen is the sitting form which constitutes the heart, soul, blood, and backbone of Buddhist perspective. It is austere and direct. We strip awareness to the finite weavings of mind and breath—the two elements most basic to existence. From this place, the Large Mind can be examined."

In this workshop, sitting practice will be enhanced with hatha yoga sessions as physiological meditation. Verbal exchanges, teaching stories, as well as some historical perspective will be utilized; however, the major portion of time will be directed toward establishing an equilibrium in the core practice.

Please wear loose, layered clothing. $380

Freeing the Poetic Imagination: Poetry Writing at Esalen

David Richo

Since ancient times, poetry has been associated with healing and intuitive wisdom. It remains the soul's language and everyone is capable of speaking it. Poetry has the power to render immediate feelings in the compelling rhythms of the imagination.

In this workshop, Jungian active imagination exercises will be used to find personal metaphors and to visit the unopened rooms of the psyche. Participants will work with images that visualize—not words that conceptualize—in order to access the full spectrum of inner colors. As these images are fashioned into a poetic diction faithful to unique needs, visions, and goals, participants can come to see how their story—especially its present chapter—fits into a vaster volume of destiny. As Jung wrote: "Whoever speaks in primordial images evokes the beneficent forces . . . behind them."

No experience is necessary. Please bring ample paper. Your journal or dream journal may be helpful as a resource. No one will be obliged to share what he/she has written; everyone will be welcomed to do so. This will be a time of writing together, reading aloud, receiving feedback, and, most of all, following one's poet guide. $380

Weekend Massage Intensive

Robert Helm & Daniela Urbassek

Winter solstice is traditionally a time for looking inward before the returning of the light. This cycle of nature will be the predominant metaphor for this massage workshop. Using meditation, breath awareness, and grounding, participants will first attune to their internal movement. Then, moving awareness outward to include others, participants will be instructed in classic Esalen bodywork, quality of touch, and the art of giving a pleasurable and beneficial massage.

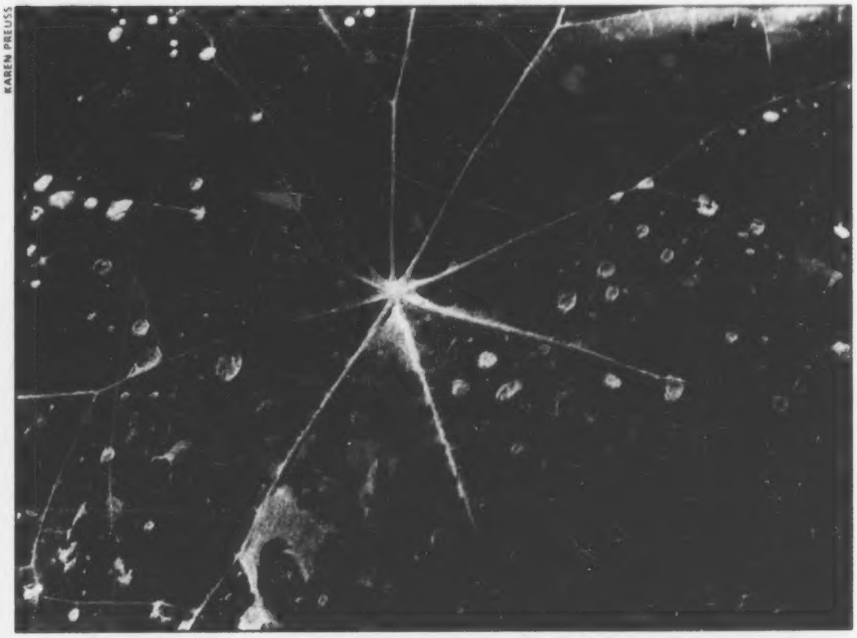
This workshop is open to all levels of experience.

C.E. credit is available; see pages 60-61. $380

The Sources of Growth

Seymour Carter

Many potential sources of our growth reside in our unfinished issues, the developmental processes that we have failed to recognize and assimilate because of distressing life experiences or the inability to learn about them.



KAREN PREUSS

"Unfinished issues" refers to normal phases of development which have been bypassed or ignored. It is unfortunate but true that most families emphasize some of our attributes and ignore or discourage others. These unclaimed potential talents, tendencies, and traits are a powerful reservoir within us waiting to be tapped.

Using a primarily gestalt-oriented process, supported by the tools of family systems theory, practices of introspection, and body-oriented intervention strategies, participants can begin to discover and utilize capacities in themselves for new possibilities in their lives. Each participant's process of development will be honored, encouraged, and treated as unique. $380

Rituals of Transformation

Paul Rebillot & Audrey Savage

People are continually approaching thresholds, transition points from one state to another. To live is to change. Unfortunately, we have a tendency to resist change, to cling to the familiar, to remain stuck at the threshold. This resistance eventually causes us much stress and pain.

Rituals can prepare people for change and help heal the passages that were not completed in the past. A ritual awakens within the psyche the archetypal patterns of change. By acting out the ritual, people learn, not only in their minds but in their hearts and the movements of their bodies, the process of transformation.

Participants will look at what they want to transform in their lives, what they need to say good-bye to, and what steps they need to take to cross their present threshold. Small groups will work together to design and enact rituals to support this healing process.

Just as the body can move from one position into another, so can the full being; hearts can move, minds can move. Joseph Campbell said that when someone discovers his or her authentic path, the way seems blessed with magic. To find this way is the work of "Rituals of Transformation." $380

Week of December 24-29

Spiritual Healing: Laying-on-of-Hands

Maria Lucia Sauer Holloman

For workshop description see September 3-8.

C.E. credit is available; see pages 60-61. $740

Christmas Present

David Schiffman

'Tis a gift to be simple.
—FROM A SHAKER SONG

This workshop is intended as a gift for people who would like to give themselves a change from the usual clamor and commercialism of the holiday season. Its aim is to create a climate of mutual support for exploring how to best cultivate the spirit of real generosity and faith in dealing with ourselves and others.

This timely gift will embrace the following elements:

- Sanctuary—to create a mood of peace and personal clearing without haste or interruption
- Community—the chance to be met with honesty, empathy, and wisdom by kindred spirits in an atmosphere of clear-eyed support
- Emotional freedom to be—the right to be sad, glad, or mad, to clear the air and move on, making room for new possibilities
- Physical freedom and aliveness—innovative uses of movement, music, and touch to restore vitality, physical ease, and passion
- Ceremony and ritual—the art of marking and celebrating those qualities, events, and influences we wish to cherish and remember

The methods will be drawn from a variety of practices, both traditional and nontraditional, all aimed at restoring gratitude and appreciation for being alive. $740

Painting the Soulscape

Robert Venosa & Martina Hoffman

This painting seminar explores what the leaders call Serendipitous Exploitation, "an emotional outpouring of color and seemingly abstract form, followed by studied, individualistic detailing." Using this simple process, the artist—beginner or experienced—can begin to create essential form and color that are both enlivening and enlightening. The premise is to exercise right-brain potential in a nonthreatening, effortless, and exuberant manner that instills joy, self-discovery, and newfound self-esteem.

Participants will also be introduced to the Misch Technique (discovered in 1460 by Van Eyck and employed by such masters as Rembrandt, Dürer, and Max Ernst) and will work with an updated simplified version. Upon completion of the workshop, the group will hold a mini-exhibit of their creations for all to see and enjoy.

This workshop is for anyone wishing to tap the artistic capabilities that lie within their reach and discover the joy and illuminating power of painting.

Note: Upon registration, participants will be sent a list of materials to bring. $740

Intuition, Perception, and Altered States of Consciousness: Extending the Boundaries

Keith Harary & Darlene Moore

Most of us have had experiences in which we've appeared to be aware of information not immediately available to our five familiar senses. Such experiences can range from simple hunches, to feeling in touch with a loved one at a distance, to dramatic premonitions. Labeling such experiences "psychic" does not explain them, but instead makes this fundamentally normal aspect of awareness appear to be some sort of occult or supernatural process. Yet such experiences are common, most likely emerging from a deep interconnectedness between consciousness and the physical world. They are part of a broad continuum of altered states, experiences that allow us to transcend the boundary between conscious reality and the innermost self.

In this workshop, specific techniques of extended perception will be taught to allow this capacity to become a consciously available resource in everyday life. Starting with learning how to manage mental impressions, participants will practice separating their most relevant feelings and images from various forms of "mental noise" in a variety of extended perception scenarios. A more advanced method, involving using one's own "mental noise" to help guide intuition, will also be taught in order to develop an inner language for processing intuitive information.

Additional exercises will explore experiencing extended perception in dreams, inducing lucid dreams and out-of-body experiences, and consciously connecting with the broader transpersonal continuum that lies just beyond the threshold of ordinary awareness.

C.E. credit is available; see pages 60-61. $740

Play, Spontaneity, and Performance Art

Nina Wise

The leader writes: "I read once that rats were put in a maze with one path leading to a room with food, another to a room charged with an electrical current, and a third to a room with playthings. The rats learned to avoid the electric shock, but the food room and the play room were equally popular. Play, it seems, is as essential to rats as nutrition.

"Play is also an integral part of human culture. In tribal societies, people sing, drum, dance, and tell stories as part of their daily lives. With the advent of technology and specialization, we modernized folk have forgotten how to play together. Singers sing, dancers dance, actors act, the rest of us sit and watch.

"This workshop is about remembering how to sing, how to tell stories about our lives, how to make it up as we go along, how to be together in a way that is spontaneous and creative. The workshop will include meditation, chanting, movement, singing, writing, drawing, and theater games. We will also do spontaneous performance with and for each other in a safe and supportive environment.

"Everyone is afraid of performing, even professionals. Don't let your fear stop you. It's fun, challenging, and rewarding." $740

Weekend of December 29-31

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 8-10. $380

Music for Everyone: Finding Your Long-Lost Musician

David Darling

David Darling's magical work with late bloomers, nonprodigies, professional musicians, and "burned-out" teachers has been opening hearts to the mystery of sound for the past two decades. "Music for Everyone" is an adventure into music making, rhythmic grooving, song writing, laughing, and listening.

Regardless of prior experience, this workshop will take you to a deeper, more powerful music level. Bring an instrument or play on David's collection of world instruments. $380

Renewal: New Beginnings in Midlife

Mark Gerzon & Shelley Kessler

What has been called a "midlife crisis" is often the beginning of a quest for wholeness that can enliven and enrich our adult years. Many of us awaken in adulthood to an awareness that there is much more to us than we have dared to show or explore. This workshop will provide a safe, healing space in which men and women can listen to their own and each other's stories of midlife transformation regarding work, love, health, and spiritual growth.

The leaders will invite participants to dig deeply into the ground where the confusion, fear, yearnings, and vision of this period are rooted. Using the council process, the "life line," and a variety of psychodrama techniques, participants will explore the joys and sorrows of the search for deeper love, purpose, and meaning that becomes possible in life's second half.

The focus will be on intimate relationship in midlife. Growing out of their forthcoming book on the stages of long-term intimacy and inspired by their twenty-year marriage, Gerzon and Kessler will explore such themes as the challenge of reclaiming wholeness while sustaining a family, the lure of the "mysterious stranger" at midlife, and the connection between separateness and surrender in marriage. $380

Forgiveness and Freedom

Edith Eva Eger

This workshop is designed to provide participants with coping skills as they journey along the path from victimization to empowerment, from weakness to strength, from being stuck to seeking the highest levels of human potential. The workshop asks the questions, "How have we imprisoned ourselves? How have we fled from freedom and self-responsibility? Whom have we made the warden of our thoughts?"

Using discourse, self-dialogue, visualization exercises, experiential work, and group discussion, the workshop will address the following themes:

- What are the inner resources available to us in order to become our own counselors?
- How can we move from resentment to forgiveness, from hate to love?
- How can we shed the comfortable and familiar cloak of victimization to give birth to our true selves?
- How can we let go of fears, prejudices, shame, and other ways of looking at the world that don't get us what we want?

The workshop is about discovering the willingness to accept self-responsibility and find the starting point to make a new beginning.

Dr. Edith Eger is a survivor of Auschwitz. $380

Week of December 31-January 5

The Subtle Art of Meditation

David Streeter

For workshop description see October 8-13.

C.E. credit is available; see pages 60-61. $740

Tao Mentoring in Music and Tai Ji Dance

David Darling & Chungliang Al Huang

David and Chungliang have been conducting this annual New Year's celebration of creativity for many years at Esalen. This year they wish to focus on the core elements in their sharing: Passion, Clarity, and Balance. With David's mastery as a cellist and composer and Chungliang's "Living Tao" skills, they will guide participants in one of the most subtle, yet powerful, principles of Tao, *Wu Wei*—"non-interference" in our collective creative learning.

Using the inspiration of great classical music (especially Bach), jazz, blues, and multicultural musical heritages, as well as humor and enthusiasm for transformation, David and Chungliang will offer a joyous and supportive environment in which to celebrate our spontaneity and our deep core center. They will alternate between mutual teaching—offering participants a chance to discover their own personal music and pure dance through both improvisation and structure—and sessions focusing on Lao Tzu's *Tao Te Ching*, Tai Ji movement meditation, and healing Qi Gong exercises. $740

Adventures in Bodywork

Deborah Anne Medow & Carl Chase (C.C.)

This intermediate/advanced workshop is for massage and bodywork practitioners who wish to enhance their skills, experience current directions in bodywork, and have a good time while learning.

Together C.C. and Deborah have over forty years of experience in the massage, movement, and bodywork fields, and will draw upon their expertise in massage, deep tissue methods, cross-fiber friction, polarity therapy, anatomy, yoga, "ballistic" stretching, and more. They will customize a workshop designed to give you new information and inspiration to improve the caliber and diversity of work presently incorporated into your massage and bodywork sessions.

Bring work-out clothes, musical instruments, CDs, and tapes for a week of learning and laughter.

C.E. credit is available; see pages 60-61. $740

Opening the Feelings

Dale Cummings

Radix® is an archaic term meaning "root" or "source." Radix work is a direct body approach focusing on this "life force" which underlies all biological processes, and from which springs the expression of feeling and creativity. Chronic, unconscious patterns of muscular tension can form what Wilhelm Reich called "armor," which blocks or inhibits both awareness and expressiveness.

Participants will experience Radix and neo-Reichian methods of emotional release, within a small group setting, including a period of individual work called the "intensive." As the armor softens, grief, pain, and rage held in since childhood can emerge. Allowing and accepting these feelings in a safe, supportive environment can create a new capacity for trust, love, and pleasure.

C. E. credit is available; see pages 60-61. $740

To Be Ready to Live, To Be Ripe to Die

Sukie Miller & Edmundo Barbosa

Many cultures, including traditional Judeo-Christian ones, believe that we must prepare as meticulously and with as much discipline, passion, and imagination for our afterdeaths as we do for our lives. By understanding what may well come next, these cultures hold, the lived life is enhanced. The mini- and micro-"deaths" within our normally lived lives—the death of a loved one, of a marriage, of a dream—become doorways to major change and to the unknown: perhaps the true potential, the place of hope, compassion, delight, and mystery.

The workshop will be both a report on the findings of the Institute for the Study of the

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Afterdeath and an experiential adventure into the afterdeath systems of several different cultures. As a community the group will explore belief systems where the line between the living and the dead is thin. As individuals, participants will explore together the images each of us consciously and unconsciously holds of an afterdeath, looking especially to see how these images can magnify or limit our lives.

C.E. credit is available; see pages 60-61. $740

Weekend of January 5-7

Attention! Attention! Attention!

Kathleen Riordan Speeth

This workshop is for people helpers, people lovers, and all those who want to profit from I-Thou applications of the powerful attentional practices found in Eastern and Western meditative traditions. How to witness your truth and let you glimpse my deep self? Can we learn to hear each other plain? When to connect and when to defend interior solitude?

Everyone has experienced concentration but few understand how to use it in empathic awareness. We have all allowed our minds to wander but few have learned the twin secrets of insight meditation and psychoanalysis, in which attention bare of labels yields profundities that heal.

Freud and Perls and the Buddha pointed in one direction, Ramakrishna, Erikson, and Csikzentmihalyi in another. We need to function well in the whole attentional continuum from deep empathy to cool professionalism lest we suffer stagnation, devitalization, or burn-out. Surprisingly—because we already have the basic abilities and need only to learn how to control them—even one weekend's sensitization can noticeably improve attention.

Bring a journal. Come with an open mind and heart, ready to add a surprising new dimension to your here-and-now awareness of others—and even of yourself.

C.E. credit is available; see pages 60-61. $380

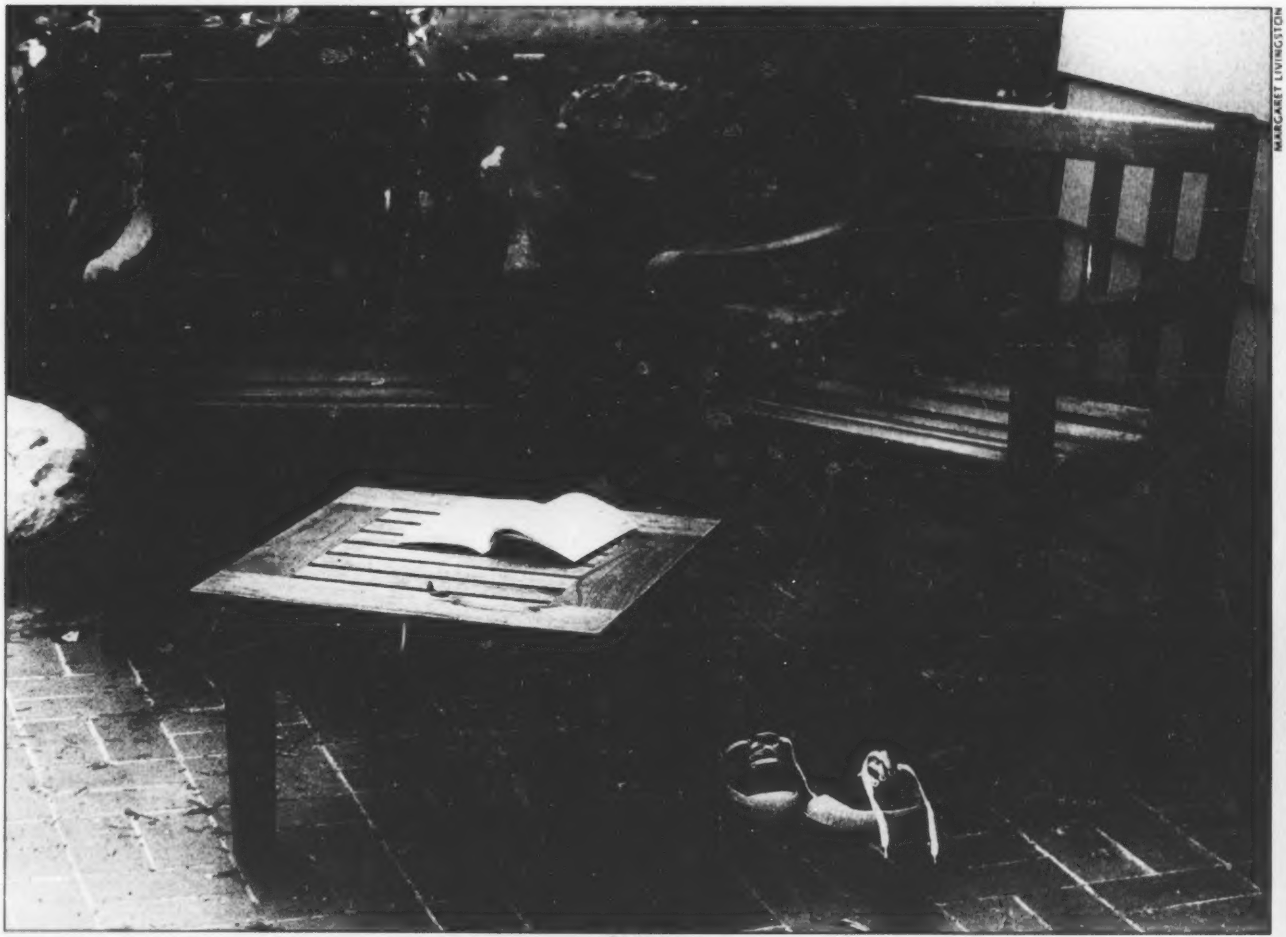
The Tao of Saging

Chungliang Al Huang

We begin aging at infancy. But until we reach middle age, the shock of aging is never properly addressed by most people. This seminar focuses on a new way of looking at this inevitable process with equanimity, integrity, humor, and realism. With insight and skill, Chungliang will guide participants through a *saging dance* of living. Using the Tai Ji yin-yang sign to illustrate this paradigm of aging, he will trace the "S" curve within the symbol as the saging path—from birth to midlife—then trace it back again to complete the "whole picture" of life.

Through saging, this living process can prove to be joyfully alive, creative, and constantly enriching. The workshop will combine thoughtful philosophical discussions with enlivening disciplines of daily practice. Come join the dance!

Recommended reading and viewing: Huang, *Embrace Tiger, Return to Mountain* and *Quantum Soup*; Huang & Watts, *Tao: The*



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Watercourse Way; Huang & Lynch, *Thinking Body, Dancing Mind* and *Mentoring: The Tao of Giving and Receiving Wisdom*; Living Tao Videos (217-337-6113). $380

Psychoneuroimmunology and Its Implications

George Solomon & Margaret Kemeny

The rapidly developing field of psychoneuroimmunology (PNI) is concerned with the nature of complex interactions between the central nervous system and the immune system. The central nervous system mediates stress effects, coping, emotions, and other psychological processes that, by way of the immune system, affect the onset and course of many diseases.

The leaders will present a didactic and interactive workshop which will describe the immune system, how it works, and how it is regulated. They will discuss human and animal research on the effects of stress and other experiential factors on immunity and on immunologically-resisted and -mediated disease, including bacterial and viral infections, cancer, autoimmune disease, allergies, and AIDS. The as yet poorly researched area of interventions, including psychotherapy, on immunity and disease will be discussed. Some of the possible mechanisms underlying traditional and alternative healing systems and placebo effects will be explored.

Whether health or mental health practitioners concerned with the clinical relevance of PNI, or individuals who are concerned with maintaining or improving their own health, participants will be encouraged to set goals for their particular health needs.

C.E. credit is available; see pages 60-61. $380

Roots and Wings: Renewing our Spirits—Living our Dreams

David Schiffman

David Schiffman writes: "This workshop is for people who value a heartfelt, original approach to life, the suitably seasoned who want to trust and master their own rhythms and who appreciate the value of imaginative self-inquiry. Its pacing and format are designed to provide a safe, restorative mood for inner reflection and heartfelt self-appraisal. It will also be a time to catch one's breath and hang out in the elemental beauty of Big Sur in a mood of peace and inspiration, an opportunity to tune into the inner resources that allow us to see the world with fresh eyes and renewed enthusiasm. A chance as well to connect with kindred spirits and to explore the mysteries, gifts, and dilemmas of who we are.

"Using a unique blend of physical, emotional, and spiritual attunement practices, we will weave a spell aimed at restoring the magic and faith we need to live soulful, wholehearted lives. We will spend the weekend doing this inner work using ceremony, ritual, music, poetry, movement, and visualization." $380

Giftedness: The Wonder and the Anguish

Mary Rocamora

The inner process of the gifted is little understood by either the general public or the gifted themselves. This workshop—designed for both the gifted and those who work or live with gifted individuals—leads participants on a journey through the stereotypes and misconceptions about giftedness and presents what is now known in the research community about giftedness and creativity.

There is still much to learn about the inner experience of giftedness—how to cope with the internal stress factors, how to recognize and optimize one's talents and vision, and how to better communicate with others. Many gifted adults were never identified and many more were impaired by both psychological and circumstantial factors, including gender, race, and cultural background. These factors will be introduced so their impact on self-actualization can be seen.

All participants will be helped to identify personal traits that researchers attribute to the gifted. Inner transformational approaches that specifically address the personality differences of the gifted will be offered as well as guidance toward achieving an extraordinary life. $380

Week of January 7-12

Body Poetry East and West

Chungliang Al Huang
& Brother David Steindl-Rast

For newcomers it is always surprising how the combination of Tai Ji body movement with the collective enjoyment of poetry can improve the flow of energy on all levels. Joint workshops by Chungliang and Brother David have become known as "festivals of aliveness."

This year, these two bridgebuilders between East and West will share their treasures of poems and stories, old and new, following the rhythm of the *I Ching*. This great Taoist *Book of Changes* can serve as a key to release the free flow of life energy within us. By becoming attentive to life's rhythms—through nature, poems, and movement—we can learn to tap the springs of our innate creativity in new ways. We can experience body and soul with renewed delight.

In Esalen's unique setting, ocean, garden, hot springs, and human companionship work together toward one goal, which is also the goal of this workshop: to come fully alive and to celebrate life. $740

Conservative, Liberal, Self-Concept: A New Synthesis

Will Schutz

Writes Will Schutz: "The Republican revolution of 1994 has had the salutary effect of forcing some fresh thinking about our democratic and republican origins. I have often wondered why the simple label of 'conservative' or 'liberal' is such a good predictor of a person's positions on a wide variety of social and political issues: self-restraint vs. selfishness, social responsibility vs. personal responsibility, self-determination vs. dependency, human nature as good vs. human nature as evil, compassion vs. justice.

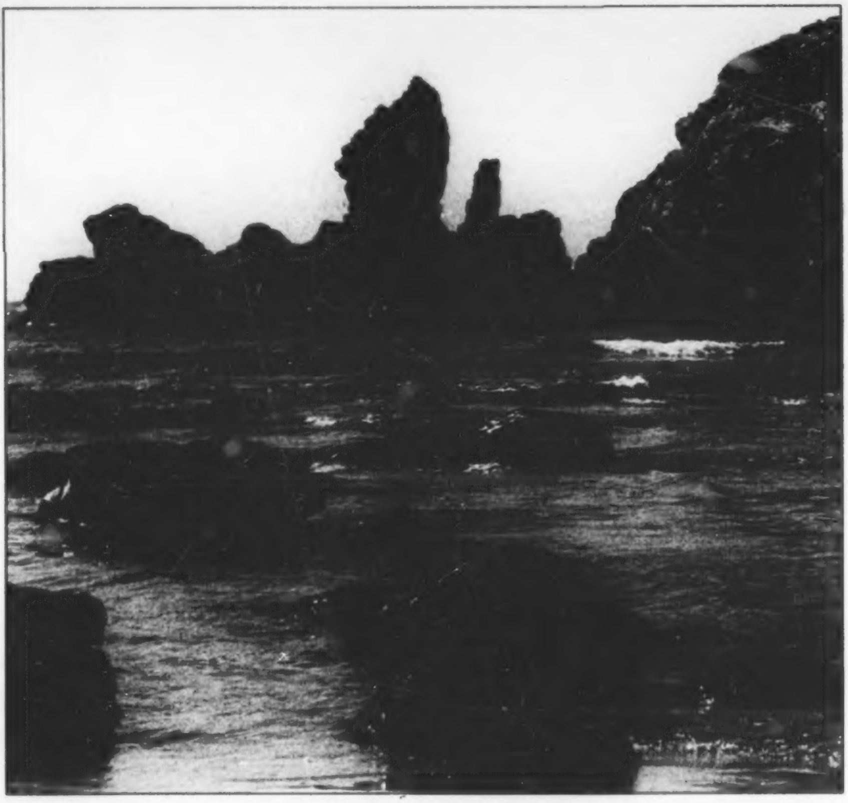
"What are the basic psychological and philosophical beliefs that underlie this distinction? We shall explore the roots of these beliefs in ourselves, test a method of reconciling these dichotomies through the use of the Concordance method of group decision-making (see my *The Human Element*), and form a basis for a simpler, more consistent, easier-to-agree-on political philosophy which takes into account the concepts of competition, power, cooperation, and creativity, and avoids misleading dichotomies. Using some techniques described in the above book, we shall investigate our own self-concepts and self-esteem, how to strengthen them, and discover how to clarify our attitudes toward the classic issues of public policy."

Recommended reading: Schutz, *The Human Element*. $740

Mending the Fragmented Self: Soul Retrieval and Shamanic Practices

Sandra Ingerman & Carol Proudfoot-Edgar

Shamanism is the oldest spiritual system used for healing, problem-solving, and the general well-being of both the individual and the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community. From a shamanic perspective, emotional and physical "dis-spiritedness" often results from "soul-loss," a trauma that keeps us dissociated from life, our bodies, our relationships, and from feeling our connection with the natural world.

This workshop will introduce elements of core shamanism and practices involved in the reintegration of retrieved parts. It will present the shamanic journey method and other practices for accessing important information for one's healing. There will be rituals and ceremonies focusing on "release and renewal" as participants discover their own personal vision of well-being. Special emphasis will be on raising and using the power of the circle for personal healing and growth.

Workshop space is available for 12 participants to have a private session with a workshop leader acting in the role of the shaman to spiritually retrieve parts lost in life traumas. Additional space is available for others who have already had a soul retrieval done.

Please bring a bandanna, a journal, and drums and rattles (if you have them).

Recommended reading: Ingerman, *Soul Retrieval: Mending the Fragmented Self.*

C. E. credit is available; see pages 60-61. $740

Vision Painting

Helen Jerene Malcolm

Painting your vision is a sacred journey into self. Visionary art is a means of expressing the core yearning of the painter's deeper self, an active meditation in which the participant allows a flow of color and images to emerge as if the painting were painting itself. In an atmosphere of exploration and acceptance—enabling the creative impulse to play, take risks, and face fears—the painting finds its own path through darkness and light.

In this work, you can move beyond the rational mind to deeper levels of motivation and desire. Self-expression is prompted from the feeling centers, through the hand onto paper, evoked by guided visioning, color, music, movement, and dream images.

What you focus upon, conscious or unconscious, creates the life you experience. Your vision painting can be a treasure map of your life where change and healing are affirmed. This is a transformative adventure recreating aspects of your life spiritually, professionally, and physically.

Please note: All are welcome, beginners as well as artists. $740

(plus $30 materials fee paid directly to the leader)

Completions and Transitions

Mary Goldenson (Devarani)

Often in our lives we feel incomplete with the past. We are aware that we are not moving into the present with a generous and open heart. Old memories haunt us, even though we experience them as "finished." When we sense that we exist more in the past than in the present, it is time to make a distinction between "finished" and "completed." Transitions without completions foster resentments—about unsuccessful marriages, friendships, careers—and can produce illness, sorrow, and the inability to forgive.

Transitions are crossroads in our lives that give us the opportunity to finish and complete the past, reconnect with our present truth, and renew our passion, courage, and commitment for the future. The focus of this workshop will be to deeply review our lives, relationships, and circumstances to discover what needs to be transformed from "finished" to "completed."

The workshop will present you with ways to make successful transitions. It will provide a safe, supportive environment that includes risk taking, intense bodywork, gestalt imagery, movement, and meditation in order to support the transitions that keep us committed to the process of discovering ourselves. $740

Weekend of January 12-14

Weekend Massage Intensive

C.J. Bradbury & Margaret Stevens

In this workshop, the basics of Esalen massage will be demonstrated and practiced, as well as simple techniques of "floor massage." Fundamental elements of bodywork, such as breath awareness, grounding, movement, quality of touch, and stress reduction, will be introduced.

It will be a weekend of reconnecting with the natural human familiarity with touch, in a safe, supportive environment. Please wear loose, comfortable clothing to the opening session.

Recommended reading: Suzuki, *Zen Mind, Beginner's Mind.*

C.E. credit is available; see pages 60-61. $380

The Living Core of Biblical Spirituality

Brother David Steindl-Rast

Writes Brother David: "Many people ask, 'Is there still a solid spiritual core left in the Biblical tradition?' Such questioning may be prompted by detached curiosity, by deep personal anguish, or by any position between these two poles. This workshop is designed to deal honestly and compassionately with all such questions, from whatever position they may come.

"As we move into a new millennium, an unprecedented transformation of the world is taking place before our eyes. Profound changes and upheavals affect all aspects of life—including religion and spirituality. Do we still have access to whatever it was in the past that gave men and women strength and conviction when everything else was crumbling?"

This weekend will provide an opportunity to discuss these deep concerns with Brother David. In his books, tapes, and lectures, many people have found ways to cut through misconceptions, distortions, and authoritarian rigidity, and to tap spiritual wellsprings that are both Biblical and universal, both living and life-giving. $380

The Path of Parenting: A Spiritual Approach

Barbara Sachs

Parenting is difficult. We are given no formal education to prepare us for this profound undertaking. Most of us know almost nothing about it, yet we are expected to be successful on the first try. We want to raise our children to be happy, healthy, loving adults, but we often end up tired, discouraged, and distanced from them.

The purpose of this workshop is to help parents understand a child's psychological and spiritual growth, and to mirror and support the child's emerging self. The workshop will introduce the natural stages of psychological development and the emerging essential nature. It will present the development of the outer personality and one's inner divine essence, and how to support both so that a child's intrinsic nature is not suppressed.

Participants will explore their own experience to understand our inherent nature and spiritual essence. A method of parenting will be introduced that develops a spiritual understanding and essential wisdom rather than relying on unconscious conditioning.

The format will be experiential with lecturettes. $380

The Enneagram in Personal Development and Therapy

David Daniels

This workshop will focus on the keys to working powerfully with each type. Case examples, interactions, and mock therapy will be used to demonstrate the application of awareness practices, paradox, the traps and avoidances, conscious conduct, the preview and review technique, and energy transformation with each of the Enneagram types. While the workshop is designed especially for the helping professions, individuals knowledgeable in the Enneagram who want to further their personal growth and relationships are welcome.

C.E. credit is available; see pages 60-61. $380

Understanding the Other Sex: Gender Training for Gender Trainers

Warren Farrell

This is an advanced workshop for graduates of Warren Farrell's seminars "The Myth of Male Power" and "Why Men Are the Way They Are."

While the workshop will help participants deepen their understanding of the other sex, special emphasis will be placed on how to assist corporate clients, educators, attorneys, psychologists, and hospital personnel to communicate rather than litigate. Participants will be trained in new approaches to sexual harassment, pay equity, affirmative action, and diversity issues that incorporate male-positive as well as female-positive perspectives.

Participants will also be trained to help hospitals create new programs on men's health by introducing the 21 neglected areas of men's health as well as by countering myths about spouse abuse, depression, and suicide that keep us from creating better prevention programs.

The leader will help participants work with attorneys and psychologists on the importance of father involvement in custody cases and approaches leading to mediation. He will introduce experiential work to help educators turn date rape into "date love" and help affirmative action officers incorporate the white male rather than alienate him.

Required reading: Farrell, *The Myth of Male Power*.

C.E. credit is available; see pages 60-61. $380

Week of January 14-19

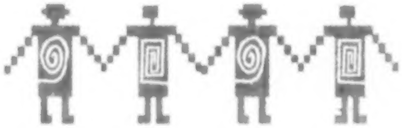
Cross-Cultural Shamanic Practices

Angeles Arrien

This workshop will introduce participants to shamanic tools from diverse cultures. Group members will work individually and collectively to honor ancestor spirits and release unhealthy family patterns. Angeles Arrien's work focuses on the universal human qualities of power, love, vision, and wisdom, accessed to increase personal and professional effectiveness.

This workshop qualifies as foundation work for Angeles Arrien's Four-Fold Way educational program.

Recommended reading: Arrien, *The Four-Fold Way: Walking the Path of the Warrior, Teacher, Healer, and Visionary*. $740



Sports Massage: Keeping the Players Playing

John Harris & Sherry Sanders Galloway

This sports massage workshop is about maintaining athletic conditioning. The focus will be on body mechanics and simple techniques for keeping muscles toned, stretched, and ready for any physical activity. Specific injury treatments, such as trigger point therapy and cross-friction technique, will be demonstrated. There will be simple anatomy instruction and a presentation of methods that can be used regardless of location or supplies on hand.

Each session will combine a brief lecture with a step-by-step demonstration, followed by extensive hands-on practice. There will be one-to-one assistance available and individual concerns will be addressed. The objective is two-fold: 1) to become familiar with the tissue that lies beneath the skin: how it works, how it moves, how to prevent injury to it, how to heal it; and 2) to keep both the provider and the receiver of this work comfortable and fit, both physically and emotionally—in short, to "keep the players playing."

This work can benefit athletes, dancers, yoga practitioners, and "weekend warriors." Please wear loose and comfortable clothing.

C.E. credit is available; see pages 60-61. $740

Weekend of January 19-21

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 8-10. $380

Hanna Somatics: Mastery of Muscles and Emotions

Eleanor Criswell Hanna

This workshop will explore the neuromuscular responses to emotional states—the somatics way to internal mastery of muscles and emotions—and the joy that comes with the body's renewed awareness and freedom. Guided somatic exercises and individual sessions with practitioners trained by Thomas Hanna will give participants the opportunity to experience this wonderful work. Dyad practice is included.

Recommended reading: Hanna, *Somatics; The Body of Life*; and *Bodies in Revolt*.

C. E. credit is available; see pages 60-61. $380

Managing Your Stress, Your Heart, and Your Life

Mel Lefer

Dr. Dean Ornish produced the first major study showing conclusive evidence that reversal of heart disease and other disorders, such as high blood pressure, diabetes, obesity, and high cholesterol, was possible without the use of drugs or surgical intervention. This workshop will apply the tools developed by Dr. Ornish to provide the direct experience of how powerful, comprehensive lifestyle changes can affect one's heart and overall sense of well-being.

The workshop will incorporate many approaches, including diet, exercise, stretching, progressive relaxation, breathing practices, meditation, visualization, and group discussion. The goal will be for participants to transfer these good habits into every aspect of daily life, and to pave the way to the peace of mind that physical well-being can provide.

Recommended reading: Ornish, *Eat More, Weigh Less—Stress, Diet, and Your Heart*; and *Dr. Dean Ornish's Program for Reversing Heart Disease*. $380

MARGARET LIVINGSTON

Ryukido: Movement from the Martial Arts

Yoshi Sakuyama

Ki, the vital energy that flows through the body, has been valued by martial artists because it gives them the courage to conquer fear. They have devised special breathing practices and physical movements to enhance their ki energy. Yoshi Sakuyama, a sixth-degree black belt and movement artist from Japan, will introduce Ryukido, a total movement training system drawn from the foundations of martial arts. These simple yet powerful movements amplify ki flow and refine one's actions.

Participants will be guided into bodily awareness through various practices such as basic movements (to feel and move from the body's center), pair work, breath, and Kiatsu massage. The fluid, dancelike movements are fun to practice, and the teaching can be applied to everyday life. $380

A Retreat for Women of Experience: Midlife and Beyond

Lenore Lefer & Anne Yeomans

The gifts of woman are many. They have been undervalued and made invisible until we cannot see them ourselves. Today, more than ever, the earth needs these gifts.

This is an opportunity for women in midlife and beyond to come together to explore the issues that are on our minds and in our hearts. What are the challenges we each face? How can we support each other in reclaiming and honoring our passion, our tears, our outrage, our laughter, and our beauty? How can we express our deepest values at this time in our lives?

The workshop will include time to speak and tell our stories, and time for silence, hatha yoga, walking meditation, and group process.

Some themes to be explored include:

- The wisdom of the body
- Sexuality and intimacy
- Menopause
- Power and self-expression
- Self-care in the midst of responsibilities
- Spiritual questions of midlife

It is our hope that these days together will strengthen our trust and renew our spirit, so that we can return to our lives with more joy, more tenderness toward ourselves and others, and more boldness in living all that is important to us. $380

Week of January 21-26

Life Energy Process

Stephano Sabetti

For workshop description see September 3-8. $740

The Heartful Path to Mind Power: Geometrizing Mind Space

Julian Silverman

Writes Julian Silverman: "This workshop is about the big changes which need to occur in the way we think in order to survive the next twenty years. It is about a master plan for revisioning the way the mind makes sense of things, for neutralizing the compelling influence of 'how things appear to be.' It is about rediscovering love and integrating the rediscovery into our lives—using, of all things, geometry.

"Sounds 'far out.' It is. It is also an unavoidable emergent of human consciousness. The sooner we learn it, the less diseasing will be the transition to a more fulfilling way of being. Using both lecture and experiential learning formats, this workshop will focus on two questions:

- How do you move into a frame of mind more empowering and more meaningful than your current one?
- How do you cleanse your mind, getting rid of disempowering, demeaning mental images and programs?

"This involves the coordination of two very different kinds of learning—one by organizing (categorizing) and pulling together (synthesizing); the other by ignoring (disregarding) and letting go (forgiving)."

Recommended reading: A *Course in Miracles*.

C.E. credit is available; see pages 60-61. $740

The Wildness Within

Brita Ostrom & Eric Erickson

> *Every part of this soil is sacred... Every hillside, every valley, every plain and grove, has been hallowed by some sad or happy event in the days long vanished.*
>
> —Chief Seattle, 1856

> *Maybe saving a forest starts with preserving some of the feelings that die inside us every day . . . If we cannot respect that interior land neither can we respect the land we walk.*
>
> —David Lynch, *Twin Peaks*

Writes Brita: "Big Sur is a place where healing can happen. The deep canyons and expansive coastal setting evoke our wilder personal interiors so our demons and dreams have breathing room and a chance to be tested." This workshop will focus on the interrelatedness of our internal landscape and "the land we walk," first exploring our interior wellspring of dreams, emotions, and intuitions, and then extending outward to make intimate connection with others and with the Big Sur coast.

Participants will work with awareness practices to gain clearer insight into their inner reality, and with meditative movement, conscious touch, and massage to relieve old physical holding patterns to facilitate change and renewal. As body and mind become more integrated, attention will then turn to developing a nourishing relationship with the planet. Big Sur will become the backdrop for short hikes and wilderness experiences.

The workshop is for those seeking a time of personal renewal, couples or friends seeking to reconnect in a different way, and bodyworkers seeking a new perspective on their field. $740

Consensus

Caroline Estes

Consensus decision making has been in use for hundreds of years. The Society of Jesus (Jesuits) used it in its early years. Most Native Americans used it in some form. In its more than 300 years of existence, the Quakers have brought it to what is probably its finest form in their Meetings for Business.

Caroline Estes, a Quaker for nearly four decades, has adapted the Quaker "search for unity" for use in secular groups as a search for truth. Her work is based on the belief that each person has a piece of the truth, and that bringing together those pieces of truth results in decisions that transcend the individual.

This workshop will teach not only how to put forward one's own truth, without hidden agendas or biases, but how to listen for the truth of others. Through extensive role-playing, it will present the methods of seeking consensus and of facilitating meetings that use consensus.

The workshop will enable participants to take part more effectively in meetings, whether or not consensus is being used, and to become more effective group leaders. $740

Fit to Lead: Shape-Shifting into the 21st Century

Elisa Lodge

Writes Elisa Lodge: "Shape-shifting is the ability to alter one's physical, emotional, and mental states at will, to affect and inspire the consciousness of others. It is a term originally ascribed to the shaman, the mystically empowered leader/healer of traditional cultures. Today's radically changing world requires us to become, like the shaman, self-healing and the leaders of our destiny.

"The focus of our week together will be to reclaim the trust in the intuitive authority of our body wisdom. When the body, its movements, breath, and speech become more fluid, vital, and musical rather than mechanized, controlled, and predictable, we exude an authenticity and flexibility of being in all we do and say.

"Time will be spent on recognizing the body language of dominance and subservience and on the ability to contrast pretense and presence, acting and being. Individual and group exercises will be used to reshape stress and strain into harmonious, congruent expression; sit, stand, and walk with fluent, vibrant aliveness; inspire courage to act with greater boldness and daring; and improvise strategically on one's feet."

The workshop is designed for everyone seeking to enhance personal power. $740

Weekend of January 26-28

Exploring the World of Lucid Dreaming

Stephen LaBerge

Dreams are worlds of wonder where anything imaginable can happen. However, ordinarily we sleep through our nightly journeys, unaware of the opportunities available.

We are not bound to forever sleepwalk through our dreams. *Lucid dreams* are dreams in which we know we are dreaming while we're dreaming. While lucid, we can be fully conscious that the dreamworld is a mental creation, and that we are free to act in the dream unconstrained by laws of physics or society.

People can develop the skill of lucid dreaming and research has shown that it can profoundly affect our brains and bodies. Participants will be taught how to induce lucid dreaming and explore its many uses: self-exploration, creative problem solving, enhancing self-confidence, healing, adventure, and self-integration.

The seminar will extend beyond dreaming to investigate our experience of the world and our perceptions of "reality." It will explore the concept that all perceptions are illusory and that waking reality is, like dreaming, a mental construction.

The workshop will combine lecture and experiential exercises. It is intended for avid dreamers and people interested in self-exploration and the enhancement of consciousness.

Recommended reading: LaBerge, *Lucid Dreaming*; and LaBerge & Rheingold, *Exploring the World of Lucid Dreaming.*. $380

When Success is Not Enough

Peller Marion

> *If I had known what it would be like to have it all, I would have settled for less.*
>
> —Lily Tomlin

Materialism is skyrocketing in the United States. Indeed, many of us are wealthy beyond the wildest dreams of our ancestors. Still, we struggle more than ever for self-esteem and meaning in our lives.

When alternative measures of success are not available, the deep human need to be valued and respected by others is often acted out through consumption. Buying things becomes a means to both self-esteem and social acceptance. "The avarice of mankind is insatiable," wrote Aristotle, who believed that as soon as one desire was satisfied, another would appear to take its place. If our wants are insatiable, there is simply no such thing as enough.

This workshop is designed to explore the questions: How much is enough? What is an achievement junkie? What is my definition of success at this time in my life? How do I create my own personal philosophy of life and live by my own agenda?

Participants will investigate the paradox of success in their own lives. A variety of experiential approaches will be used, including readings, discussion, games, dance, gestalt, imagery, and meditation.

Recommended reading: Marion, *Crisis Proof Your Career: How to Find Job Security In An Insecure Time*; and *Making It: Stories and Stages of Successful Entrepreneurs.*

C.E. credit is available; see pages 60-61. $380

Re-Solving Your Past, Remembering Who You Are: A Gestalt Process Workshop

Julian Silverman

To become a whole person, one needs, to quote Fritz Perls in his autobiography, "to center one's existence."

Centering one's existence means orienting in time and space. The methods for centering in time and centering in space are different and complementary. Centering one's existence has two major obstacles: one's unresolved past and one's faulty self-remembrance.

This workshop elaborates on Perls's essential idea and provides participants with opportunities to work on blocks to centering one's existence.

C.E. credit is available; see pages 60-61. $380

Religious and Spiritual Problems: A Paradigm Shift in Mental Health

David Lukoff, Francis Lu & Robert Turner

> *Religion is a system of wishful illusions together with a disavowal of reality, such as we find... nowhere else... but in a state of blissful hallucinatory confusion.*
>
> —Sigmund Freud

> *Psychiatry has not only neglected but actively ignored the issue of spirituality.*
>
> —Scott Peck

Historically, mental health professionals have ignored, trivialized, or pathologized the religious and spiritual dimensions of life. Persons involved with unconventional spiritual paths as well as those having intense religious/spiritual experiences have been at risk of being misdiagnosed as mentally ill.

Significantly, work in transpersonal psychology recently came to fruition with the acceptance of a new diagnostic category entitled "Religious or Spiritual Problems" in the *Diagnostic and Statistical Manual, Fourth Edition* that guides diagnostic practice in the U.S. and many other countries. The adoption of this new category as an "Other Condition That May Be A Focus of Clinical Attention"—not a mental disorder—signifies a paradigm shift by accepting distressing religious/spiritual experiences as nonpathological problems.

The three authors of this new diagnostic category will share the issues involved in its adoption. Film and videotape excerpts will serve as stimuli for discussions of precipitants, phenomenology, support, integration, and outcome of religious and spiritual problems. Clinical cases will be presented to illustrate their diagnostic and treatment issues. Participants will have the opportunity to discuss personal experiences related to this topic.

C.E. credit is available; see pages 60-61. $380

Working with Obstacles and Difficulties

Yvonne Rand

How can we deal with the circumstances and experiences which we see as obstacles and difficulties in our lives? In this workshop, participants will be presented with methods for observing, identifying, and describing how encounters with obstruction occur; for analyzing the nature of obstruction and the causes and conditions which give rise to obstruction; and for devising and applying antidotes. Participants will be invited to evaluate and enjoy the opportunities for training the mind which the occurrence of obstacles and difficulties allows. The workshop will draw resources in these endeavors both from the Buddhist meditation tradition and from the Western psychotherapeutic tradition.

$380

Week of January 28-February 2

Holotropic Breathwork and the Creative Fire

Laurie Weaver & Ricci Coddington

This workshop is open only to those experienced in Holotropic Breathwork

The leaders write: "Holotropic Breathwork is a powerful method of inner exploration, personal transformation, and healing. It is a process by which we can come back into connection with our inner selves, our creativity, and our fire. It is a doorway through which we can explore and fully contact the many aspects of our personality, our intuitive wisdom, and our inner healer.

"This five-day program is an opportunity to connect more deeply with ourselves, our hearts, and the Mother Earth. Along with the breathwork, we will include sitting and walking meditations, relaxation, creative expression, gestalt work, and music making."

To apply for this workshop, please send your previous Holotropic Breathwork experience, along with dates and names of the certified facilitators, to Laurie Weaver, 2776 41st Ave., San Francisco, CA 94116.

Participation in this workshop will fulfill 45 hours of credit requirements for the Grof Transpersonal Training program. $740

Facing Life's Challenges: Courage, Faith, and Self-Acceptance

Phyllis Shankman

The only thing predictable in life is its unpredictability. It is full of ongoing challenges. Some challenges are easy; many are difficult to face and cope with. But each challenge or crisis is also an opportunity for expansion, learning, and healing, a chance to break set and move beyond old patterns. As individuals our work is to develop the courage, faith, and self-acceptance that will enable us to find the personal meaning and value in each challenge and grow from it.

This workshop is an opportunity to face these challenges in a safe, supportive space. Honoring oneself and the goodwill of others, participants will engage in group process, meditation, humor, massage, art, music, and movement, all in the context of expanding our capacity to transform challenges into meaningful growth experiences.

C.E. credit is available; see pages 60-61. $740

The Healing Power of Theater

Jean-Claude van Itallie

More and more, the power of creative expression to heal and to transform is being recognized. In a supportive, nonjudgmental atmosphere, playwright Jean-Claude van Itallie will lead participants on an inspiring, playful, and disciplined adventure, a rediscovery of the place of transformation: the source of both spiritual and artistic practice. Through movement, dance, playwriting improvisations, meditation, acting and listening exercises, and dream- and storytelling, this workshop is designed to reawaken and express the spacious, creative self we often forget. With workshop members encouraging and supporting one other, each individual's healing creativity will be evoked in a spontaneous yet structured manner, through a disciplined play of body, voice, and mind.

Everyone is welcome. No theater or writing experience is necessary. $740

Coming Home to the Soul

Dorothy S. Hunt

Suppose in each moment of our lives, in all of our joys and sufferings, in every encounter or experience with creature or person, there existed an invitation to come home to our true Self? Suppose a part of us knew that our true Self was not the "self" we cling to, of separate body, mind, thought, or feeling? Suppose somewhere, like a tiny ray of light through years of ignorance, tears, or darkness, a voice spoke in hushed tones reminding us we are already Home, already worthy, already healed? Could we hear?

"Yet it is true," writes Dorothy Hunt. "There is a consciousness deep within us which remembers who we are, where we came from, and where we are headed. It receives and inspires our love. It will teach us if we learn to listen. Some call this consciousness the 'soul,' others the 'heart.' But by whatever name we call it, it is continually calling us home to our true Self.

"Through the use of myth, music, meditation, movement, dreams, drawing, writing, guided imagery, and silence, this workshop will explore deeply the experiences and wisdom of the soul. We will explore the soul's images and archetypes, its rhythms and relatedness with all of nature. We will seek its knowledge and try to listen to the ways it calls us Home." $740

Dialogue: A Way of Life, A Path to Wholeness

Glenna Gerard & Linda Teurfs

Often today we find ourselves afloat in a sea of confusion, chaos, and conflict, unable to find meanings that bridge the separation we feel. And yet, twentieth century sciences tell us reality is relational—meaning is created through relationship.

Dialogue is a group communication process that focuses on how we create meaning and the very culture we share. Rooted in Greek *dia* (through) and *logos* (word or meaning), dialogue has been with us through the ages in indigenous tribal councils, Quaker meetings, the contemplative traditions, and in the writings of Martin Buber, Carl Rogers, and, most recently, the late David Bohm, quantum physicist and philosopher. Because of its *transformative* properties, it is of interest to leaders and facilitators in organizational, counseling, educational, and spiritual settings.

This program is an in-depth experience of dialogue and how it can help us move towards greater personal and collective wholeness. Processes from the contemplative, shamanic, and Jungian traditions will be interwoven to develop the capacity for collective mindfulness and wholeness. Attention will be focused on our capacity for holding paradox, expanded self- and worldviews, and how interpersonal openness and integrity lead to higher levels of collective creativity and integration. $740

Weekend of February 2-4

Forgiveness: The Key to Intimacy

Mary Goldenson (Devarani)

For workshop description see October 20-22. $380

Briefing for a Descent into Novelty

Terence McKenna

Terence's most recent transmission: "A unique opportunity to spend a weekend with one of the archaic revival's most hyperactive minds: mushroom mullah Terence McKenna, apostle of time's end and imminent historical transformation, will lead a guided tour of his end-of-the-millennium *wunderkammer* of eccentric, obscure, and strangely elegant ideas and positions. McKenna, the eschatological, botanical ambassador from the Absolute Other, is a silver-tongued altered statesman and psychedelic crusader who rarely fails to amuse and edify. Lively discussion of the approaching exfoliation of the human species into a transdimensional collectivity should be anticipated. Bring a friend." $380

The Art of Leadership: Communication, Creativity, Vision

Ron Alexander

> *In the beginner's mind there are many possibilities*
> *While in the expert's mind there are few.*
>
> —SUZUKI

This workshop is for entrepreneurs, executives, managers, and others committed to improving their communication and leadership skills. It is especially intended for those open to doing deep personal work with a commitment to transform the self and thereby become more effective and productive in leadership style. The major areas of focus will be resolving conflict, developing trust with those who feel threatened, addressing blind spots in self-esteem, healing blocks in creativity, and building support for transforming vision into reality.

The workshop is primarily experiential and will include gestalt open seat work; sharing feedback on leadership and communication styles; improving coaching skills; role-playing

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and problem-solving exercises for real-life work situations; and exercises for developing the unconscious to creatively solve problems.

Recommended reading: Depree, *Leadership is an Art*; Wing, *The Tao of Power*; Crum, *The Magic of Conflict*.

C.E. credit is available; see pages 60-61. $380

Fathers & Sons & Mothers & Daughters

Elliot & Vera Aronson

> *Just wait 'til YOU have children—then you'll know!*
> *Oh my God, I sound just like my mother!*

We are all someone's child and most of us already are or eventually will become somebody's mother or father. Our relationship with our parents is the most profound and the most ambivalent of all relationships—it influences us throughout our lives. Indeed, this relationship is all too often a hidden template for other intimate relationships, especially those with our own children. The more aware we become of the complex issues involved, the more we can heal old wounds and maximize the joy we experience with our parents and, ultimately, with our children, as we gain the ability to break out of unproductive, repetitive cycles.

This workshop is aimed at increasing awareness and understanding of how we think, feel, and behave—as daughter, son, mother, and father—with the goal of increasing our joy and effectiveness in these roles. Toward this end, a supportive environment will be provided in which participants will be invited to make use of a variety of verbal and nonverbal approaches, including art, play, fantasy, and movement. $380

Chaos and the Language of Nature

Ralph Abraham & Ray Gwyn Smith

Chaos theory has triggered a paradigm shift. But can it light our way ahead? This experiential, interactive workshop will explore ways in which chaos concepts may:

- Enhance our conversation with Nature
- Heal the dichotomy between Nature and Self
- Offer clues to a more integrated human presence on Earth

Come and embrace the future with renewed innocence and hope! $380

Week of February 4-9

Gestalt Practice

Christine Stewart Price

For workshop description see September 17-22.

C.E. credit is available; see pages 60-61. $740

Polarity Massage Intensive

Deborah Anne Medow

Polarity massage is a system of balancing the currents of life force which naturally flow through the body. It is a holistic approach to healing in which the practitioner and recipient work with thoughts and attitudes, nutritional needs, polarity yoga exercises, and the polarity treatment itself.

Participants will be instructed in the basic concepts of the polarity system as applied to the human energy field through the medium of touch. Emphasis will be on theory, polarity points and counterpoints, energy balancing methods, nutrition, and polarity yoga. Three-hour sessions will be held in the mornings and afternoons. Evenings will be for practice and occasional group meetings.

This workshop is designed for professional bodyworkers, health care providers, and interested laypersons, and is a good review for anyone who has taken a polarity workshop.

C.E. credit is available; see pages 60-61. $740

Writing About Our Lives: A Workshop for Women

Ellen Bass

Ellen Bass writes: "The philosophy behind this workshop is best expressed by Martha Graham, who said, 'There is a vitality, a life-force, an energy, a quickening that is translated through you into action. And because there is only one of you in all time, this expression is unique. And if you block it, it will never exist through any other medium, and be lost. The world will not have it. It is not your business to determine how good it is, nor how valuable, nor how it compares with other expressions. It is your business to keep it yours clearly and directly, to keep the channel open.'

"This workshop will help keep the channels open. It will be a supportive place to share our lives and work, our voice, our creativity. There will be a lot of time for writing, as well as time for sharing and feedback. From beginners to experienced, all women writers are welcomed. Whether you are interested in poetry, fiction, nonfiction, or journal writing, this workshop is an opportunity to become clearer, go deeper, express your feelings and ideas more powerfully."

Note: Although Ellen Bass is known for her work with survivors of child sexual abuse, the focus of this workshop will not be on healing from trauma. It is a creative writing workshop in which women are free to write on any subject they choose. $740

The Art and Dance of Transformation

Joanne Segel & Linda Jacobson

Transformational art and movement are creative processes that can be tools for self-development, spiritual growth, and understanding. Opening up to our creativity we receive more life energy. Art is a natural process of being human, and this workshop is designed to show you not that the artist is unique, but that each person is a unique artist.

During this week, with love and support, the stages of life will be explored, beginning with the first instant of cellular consciousness. Drums and dreams, drawing and painting, writing and ritual will be woven together to inspire and ignite you. Participants will take active dream journeys to enter the imaginal realm where inner healing takes place, tapping the wellspring of imagination and creativity in a nonjudgmental, nurturing environment.

Art and movement are vessels that hold enormous power for transformation. By connecting with our creative, instinctual natures, we inform our souls.

All levels are welcome—no prior art or movement experience is necessary. $740
(plus $25 materials fee paid directly to the leaders)

Weekend of February 9-11

Introduction to Mindfulness Meditation

James Baraz

For workshop description see October 27-29.

C.E. credit is available; see pages 60-61. $380

The Way of the Shaman: The Shamanic Journey, Power, and Healing

Michael Harner & Sandra Ingerman

Considered by many to be the world's authority on shamanism, Michael Harner will introduce participants to core shamanism, the basic methods of the shaman to enter a nonordinary reality of problem solving, well-being, and healing.

During this experiential workshop, particular emphasis will be placed on the classic shamanic journey to explore the hidden universe otherwise known mainly through myth and dream. Participants will be initiated into shamanic journeying, aided by drumming and movement practices to experience the shamanic state of consciousness and to awaken dormant spiritual abilities and connections with Nature.

Practice will include comparisons by participants of their discoveries in shamanic journeys as well as personal problem solving. Participants will also be provided with methods for journeying in nonordinary reality to their own individual spiritual teachers, a classic step in shamanic practice. Group members will be shown how shamanism can be applied in daily life to help heal oneself, others, and the planet.

This workshop constitutes the prerequisite for more advanced courses with Michael Harner and faculty members of the Foundation for Shamanic Studies.

C.E. credit is available; see pages 60-61. $380

The Body: Doorway to Self-Discovery—The Gestalt Practice Approach

Christine Stewart Price

> *My belief is in the blood and flesh as being wiser than the intellect. The body-conscious is where life bubbles up in us. It is how we know that we are alive, alive to the depths of our souls and in touch somewhere with the vivid reaches of the cosmos.*
>
> —D.H. LAWRENCE

In gestalt practice, "feeling" is defined as that which can actually be felt in the body. Awareness of feeling as physical sensation is one of the most effective ways to reach the goals Fritz Perls described as the goals of the gestalt process: to increase aliveness, to have a better ability to cope, and to fill in the holes of our existence. By sensing ourselves as our bodies we may access dimensions of being human that go beyond our ideas of who we think we are.

This workshop will focus on physical sensation as the entry point to knowing ourselves. Using the gestalt practice approach (see September 17-22), especially in exploration of breath, movement, and sound, participants will explore this inner realm of awareness in all its grit and glory. $380

Zero Balancing Open Forum

Fritz Smith

This weekend is an opportunity for people doing Zero Balancing to reconnect with Fritz Smith, with Zero Balancing, and with each other. Fritz writes: "It is critically important to periodically meet with like-minded people and to openly, freely, and safely discuss problems, insights, and successes of your work—in this case, the leading-edge therapy of balancing energy and structure."

The workshop's agenda will vary with the needs of those who attend, but will focus on personal nurturing and recharging, and will include giving and receiving sessions, refining touch, honing the ZB protocol, observing demos by Fritz, and looking at the newer emerging possibilities of ZB.

Come and rekindle your sense of belonging, of not being isolated in the world. Prerequisite training: Core Zero Balancing I.

This open forum qualifies for 12.5 hours of class credit toward Zero Balancing Certification, and is approved for CEUs for nurses (see pages 60-61) and acupuncturists. $380

February 11-23

Advanced Training in Shamanism and Shamanic Healing

Michael Harner & Sandra Ingerman

For workshop description see Special Programs, pages 56-57.

C.E. credit is available; see pages 60-61.

Week of February 11-16

Present at the Creation: Reawakening the Artist Within

Esalen Arts Center Staff

For workshop description see September 24-29. $740

Soul as Living Presence: The Diamond Approach

Joyce Lyke & Jessica Moore Britt

> *The Soul, like the moon, is new and always*
> *new again.*
> *And I have seen the ocean continuously creating.*
> *Since I scoured my mind and my body, I too, Lalla,*
> *am new, each moment new.*
> *My teacher told me one thing,* Live in the soul.
> *When that was so, I began to go naked, and dance.*
>
> —LALLA, *Naked Song*

The living presence of our soul is what is transformed and matured in the course of our spiritual development. It is our living consciousness which, when free to unfold, manifests its inherent dynamism, aliveness, and potentiality. The flow of our soul, if unimpeded, takes us deeper and deeper into our Essential Nature and in turn pours out of us in the unique expression of that True Nature in our individual lives. For most of us, however, our souls remain trapped in fixed conceptual and behavioral patterns that dampen the quality of our daily living and limit its possibilities. These rigidities block fundamental change in our consciousness, regardless of how many spiritual experiences we have had. For this reason, understanding the nature of the soul and what blocks its movement is essential for those who are serious about transformation.

This workshop will explore the main structures and underlying psychodynamic issues that have imprinted and shaped our souls, using open-ended inquiry and various body-awareness and meditative practices to loosen them. As these rigidifications and restrictions within the soul relax and unwind, the dynamic flow of the soul can unfold, revealing more and more of its full potential, bringing us closer to Home.

Please note: Registration requires completion of a questionnaire. For more information see Special Programs, pages 56-57.

Recommended reading: A.H. Almaas, *Essence* and *Diamond Heart—Book One*. $740

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Five-Day Massage Intensive

Laurie Lioness Parizek & Arthur Munyer

Esalen massage consists of more than the long, flowing strokes for which it is well known. In this workshop, Esalen bodywork in many of its forms will be demonstrated, practiced, and discussed during this week of learning and relaxation.

The workshop will introduce grounding techniques, pressure point work, meridian massage, stretches, and manipulations. The instructors will present a bodywork style that both addresses individual needs and integrates the whole person, focusing on the concept of working from our essential being. Special attention will be given to self-care, quality of contact, breath awareness, and stress reduction.

The workshop will also incorporate movement, dance, and rhythm to integrate the bodywork. Yoga and meditation will be taught to encourage focus and serenity.

Participants will make full use of Esalen's beautiful grounds and facilities. Please bring warm, comfortable clothing and your favorite music or instrument.

C.E. credit is available; see pages 60-61. $740

Weekend of February 16-18

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 8-10. $380

The LQ Factor—How to Increase Your Love Quotient

Sam Keen

Sam Keen submits: "Modern psychology has focused attention on IQ—intelligence quotient—and utterly failed to increase our understanding of the nature of love. New Age Dr. Lonelyhearts and a gaggle of sexperts have rushed to fill the vacuum and litter the popular media with questionable advice about sex, romance, and intimacy.

"In this lecture/workshop, we will strip away layers of nonsense and false mystification and try to think clearly and wholeheartedly about the elements that compose the complex act of love. Hopefully, we may increase our capacity for passion and compassion and learn what it means to practice the art of loving." $380

Week of February 18-23

Dzogchen—Awakening the Buddha Within: A Silent Meditation & Self-Inquiry Retreat

Lama Surya Das

For workshop description see September 10-15. $740

Playing the Edge

David Schiffman

In the early stages of growth, success seems to be its own reward. Excitement, vitality, and the willingness to face life boldly are characteristics of those who are involved in new and successful ventures. To keep this spirit alive is not easy. Enormous pressures, grinding routines, and demands of involvement can dispirit even the healthiest people. To listen to one's heart requires the courage to pause. In this willingness to stop and listen to the deeper self live the true resources that guide and protect us.

The purpose of this week is to create a mood of sanctuary for people in transition considering major changes in career, relationship, or matters of the spirit; those in need of a break from stressful responsibilities; and individuals interested in breaking new ground in the areas of self-nurturance, intuitive functioning, and problem solving.

The process will be gently restorative, illuminating, and enlivening. The intention will be to create a community based on trust and goodwill with emphasis on individual freedom. Traditional methods of self-inquiry (gestalt practice, bioenergetics, psychosynthesis) will be combined with innovative methods using music, meditation, poetry, ritual, and prayer to foster this spirit of living fully. $740

Weekend of February 23-25

The Life We Are Given

Michael Murphy & George Leonard

> *Like the human heart, the world points beyond itself to something greater and more beautiful. That something attracts us all, in different ways, and leads many of us to seek transformation.*
>
> —George Leonard & Michael Murphy, *The Life We Are Given*

Never before in history have so many people been offered so many possibilities for personal growth. And never before has the need for personal and social transformation been more urgent. Informed by their lifework in the field of human potential, George Leonard and Michael Murphy will lead participants in wide-ranging discussions on such topics as:

- The relations between this evolving universe and world-transcending realities
- Human capacities for extraordinary life
- The elements of transformative practice

This workshop will include simple movement exercises, meditation, storytelling, and unbridled metaphysical speculation. Murphy and Leonard will report on their two-year experiment in Integral Transformative Practice and help participants plan their own paths of transformation.

Recommended readings: Murphy, *The Future of the Body*; Leonard, *Mastery*; Leonard & Murphy, *The Life We Are Given*. $380

Two Events with Claudio Naranjo

Customarily invited by Esalen to present without agenda, this year Claudio Naranjo will offer an unusual workshop introducing two different themes:

1. *Interpersonal Meditation and Music as Contemplation*—each of these subjects constitutes a little-explored field in which Dr. Naranjo may well be the most experienced exponent. Interpersonal meditation (or meditation-in-relation) refers to the extension of meditation techniques to dyadic situations of shared silence; contemplation through music refers to meditation with an object reinforced by appropriate musical support.
2. *The Enneagram of Society*—Dr. Naranjo will discuss a set of interrelated social ills intimately linked to characterological styles and which constitute an analog to the "cardinal sins" in the individual psyche. It is perhaps because of these fundamental social pathologies that we cannot conceive of a technological solution to the world problematic that bypasses individual transformation. $380

Singing Gestalt

Nancy Kaye Lunney

Singing can be an experience of great joy, poignant tenderness, or overwhelming fear. It can provide illuminating moments of pure expression or a persona to hide behind.

"Singing Gestalt" is singing about yourself, who you are, what you feel. It is about being yourself in front of other people without judging how well you sing. It is not about performance—it is about making contact, feeling, expressing, and being there, with and for yourself and others.

If the idea of getting up and singing in front of other people terrifies you more than anything you can think of, this workshop is for you. If you love to sing in front of other people and want to stretch yourself further, this workshop is for you. It is a chance to take your singing self out of the shower, out of the car—out of the closet.

Some guided imagery and gestalt may be used. Bring lyrics to songs that express thoughts and feelings you'd like to explore. Accompaniment and lots of music are provided. $380

Technoshamanism: Total Immersion in Spiritual Technology

Douglas Rushkoff

To wholeheartedly embrace technology may be the only way to partake in the next phase of human evolution. Douglas Rushkoff, a leading explorer of the spirituality of technology, will orient students to a wide range of hi-tech tools for consciousness research. Participants will experience brain machines, the Internet, computer fractals, Virtual Reality, tarot, astrology, and I *Ching* through computer programs, chaos math, hemispheric alignment audio, video games, and even new media—all within the context of their effect on awareness, emotions, and the body.

The workshop will explore the techno-vision-quest and evaluate it as an adjunct to more traditional spiritual practices. The weekend will conclude with a techno-pagan rave dance, to which all of Esalen is invited.

Participants are encouraged to bring at least one item of technology—from brain machines and laptop computers to their kids' video game cartridges, players, and laser disks—which they would like to better understand, or to explore and share with the group. $380

Week of February 25-March 1

Language of the Drums: African Percussion, Chanting, and Dance

Babatunde Olatunji & Friends

Nigerian musician Babatunde Olatunji has been bridging the gap between American and African culture for thirty-five years. In this workshop he will show how drum sounds and rhythms communicate, stimulate, and pace the activities of traditional African life. He will teach the consonants of the Yoruba language, reproducing its sounds on drums and through chants, body percussion, and dance. This workshop is for dancers, percussionists, musicians, and anyone who wants to speak the language of the drums. Drummers can experience the dance and dancers can experience the drums. Bring a drum if you have one.

Please note: This has always been a popular workshop, with lots of people drumming and dancing in a small area. The energy runs high—be prepared for a crowded, exuberant atmosphere. $740

Awakened Mind: Five-Day Brainwave Training Intensive

Anna Wise

The Awakened Mind is a state of consciousness that releases deep inner resources, capacities, and powers that often lie dormant and inaccessible. This workshop will help you develop the intricate combinations of brainwave frequencies that underlie optimum mental states. Biofeedback monitoring, combined with different methods of meditation, visualization, "sensualization," and deep psychophysiological relaxation, will help you learn how to master your own brainwaves.

The workshop will present methods for accessing repressed memories and creating a bridge between your conscious and your unconscious mind. Bridging this gap and making this connection with your innermost self allows you to begin a process that encourages healing and integration. Emphasis will also be on the importance of the interrelationship between brainwaves and the human energy system, specifically the kundalini process.

Throughout the workshop, the Mind Mirror EEG will be used to demonstrate brainwave patterns, and Electrical Skin Resistance Meters will be used to measure the depth of arousal and relaxation of your autonomic nervous system, illuminating the interrelationship between your body and your mind.

C.E. credit is available; see pages 60-61. $740

Birth Experience: A Pathway to Life

Barbara Findeisen

Emotional and physical experiences that occur in the womb, at birth, and in the postnatal period have an enormous influence on our personality development and have long-term effects on how we respond to subsequent life events.

This workshop will include research and information about the psychological development during prenatal life and early infancy; the significance of cellular learning; levels of psychological trauma; and how the effects of these factors may manifest as behavioral patterns in children or adults. Didactic material will be interspersed with experiential sessions offering the opportunity both to facilitate and to regress to these early experiences, identify traumas, explore their impact, and begin the process of healing. All participants will have the chance to explore their own individual issues as well as learn various approaches for working with others.

Registration is open to everyone interested in the birth experience, and is especially recommended to those working with families, childbirth, and counseling.

C.E. credit is available; see pages 60-61. $740

Letting Go—Moving On

Mary Goldenson (Devarani)

Beliefs, fears, and emotions from the past can continue into present relationships and interfere with spontaneous feelings of trust, love, and joy. The goal of this workshop is to experience and let go of these defenses and create new ways to relate—in the moment—to ourselves, our work, and those we love.

The workshop includes periods of intense bodywork for those who want to let go of past anger, fear, and pain, which are reflected in the body as armor and tension. As armor softens, feelings held in since childhood can be released, and positive feelings can be experienced more fully. By also using dreamwork, massage, dance, and group process, a new capacity for loving can emerge.

This workshop may have up to 30 participants. $740

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SPECIAL PROGRAMS

The programs listed below are either longer than the standard Esalen workshop or part of an ongoing series. Prices quoted below for these programs are for standard accommodations as described in "Reservation Information," page 4. Sometimes bunk bed space is available at a reduced rate. Scholarships are also available; please see "Scholarship Information" on page 3.

The Upledger Institute Series

The Upledger Institute was founded by John E. Upledger, who pioneered the field of CranioSacral Therapy nearly twenty-five years ago. Dr. Upledger is a Doctor of Science, an Academic Fellow of the British Society of Osteopathy, and a member of the Alternative Medicine Program Advisory Council of the National Institutes of Health.

From 1975 to 1983, Dr. Upledger served as clinical researcher and professor of biomechanics at Michigan State University. During those years he supervised a team of anatomists, physiologists, biophysicists, and bioengineers in experiments testing the existence and influence of the craniosacral system. The results of those studies explained the function of the craniosacral system and its use in treating malfunctions of the brain and spinal cord.

The Upledger Institute teaches noninvasive modalities such as CranioSacral Therapy to doctors and health care practitioners of all disciplines. Curricula range from the structural/functional anatomical perspective to approaches that explore the physical, emotional, mental, and spiritual origins of pain and dysfunction.

Esalen will be offering SomatoEmotional Release I (October 15-20, taught by Dr. Upledger) and CranioSacral I (November 5-10) during this catalog period. The workshops are sequential and each requires completion of the previous course, either at Esalen or elsewhere.

The Diamond Approach: A Spiritual Teaching for Our Times

An Introductory Series of Classes

Teachers of the Ridhwan School are offering a series of introductory workshops in the Diamond Approach over the next year (see Soul as Living Presence, February 11-16). The Diamond Approach is a spiritual teaching developed by A.H. Almaas (Hameed Ali) to meet the needs of those wishing to contact the depths of who they are while leading ordinary lives of work and family. In addressing these needs, the teaching bridges the traditional divisions between what is considered sacred and what is considered mundane. It utilizes elements from depth psychology and traditional spiritual knowledge and practices, creating a new method for engaging in the process of spiritual transformation.

The methodology of the Diamond Approach is open-ended inquiry into one's personal experience leading to an experiential understanding of it. The format includes meditation, awareness and movement practices, talks, exercises in self-inquiry, and personal processing within the group. As we inquire into and travel through our inner terrain, our identifications and beliefs shaped by our conditioning – the obscuring veils within – become more and more transparent, and we are able to contact dimensions of reality and the human potential traditionally accessible to only a few. As we gradually contact the depths of who we are, the personality becomes refined, and our lives progressively become embodiments and expressions of our true nature.

As in the case of many schools of spiritual work, spiritual development in the Diamond Approach, while noninvasive and nonconfrontational, does lead to addressing the defenses of the ego and the dissolution of its structures, and so is not appropriate for everyone. It is especially suited to those who have done a lot of spiritual and/or psychological work, and who still feel that something within has not been touched. Reading one or both of the books below is recommended to see if you resonate with this approach. Prospective participants will be sent a questionnaire to ascertain whether the work may be of personal benefit.

While each workshop will provide a foundation for the next, each will be complete on its own and so may be taken individually or as part of the series. For more information and to obtain a questionnaire contact Joyce Lyke at 408-375-9845.

Recommended reading: Almaas, *Essence* and *Diamond Heart – Book One.*

October 29-November 10

Integrative Body Psychotherapy (IBP): Professional Training Program

Jack Rosenberg & Beverly Kitaen Morse

This is a 12-day residential training program in Integrative Body Psychotherapy (IBP). It is primarily for professionals and graduate students in related fields. IBP is a unique and powerful transpersonal body/mind system of psychotherapy. It draws together the theories of ancient and modern healing systems. A major focus is awakening the authentic self and heightening general aliveness and sexuality through breathing, body release techniques, and IBP psychological approaches. IBP emphasizes integration of body, mind, emotions, and spirit, and views the body as the foundation for psychological and transpersonal growth. Object relations developmental theory is integrated with IBP theory and bodywork.

For further information contact Beverly Morse at Rosenberg-Kitaen Central IBP Institute, 1551 Ocean Ave., #230, Santa Monica, CA 90401; 310-395-2117.

Recommended reading: Rosenberg et. al., *Body, Self, and Soul: Sustaining Integration*; and *Total Orgasm.*

Standard accommodations:	$1795
Bunk bed room, if available:	$1245

November 12-December 10

28-Day Massage Practitioner Certification Program

Ellen Watson, David Streeter & Esalen Massage Staff

The Esalen monthlong massage program provides professional instruction in fundamental massage skills. This training includes anatomy, movement, meditation, ethics, and self-care. The daily sessions consist of lecture, demonstration, and supervised hands-on practice. Special attention will be given to developing a center from which learning can easily occur and a balance between technique, intuition, and creativity can be achieved.

JOYCE LYKE

Following successful completion of the program, students wishing to fulfill certification requirements have six months to complete and document thirty massage sessions. Upon payment of a $50 processing fee, a California state-approved Certificate of Completion will be issued.

This is a professional training group with limited admission. Please request an application form when making reservations.

C.E. credit is available; see pages 60-61.

Standard accommodations:	$3325
Bunk bed room, if available:	$2350

February 11-23

Advanced Training in Shamanism and Shamanic Healing

Michael Harner & Sandra Ingerman

Shamanism is the most ancient system known for using the mind, heart, and spirit to heal oneself and others, and to solve the problems of daily living. This 12-day intensive course emphasizes the universal methods of classic core shamanism, such as shamanic journeying, and their practical application to contemporary life.

Course prerequisite: a previous workshop with Michael Harner or other authorized faculty member of the Foundation for Shamanic Studies, either at Esalen or elsewhere.

Recommended reading: Harner, *The Way of the Shaman* and *Hallucinogens and Shamanism* .

For information, cost, and application, please contact the Foundation for Shamanic Studies, PO Box 1939, Mill Valley, CA 94942; 415-380-8282. Early application is recommended.

C. E. credit is available; see pages 60-61.

Healthspring Outreach and Education

The Healthspring Project offers education and information that extends Esalen's work in the healing arts and sciences to the outside world. It is an independent service-oriented program of Esalen teachers and their associates. Healthspring offers a global information network linking visitors to Esalen with centers, teachers, and health professionals in the fields of somatics and psychology that are located in their home area. Our listings are public information and are not meant to be an endorsement of any individual or institution. Some of our practitioners and teachers travel to New York, San Francisco, and Los Angeles and are available for private sessions and classes. If you are interested in being contacted, let us know.

The Healthspring library offers books on health and healing, bodywork, somatic studies, psychology, nutrition, and related studies, which may be borrowed by students for a given period while at Esalen. Donations of appropriate books are greatly appreciated.

For access to this program, write to Laurie Lioness Parizek at Esalen, c/o Healthspring.

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WILDERNESS PROGRAMS

October 7-14

Heart of Big Sur: Wilderness Journey into the Santa Lucia Mountains

Little Bear Nason & Steven Harper

Immersed in the wilderness environment, this journey will seek to reawaken the spirit of the wild, expanding and deepening the connection to self, the earth, and nature. With wilderness as the primary teacher, participants will work with local Native California Indian traditions and contemporary awareness practices to enhance contact with nature.

The group will journey directly into the heart of Big Sur's Santa Lucia Mountains to Pine Valley, the ancestral summer home of the Esselen Indians, whose village sites, stone tools, and sacred rock paintings are still found among the sandstone caves and boulders.

Mules will carry in food and equipment, giving participants the freedom to hike the six miles from the trailhead base camp in Pine Valley with only a light day-pack. From base camp, there will be optional day-hikes (averaging 6-10 miles) that lead to caves with Indian petroglyphs, along mountain streams to inspiring waterfalls, through valleys of oaks and pines, and to sacred mountain tops with expansive views.

There will be instruction and practice in local Native American traditions and culture, and an opportunity to participate in ceremonies, drumming, and chanting. There will be a time of cleansing (a sweat lodge) and contemplation, culminating in a 24-hour vision quest. In addition there will be an introduction to the area's natural history, including the geology, plants, and animals of the Ventana Wilderness.

All meals are provided and are of exceptional quality. Previous wilderness experience is not necessary, although participants should be prepared for some vigorous physical activity. The group will convene in Monterey on Saturday, October 7 at 4 p.m. A complete information packet will be sent upon registration. $790

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The Esalen Wilderness Program refund policy reflects the fact that few of these expenses can be recovered.

To reserve a space in a wilderness workshop, a nonrefundable deposit of $200 is required. The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your nonrefundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your deposit is forfeited.

MARGARET LIVINGSTON

RECENT INVITATIONAL CONFERENCES

In its continuing commitment to the fields of education, religion, philosophy, and the physical and behavioral sciences, Esalen regularly sponsors invitational conferences that bring together experts who share their research and points of inquiry. As host, Esalen covers room and board expenses for participants as a way of advancing these particular studies. These are invitational conferences only and are not open to the public. Recently held programs and their conveners are listed here.

MARGARET LIVINGSTON

Ecopsychology, Spirituality, and Healing Ministries: A Cathedral Confluence
February 12-17, 1995

This conference united healers, artists, psychologists, writers, biologists and priests (representatives of San Francisco's Grace Cathedral and New York's St. John the Divine) whose work touches on the best of the new disciplines emerging from cathedrals today. The discussions articulated the interconnection between these disciplines and how new concepts of healing affect all that we do, e.g., "There is no health if the earth is sick." Emphasis was on finding the intersection between art and spirituality, both in the world and in a cathedral setting, and on breaking through language barriers to discover the common core themes of these inherently related fields.

Sustainability Consciousness
April 9-14, 1995

The aim of this conference was to inspire and articulate the collective preparation for "The Great U-Turn" from a greed-based, growth-oriented culture to a need-based, sustainable culture. The conference forged relationships between activists, journalists, scientists, artists, business people, and educators to foment ecological thinking and to weave strands of sustainability, spirituality, and systems theory into designs for ecological action in the areas of electronic media, patterns of consumption, grassroots organizing, innovative funding, and consciousness raising. Key elements of the proceedings were captured in the virtual space of an ongoing Internet World Wide Web page (URL http://www.well.com/www/suscon/esalen/), enabling the conference to be informed electronically by a much wider community and to share its ideas with a growing global village.

New Directions in Meditation Research VII
April 30-May 5, 1995

Cosponsored by Esalen Institute, the Institute of Noetic Sciences & Marius Robinson

The objective of this conference was to identify critical issues involved both in the study of meditation and in its use in clinical or educational contexts. Conference participants also discussed methodologies for meditation research; explored the interface between meditation traditions and the disciplines of science, psychology, and human development; and explored the potential significance of meditation and meditation research for both the individual and society.

FUTURE PROGRAMS

Listed here are some of the special programs scheduled for the months ahead. This is not an invitation to register, but information to assist you in your long-range plans to participate in an Esalen workshop. Dates are subject to change; please call the Esalen Office or see the next catalog for more specific information.

March 8-April 5, 1996

28-Day Massage Practitioner Certification Program

March 17- 29, 1996

Emotional Healing: From Codependence to Aliveness

Terry Hunt & Miriam Kahn

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C CONTINUING EDUCATION PROGRAMS FOR NURSES

The Board of Registered Nursing has approved Esalen as a provider of Continuing Education for registered nurses, provider number 01152. Only those programs listed below offer Continuing Education credit. Workshop leaders have the final decision in applying for C.E.U. eligibility. There is a $10 processing fee for C.E.U. certificates, payable at the end of the workshop when you turn in your evaluation form to the office. If you wish to receive a certificate, please notify the office at the time of registration.

Please note: *Two-day workshops offer 10 hours of C.E. credit and five-day or longer workshops offer 30 hours.*

If you need additional information on our C.E. courses or future C.E. outreach programs, please contact Sherry Sanders Galloway, R.N., Continuing Education Coordinator, 408-667-3000.

September 3-8

- Spiritual Healing: Laying-on-of-Hands

September 8-10

- Chi Gung: Opening the Energy Gates of Your Body

September 15-17

- Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach
- Transpersonal Medicine

September 17-22

- Turning On The Light: A Choice to Live Consciously
- Five-Day Massage Intensive
- Gestalt Practice

September 24-29

- Stepping Into Your Body of Light
- Change and Self-Esteem

September 29-October 1

- Reinhabiting Your Body: An Experience in Authentic Movement
- Self-Empowerment and Purification: The Farther Reaches of Gestalt

October 1-6

- Creative Bodywork: An Advanced Workshop
- Consciousness and Healing: History, Philosophy, and Practice
- Handwriting Patterns: Possibilities for Healing and Change

October 8-15

- Cortical Reeducation® and the Feldenkrais Method®

October 8-13

- The Subtle Art of Meditation

October 13-15

- Psychosynthesis: Personal and Transpersonal Growth

October 15-20

- The Upledger Institute's SomatoEmotional Release I
- Focusing: Treasure Maps to the Soul
- Taoist Chi Kung: Enhancing Vitality
- The Future of Leadership: Integrating Creativity, Value, and Accountability

October 20-22

- Awakened Mind II: Advanced Brainwave Training and Transcendent States
- Taking Care of Yourself While Helping Others: Survival Tools for Service Professionals

October 27-29

- Introduction to Mindfulness Meditation

October 29-November 3

- Five-Day Massage Intensive

November 3-5

- The Healing Power of the Dream: A Dreamwork Seminar for Professionals
- Intimate Connections
- Esalen Massage Intensive

November 5-10

- The Upledger Institute's CranioSacral I
- Creating Exact Moments of Healing

November 10-12

- Introduction to Gestalt Practice
- Sensory Awareness
- The Core Self

November 12-December 10

- 28-Day Massage Practitioner Certification Program

November 12-17

- The Transformational Enneagram: Mindfulness, Insight, and Experience

November 17-24

- Healing From Sexual Trauma: A Seven-Day Intensive for Survivors

November 19-24

- Turning on the Light: A Choice to Live Consciously

November 26-December 1

- Feldenkrais®: Life, Learning, and Movement

December 15-17

- Conscious Health: A Model for Ultimate Aliveness
- The Ohashiatsu® Method

December 17-22

- The Body in Four Dimensions: Anatomy for Bodyworkers and their Clients
- Healing the Emotional/Spiritual Body: The Rubenfeld Synergy® Method

December 22-24

- Weekend Massage Intensive

December 24-29

- Spiritual Healing: Laying-on-of-Hands
- Intuition, Perception, and Altered States of Consciousness

December 31-January 5

- Adventures in Bodywork
- Opening the Feelings
- The Subtle Art of Meditation
- To Be Ready to Live, To Be Ripe to Die

January 5-7

- Psychoneuroimmunology and Its Implications
- Attention! Attention! Attention!

January 7-12

- Mending the Fragmented Self: Soul Retrieval and Shamanic Practices

January 12-14

- Weekend Massage Intensive
- The Enneagram in Personal Development and Therapy
- Understanding the Other Sex: Gender Training for Gender Trainers

January 14-19

- Sports Massage: Keeping the Players Playing

January 19-21

- Hanna Somatics: Mastery of Muscles and Emotions

January 21-26

- The Heartful Path to Mind Power: Geometrizing Mind Space

January 26-28

- When Success Is Not Enough
- Re-Solving Your Past, Remembering Who You Are: A Gestalt Process Workshop
- Religious and Spiritual Problems: A Paradigm Shift in Mental Health

January 28-February 2

- Facing Life's Challenges: Courage, Faith, and Self-Acceptance

February 2-4

- The Art of Leadership: Communication, Creativity, Vision

February 4-9

- Gestalt Practice
- Polarity Massage Intensive

February 9-11

- Introduction to Mindfulness Meditation
- Zero Balancing Open Forum
- The Way of the Shaman

February 11-23

- Advanced Training in Shamanism and Shamanic Healing

February 11-16

- Five-Day Massage Intensive

February 25-March 1

- Awakened Mind: Five-Day Brainwave Training Intensive
- Birth Experience: A Pathway to Life

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✱ WORK STUDY PROGRAM

The Work Study Program is for those interested in an intense and complete involvement with the Esalen environment. It is a work-oriented program, emotionally and physically, and only rarely is it restful. Participants work thirty-two hours per week in one of Esalen's departments (kitchen, garden, farm, housekeeping, maintenance, or grounds) and participate, along with staff and long-term students, in that department's program.

During most evenings and one weekend intensive, work students are together as a group exploring different practices and approaches available at Esalen, with specifically assigned leaders who will be with the group throughout the month, coordinating the study schedule and facilitating many of the evening sessions.

The selection of work students is done by Bette Dingman, the Work Study Coordinator, in consultation with department supervisors. Since this is a work program, preference is given to applicants who are open and willing to learn about themselves within the work context as well as within the evening and weekend study/process groups. Applicants with particular skills or physically limiting conditions are urged to mention them on the application. It is necessary for applicants to be able to speak and understand English.

First-month work students, in particular, are assigned to departments largely on the basis of community need. No work students will be assigned to the office until they have fulfilled a minimum of one month in one of the aforementioned departments, either during a current or a previous stay.

The study portion of the program is divided into two groups each month: each emphasizes one type of growth practice, such as gestalt, meditation, Reichian work, massage or somatics work, and so forth. Participants must be prepared to stay at Esalen for the full duration designated for that particular program, assuming that they meet the standards of the Work Study Program.

Please note: This program is designed to explore and apply human values and potentials in both the evening groups and the workplace. It is not intended as a substitute for therapy or as a "cure."

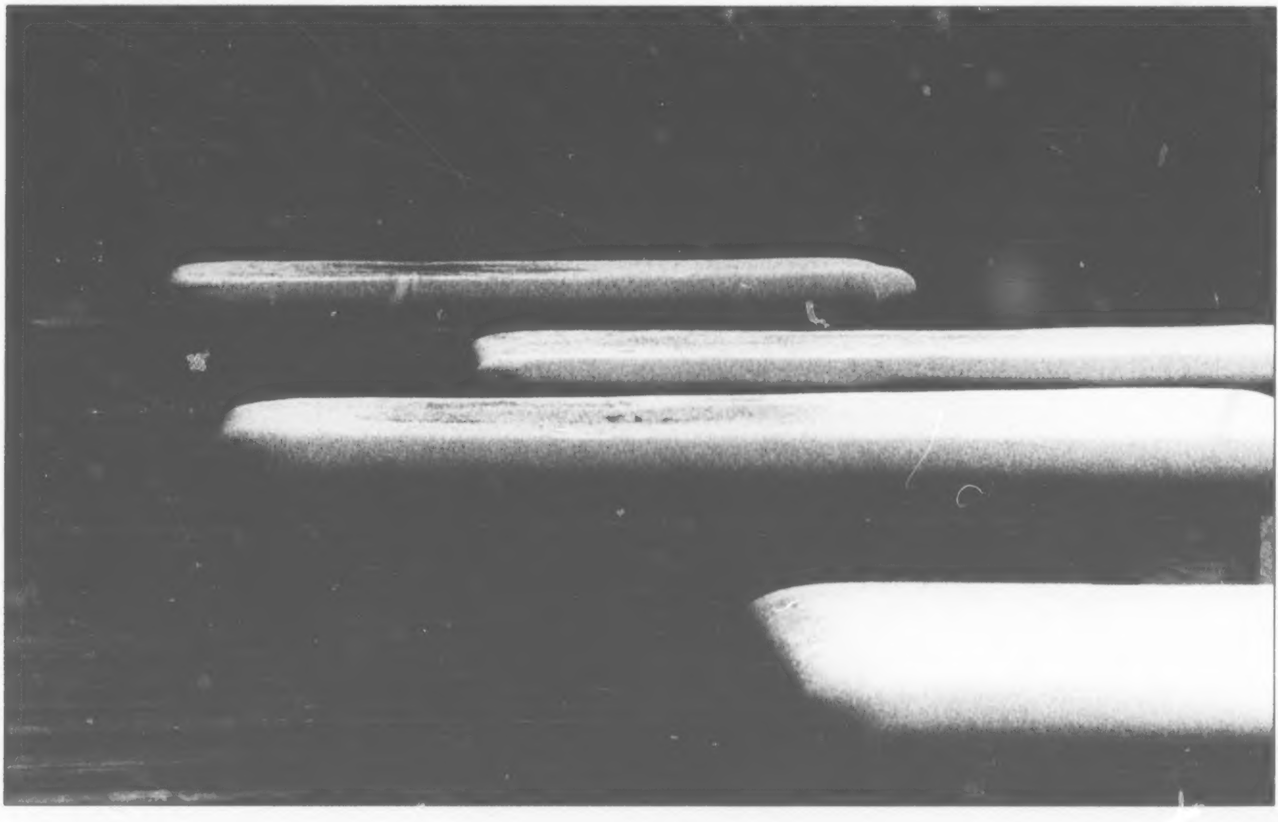
It is sometimes possible to receive college unit credit for participating in the Work Study Program. Please check with your college or university for eligibility requirements.

Work Study Programs scheduled for this catalog period are:

September 17-October 15

The focus of a month with **David Schiffman** will be on the theme of transition. It is geared for people who are facing major changes and would like to create a time for sanctuary and a mood of mutual support. The intention will be to cultivate an individual style of approaching change that is heartfelt, open-minded, and resourceful in spirit.

Judith Cornell will focus on the alchemy of illuminating personal and group mandalas for healing and integrating body, mind, and spirit. The program will merge sacred art, transpersonal psychology, and science with perennial wisdom aimed at perceiving our wholeness and connectedness, an approach synthesizing light, sound, and consciousness.



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Participants will draw, meditate, and learn simple yoga movements and sound techniques for harmonizing the body/mind, releasing fear, and opening to higher states of creativity.

Please note: There will be a $35 materials fee paid directly to the leader.

October 15-November 12

A month with **John Soper & Friends** will focus on ways to improve the quality of life for participants. Gestalt practice will be the vehicle for personal growth in a group setting. The group may also experience other practices, including games, to bring into focus those areas of our lives that are ripe for change.

Vicki Topp & Friends will lead a monthlong journey exploring ourselves and our environment, utilizing a blend of integral healing practices which may include massage, sensory awareness, imagery, storytelling, gestalt, creative movement, and spiritual nourishment.

November 12-December 10

Steven Harper & Friends will lead an introductory month of "oldies *and* goodies." Exploring group process, gestalt practice, dance, movement work, bodywork, energy awareness, and meditation, the group will pay special attention to how these transformative practices may be integrated into the work aspect of the program and our lives outside of Esalen.

November 12-January 7

Eric Erickson & Friends will lead a two-month practicum focused on gestalt practice, a form which evolved at Esalen out of the work of Fritz Perls. In this work, awareness is the primary tool: its power is derived from concentrating attention on the seeming simplicity of moment-to-moment experience. This approach will be explored through open seat work, group exercises, group process, and learning to work with one another. Complementary awareness practices -- meditation, movement, and the experience of nature -- will be utilized throughout. The approach will be experiential, allowing theoretical considerations to emerge from an experiential base.

Please note: This special two-month program requires a commitment to both work scholar months.

December 10-January 7

Mary Goldenson's (Devarani) program of letting go and moving on employs Reichian methods, dance, imagery, gestalt, and meditation to experience and let go of beliefs, fears, and emotions from the past which continue into present relationships and interfere with spontaneous feelings of trust, love, and joy.

Eric Erickson & Friends. See November 12-January 7.

January 7-February 4

Using Esalen massage as the primary focus, **Peggy Horan** will lead a monthlong program exploring touch, sensing, feelings, and presencing, relating these areas to both bodywork and daily life. In support of the massage work, sessions in group process, gestalt, and movement will be offered.

David Schiffman. See September 17-October 15.

February 4-March 3

Jo Smith Hollman will lead a month focusing on the intertwining paths of personal growth and community building. Using exercises for the body/mind/spirit, dance, storytelling, bodywork, meditation, and guided imagery, this will be an exploration into developing awareness and self-love, and how to expand this development into healthy relating. *"There is within us that which is within others..."*

The program led by **Ellen Watson** will feature movement as an awareness practice and a form of self-expression. Utilizing hatha yoga asanas, Gabrielle Roth's dancing meditation "The Wave," and heightened breath awareness, participants will dance and play, sweat and pray together.

Inasmuch as the Work Study Program is a complete program in itself, please do not plan to take regularly scheduled catalog workshops during your stay. Professional services, such as massage, are available at staff rates.

Fees: A deposit of $400 in U.S. currency is required with your application. The work scholar fee is $750 for the first month, $700 for the second month, and $650 for the third month. Work students may be invited to remain for a second or third month depending on space available and community needs. Occasionally it is possible to stay for a longer period of time as an Extended Student. There are no scholarships available for the Work Study Program.

Housing: Accommodations are shared (occasionally co-ed), with up to four people to a room, usually at South Coast Center, a staff complex located 1.5 miles north of Esalen.

For more information contact Bette Dingman: 408-667-3010.

Please note: Application is not registration in the program. Registration is made only after approval of application and upon receipt of deposit. The balance of the fee is due on arrival. Of the original deposit, $100 is nonrefundable and may be transferred to other programs within one year of receipt. Please return the application form (see next page) with your deposit to:

Work Study Program
Esalen Institute
Big Sur, CA 93920.

Institute of Transpersonal Psychology Offers External Master's Degrees

WORK STUDENTS now have the opportunity to integrate their work study experience at Esalen with the external degree program of the Institute of Transpersonal Psychology. The external degree format enables students to study at any location. Work students will be able to continue the dynamics of personal growth fostered at Esalen while earning master's degrees in transpersonal studies or in transpersonal psychology.

Inquiries and applications should be made directly to ITP. Contact:

Nancy Fagen
External Program
Institute of Transpersonal Psychology
744 San Antonio Road
Palo Alto, CA 94303
415-493-4430

WORK STUDY PROGRAM APPLICATION

Name ______________________ ☐ Male ☐ Female

Date of Birth ______________ Occupation ______________

Place of Employment ______________________

Daytime Phone (____) ______________ Home Address ______________

Evening Phone (____) ______________ City/State/Zip code ______________

Date of Application ______________ Country ______________

Do you have any physically limiting conditions which might affect your full participation in this program? ☐ Yes ☐ No

If yes, please be specific ______________________

Are you currently taking any medications? ☐ Yes ☐ No If yes, please specify: ______________

Which program(s) are you interested in? Please list the leader's name. ______________

Please note: When focused programs continue with the same leader for more than one month, participants must be prepared to stay at Esalen for the full duration of that particular program.

The Work Study Program is for 28 days, beginning and ending on Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: ________ to ________ 2nd: ________ to ________ 3rd: ________ to ________

Work students may be invited to remain for a second or third month, depending on space available and the needs of the Esalen community. Please indicate your availability for such an invitation.

☐ No extension ☐ One-month extension ☐ Two-month extension

Assignments to departments are made according to community labor needs. However, if you have particular skills that you're willing to use, especially in food preparation, gardening, maintenance, mechanics, construction, or housecare, please mention them here.

☐ Please check here if you have emergency medical skills (M.D., R.N., or E.M.T.) and are willing to use them during your stay.

Attach a personal statement about your interest in the Work Study Program and why you'd like to participate.

All applicants are required to sign a standard release from liability and assumption of risk form as a condition of participation in the Work Study Program.
Please Note: No pets allowed.

AUDIO RECORDINGS

The Dolphin Tape Series

Each new tape list has a somewhat different emphasis in its selection of titles and speakers. In addition to the many well-known titles from familiar speakers included for the special attention of new customers, there are several additional tapes from some old favorites, the most recent recordings from others, and a few entirely new speakers, events, and subjects.

Dolphin Tapes has no complete catalog, just overlapping tape lists. When you place an order, let us know your field of interest or your favorite speakers. We may have more information on some of them. Many tapes are in stereo. Tape length is normally 1 to 1 1/2 hours.

Single-tape titles are $10:

Abraham/McKenna/Sheldrake: TRIALOGUES: *Preview and Sampler*, 1989-90
Gregory Bateson: *The Limits of Science*, 1978
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David Brower: *Breaking the Species Barrier*, 1971
Joseph Campbell: *Kundalini and the Chakra System*, 1981
Fritjof Capra: *Ecological Vision*, 1984
Fritjof Capra: *Characteristics of Systems Thinking*, 1985
Barry Commoner: *Human Meaning of Environmental Crisis*, 1971
Big Sur Drums: *The Sky Children*, 1968
Big Sur Drums: *Steve Genardini's Drummers*, 1971
Earl Ettienne: *AIDS and Health: Integrity and Life*, 1994
Richard Feynman: *Quantum Mechanical View of Reality*, 1983
David Finkelstein: *A New Quantum Logic*, 1976
Stanislav Grof: *A New Paradigm for Psychotherapy*, 1980
Willis Harman: *Origin of the Psychedelic 1960s*, 1977
Arthur Hastings: *Transpersonal Realities*, 1979
Gerald Heard: *The Power of Wonder*, 1954
Gerald Heard: EXPLORATIONS: *Who Am I?*
Gerald Heard: INDICATIONS: *What is Love?*
Gerald Heard: REFLECTIONS: *14 Readings*
John Heider: *Living in the Tao*, 1987
Albert Hofmann: LSD *and the Nature of Reality*, 1978
Al Huang & David Darling: *Dancing Cello, Dancing Tao*, 1989
Aldous Huxley: *The Individual and History* (MIT Cambridge), 1961
Laura Huxley: *Recipes for Living and Loving* (Guided Imagery), 1963
Robert Johnson: *The Roots of Modern Masculinity*, 1990
Robert Johnson: *The Wounded Feeling Function*, 1993
Jack Kornfield: *The Simplicity of Spiritual Practice*, 1982
Jack Kornfield: *On Buddhism: A Personal Story*, 1983
Timothy Leary: *American Culture*, 1945-1985
Janet Lederman: *Early Childhood Experience* (Gazebo), 1987
John C. Lilly: *The Dolphin Experience*, 1969
John & Toni Lilly: *Integrating Science and Mysticism*, 1981
Abraham Maslow: *Self-Actualization*, 1966
Terence McKenna: *Hot Concepts and Melting Edges*, 1994
Terence McKenna: *Laws and Freedom, Habits and Novelty*, 1994
Terence McKenna: *The Time Wave*, 1994
Humphrey Osmond: *Early Psychedelic History*, 1967
Joseph Chilton Pearce: *Intelligence of the Heart*, 1992
Carl Rogers: *My Philosophy and How It Grew*, 1972
Rogers/Bateson: *Dialogue on Thinking, Feeling, Learning*, 1975
Daniel Sheehan: *Philosophy of Christic Institute*, 1991
Sheldrake/Pearce: *Resonant Fields of Heart and Brain*, 1993
John "Jay" Shelfer: *Taoist Chi Energy Breath Movement*, 1993
John "Jay" Shelfer: *Taoist Breathing and Movement Experience*, 1994
Huston Smith: *The Nature of Reality* (Boston), 1970
David Steindl-Rast: *Addiction and the Spiritual Quest*, 1987
Richard Tarnas: *The Passion of the Western Mind*, 1993
Wilson Van Dusen: *The Nature of Humanness*, 1969
Alan Watts: *Divine Madness*, 1968
Carl Whitaker: *On Becoming a Professional Therapist*, 1989
Arthur M. Young: *The Reflexive Universe*, 1973

Two-tape titles are $16:

Walt Anderson & Ted Roszak: (2) *The Upstart Spring* (Esalen), 1984
Gregory Bateson: (2) *Balinese Culture and Shamanism*, 1976
Joseph Campbell: (2) *Myths of Alienation and Rapture*, 1970
Joseph Campbell & Sam Keen: (2) *The Dark Side of the Forest*, 1985
David Finkelstein: (2) *Ancient, Medieval, and Classical Physics*, 1984
Buckminster Fuller: (2) *The Critical Path* (Maui), 1982
Bruce Kumar Frantzis: (2) *Taoist Philosophy and Practice*, 1994
Bruce Kumar Frantzis: (2) *Taoist Meditation and Health*, 1994
Stanislav Grof: (2) *The Birth Trauma*, 1981
Stanislav Grof: (2) *The Cosmic Game*, 1987
Jean Houston: (2) *The Possible Human* (Boston), 1979
Terence McKenna: (2) *The Timewave and More*, 1994
Frederic Spiegelberg: (2) *India and the Saints*, 1964
Alan Watts: (2) *Eastern Religion and Western Therapy*, 1971
Alan Watts & Lynn White: (2) *Ecological Crisis*, 1971
Janet Zuckerman: (2) *The Feeling Process* (1987)

Four-tape titles are $34:

Ralph Abraham: (4) *The Chaos Revolution*, 1994
Joseph Campbell: (4) *Imagery in the Novels of James Joyce*, 1968
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David Finkelstein: (4) *Indeterminacy and Undecidability*, 1978
Roland Fischer: (4) *Creative, Psychotic, and Ecstatic States*, 1969
Buckminster Fuller: (4) *Integrity Day* (Marin), 1983
Abraham Maslow: (4) *An Informal Weekend in Big Sur*, 1966
Terence McKenna: (4) *Light at the End of History*, 1994
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BIOGRAPHICAL INFORMATION

A

Ralph Abraham, known for his work in dynamics and chaos theory, is professor of mathematics at UCSC, and author of Chaos, Gaia, Eros: The Orphic Trinity in Myth and Science, and coauthor of Trialogues at the Edge of the West. p. 52

Jeremiah Abrams is a Jungian therapist and writer. His books include The Shadow in America and Meeting the Shadow. As director of the Mt. Vision Institute in Sausalito, Calif., he conducts a certification program in soul-centered psychology and psycho-spiritual integration. p. 33

Sarah Abukutsa is a professional singer and dancer who trained in her native Kenya before working in Europe and the U.S. She has worked with Babatunde Olatunji and Quincy Jones. p. 16

Jeanne Achterberg is professor of psychology at Saybrook Institute and co-chairs the Mind/Body Advisory Panel for the Office of Alternative Medicine Division, National Institutes of Health. She is currently president of the Association of Transpersonal Psychology. p. 18

Connie Ahrons is a psychotherapist in Santa Monica and associate director of the Marriage and Family Therapy Training Program at USC. She is the author of The Good Divorce and coauthor of Divorced Families. p. 18

Ronald Alexander is a health psychologist in private practice in Santa Monica, Calif., and a clinical core faculty member at Ryokan College. He is a consultant to the entertainment industry, specializing in creativity and leadership skills. p. 32, 51

Tenshin Reb Anderson was ordained by Shunryu Suzuki Roshi in 1970. He served as Abbot of San Francisco Zen Center from 1986 to 1995 and is now "Senior Dharma Teacher" at Zen Center. p. 19

Elliot Aronson, teacher, scientist, and author, has been leading workshops on self-awareness and self-compassion for over twenty-five years. He is a member of the American Academy of Arts and Sciences. p. 52

Vera Aronson is a counselor and group leader who specializes in issues relating to the elderly. p. 52

Angeles Arrien, a native Basque, is an author, anthropologist, educator, and corporate consultant, whose teachings are based on the universality of values, ethics, and experiences revealed through cross-cultural myths, symbols, and the arts. p. 47

B

Nancy Bacal is a lyricist, screenwriter, and aikido black-belt. She edited Leonard Cohen's Stranger Music and Raga, a film starring Ravi Shankar. She leads ongoing writing workshops in Los Angeles and West Marin, Calif. p. 14, 37

Richard Balaban is a clinical psychologist in private practice in Bloomington, Ind., who delights in leading groups. He affirms joyfulness and the creation of a sense of self and community. p. 14

James Baraz has taught vipassana insight meditation retreats since 1977 and is cofounder of Spirit Rock Meditation Center in Marin County, Calif. A licensed psychologist, he has a counseling practice in Berkeley. p. 28, 31, 53

Edmundo Barbosa is a body-oriented psychologist from Sao Paulo, Brazil and the founder of Revida, a center for work with cancer patients. He is a senior research associate for the Institute for the Study of the Afterdeath. p. 43

Ellen Bass has supported, encouraged, and inspired women's writing for over 20 years. She has published a dozen books, including poetry, nonfiction, and children's stories. p. 52

Leonard Bearne has a broad background in humanistic psychotherapy and has been a visiting teacher at Esalen. For the past seven years he has studied analytic approaches to therapy, the last two with Dr. Robert Stolorow. p. 17

Tom Bender is an architect, strategic planner, feng-shui practitioner, top award winner in the 1993 international Sustainable Community Solutions competition, and former editor of RAIN magazine. p. 23

Brian Bergstrom is a structural bodywork practitioner and yoga instructor with over fifteen years' experience. He has a private practice in Palm Springs, Calif. p. 19

Elena Bonn practices psychoanalytic psychotherapy with adults and teenagers in Westlake Village, Calif. She has trained with Dr. Robert Stolorow in intersubjectivity for four years. p. 17

Julie Bowden, a pioneer in the children of alcoholics (COA) field, is cofounder of the National Association of COAs. She coauthored Recovery: A Guide for Adult COAs and Genesis: Spirituality in Recovery. p. 14, 15, 37

MARGARET LIVINGSTON

C.J. Bradbury is a member of the Esalen massage staff and a teacher of t'ai chi ch'uan with an avid interest in brainwave training. He is the grandfather of Joshua and Jazzelyn. p. 46

Carolyn Braddock is a body-centered therapist and consultant in private practice in Lakewood, Colo. She authored Body Voices: Using the Power of Breath, Sound, and Movement to Heal and Create New Boundaries. She trains professionals in post-traumatic stress disorder. p. 33

Jessica Moore Britt, gestalt and Reichian practitioner in the Bay Area, is a teacher of the Ridhwan Work School, which is dedicated to understanding personality and spiritual development. p. 53

Mark Bryan, cofounder of The Artist's Way workshops, has an extensive background in business creativity and lectures and consults on creativity in business, science, and the arts. He teaches at the College of Santa Fe film school. p. 38

Heather Burch is an eidetic imagery therapist and trainer. She studied extensively with Dr. Akhter Ahsen, originator of Image Therapy. In addition, she has a background in shamanism, hypnosis, and self-acceptance training. p. 17

Sophy Burnham, author of ten books including A Book of Angels (translated into 12 languages) and Angel Letters, is currently working on a third non-fiction book on angels and the spiritual dimension that surrounds us. p. 34

C

Julia Cameron has been a working artist for more than 20 years, as a screenwriter, director, and producer in Hollywood, and as a journalist for such diverse publications as The New York Times and Rolling Stone. p. 18

Fritjof Capra, physicist and systems theorist, is a director of the Berkeley-based Center for Ecoliteracy. He is the author of The Tao of Physics, The Turning Point, and Uncommon Wisdom. p. 34

Lewis John Carlino is a novelist, playwright, screenwriter, and director. He has taught playwrighting at the University of Southern California, and screenwriting at Columbia University. p. 28

Seymour Carter, longtime gestalt teacher at Esalen and in Europe, combines studies in family systems theory with Zen Buddhism, sensory awareness, aikido, and other body-oriented practices. p. 36, 41

Carl Chase (C.C.) is a bodyworker who specializes in cross-fiber friction and deep tissue methods. He has also studied sports massage and soft-tissue manipulation. p. 16, 43

Ricci Coddington is a certified practitioner of Holotropic Breathwork with over

30 years' experience in deep healing work. She completed a three-year training program in transpersonal psychology with Stanislav and Christina Grof. p. 50

Stephen Cohen, gestalt practitioner and longtime golf hacker, is founder and President of The Shivas Irons Society, a non-profit organization dedicated to enhancing golf's beauties and virtues. p. 19

Ann Weiser Cornell has taught Focusing in eleven states and nine countries. She is the author of The Focusing Guide's Manual, and is past president of the Association for Humanistic Psychology. p. 26

Judith Cornell, artist and educator, has developed programs exploring the synthesis of art with other fields. Founder of Manifesting Inner Light, she has taught people worldwide to use art as a yoga for healing and transformation. p. 16, 62

Phil Cousineau is a filmmaker, lecturer, and adventure travel guide. He is the author of Soul: Readings from Socrates to Ray Charles and The Hero's Journey: Joseph Campbell on His Life and Work. p. 15

Dale Cummings, certified Radix® teacher and marriage and family counselor in West Los Angeles, Santa Cruz, and San Francisco, is director of training for the Radix® Institute. p. 43

Rabbi William Cutter is a rabbi and a professor of literature and education at Hebrew Union College in Los Angeles. p. 21

D

David Daniels is a clinical professor of psychiatry at Stanford and a teacher of the Enneagram with Helen Palmer. With 25 years in private practice, he incorporates individual and group process, couples therapy, and clinical applications of the Enneagram. p. 47

David Darling is a maverick cellist, composer, conductor, and teacher. He is cofounder of Music for People, an organization that humanizes the learning process of creating music. His latest recordings are Cello, Dark Wood, and 8-String Religion. p. 15, 42, 43

Lama Surya Das is a Buddhist scholar, poet, and translator of Tibetan texts. He is founder of the Dzogchen Foundation of America and author of The Snow Lion's Turquoise Mane: 150 Wisdom Tales from Tibet. p. 15, 54

Madeline de Joly is a contemporary multimedia artist and teacher who uses handmade paper as a core element. Her work is affiliated with major international galleries, museums, and corporate and private collections. p. 22

Laura DeNuccio (Ma Prita), certified Radix® practitioner and longtime Esalen group leader, has over 20 years' experience guiding people in breathwork, gestalt, vision improvement, movement, and meditation. Her current interest is swimming with wild dolphins in Hawaii. p. 18, 34

Jed Diamond is a counselor, teacher, and author of The Warrior's Journey Home: Healing Men's Addictions, Healing the Planet and Looking for Love in All the Wrong Places. p. 37

Patrick Douce, one of Moshe Feldenkrais's first American students, has lived at Esalen since 1972. Since 1986 he has lived half of each year in Bali, developing programs with Indonesian Silat Martial-Arts-for-Health schools. p. 17

Charles Durrett is coauthor of CoHousing – A Contemporary Approach to Housing Ourselves. Through his architectural design and consulting firm, The CoHousing Company, he is working to create co-housing communities in the U.S. p. 28

Ken Dychtwald is a psychologist, gerontologist, entrepreneur, and former Esalen resident. He has authored eight books, including Bodymind and Age Wave. p. 23

E

Edith Eva Eger is clinical assistant professor of psychiatry at UCSD Medical School. She has a private practice in La Jolla and is an international consultant on post-traumatic stress reaction. p. 43

Eric Erickson is a long-term student of gestalt and Eastern philosophical traditions. p. 49, 63

Caroline Estes is a cofounder of Alpha Farm, an Oregon intentional community (founded in 1972) which uses consensus in all its decision making. p. 49

F

Warren Farrell author of Why Men Are The Way They Are and The Liberated Man, has been a pioneer in both the women's and men's movement, and has appeared on over 1,000 television and radio shows. p. 47

Patricia Fields, a licensed psychologist with eighteen years' experience in facilitating spiritual development, is a skilled energetic practitioner and intuitive. p. 19

Barbara Findeisen is a researcher and lecturer on pre- and perinatal psychology and creator of the film Journey to be Born. She founded Pocket Ranch Institute. p. 55

John Firman, a psychotherapist in Palo Alto, trained in psychosynthesis with its founder Roberto Assagioli. He is an adjunct faculty member at the Institute of Transpersonal Psychology. p. 25

Helen Fisher, anthropologist, is author of Anatomy of Love: A Natural History of Mating, Marriage, and Why We Stray and The Sex Contract: The Evolution of Human Behavior. She hosted the four-part TV series "Anatomy of Love." p. 13

Matthew Fox is the internationally known author of fifteen books. He holds master's degrees in philosophy and theology and a doctorate in spirituality, and is the leading proponent of Creation Spirituality. p. 19

Gregory Franta is principal architect of ENSAR Group, an international design firm specializing in environmentally sustainable architecture. He is cofounder of the AIA Committee on the Environment. p. 40

Bruce Kumar Frantzis has over thirty years' experience in Oriental healing, meditation, and martial arts, including fifteen years' study in Asia. He leads seminars in the U.S. and Europe. p. 15

Joyce Frazee, a gestalt practitioner in private practice, is the senior supervisor of the Gestalt Training Institute of Vancouver, Canada. She gives dream workshops in the U.S., Canada, and Europe. p. 30, 31

G

Cynthia Gale, ceremonial artist and teacher of Mother Earth spirituality, is a former dean at Sarah Lawrence College and award-winning fiber artist who exhibits her art in galleries and museums throughout the U.S. p. 14

Sherry Sanders Galloway is an Esalen massage staff practitioner and teacher whose focus is sports massage, balanced with Esalen bodywork. A practicing R.N., she specializes in emergency medicine and psychiatric intervention. p. 47

Glenna Gerard is cofounder of The Dialogue Group, specializing in interpersonal communication, leadership, and group facilitation. Her passion is integrating spiritual practice and conscious learning in personal and professional life. p. 51

Mark Gerzon authored several books, including Coming Into Our Own: Understanding the Adult Metamorphosis and A Choice of Heroes: The Changing Faces of American Manhood. He has led workshops on gender and on midlife throughout the U.S. p. 43

Mariah Fenton Gladis, gestalt practitioner and trainer, founded and, for 12 years, directed the Bucks County Institute. She is director of the Pennsylvania Gestalt Center for Psychotherapy and Training. p. 30, 31

Mary Goldenson (Devarani) is a clinical psychologist, chiropractor, and certified Radix® teacher in Los Angeles. She has a private practice specializing in relationship therapy and transitions. p. 13, 20, 27, 46, 51, 55, 63

Harriet Goslins is the originator of Cortical Reeducation®. She is a Feldenkrais® practitioner with a background in psychosynthesis, applied kinesiology, craniosacral work, and social anthropology. p. 24

Leslie Gray is a Native American clinical psychologist with a shamanic counseling practice in San Francisco. She offers seminars on shamanism and on applied ecopsychology worldwide. p. 36

Spalding Gray, writer and actor, has created a series of 13 autobiographical monologues which he has performed in the U.S., Europe, and Australia. He has taught storytelling at Columbia, NYU, and Omega Institute. p. 39

Bruce Gregory is a psychologist in private practice who specializes in mind/body healing and health psychology. He works with corporate executives who are experiencing difficulties with leadership skills. p. 26

H

Eleanor Criswell Hanna, professor of psychology at Sonoma State University, is editor of Somatics, director of the Novato Institute for Somatic Research and Training, and author of How Yoga Works. p. 48

Keith Harary is a research psychologist and coauthor of eight books. He has twenty-five years' experience in human potential research and is research director of the Institute for Advanced Psychology in San Francisco. p. 42

Michael Harner has practiced shamanism and shamanic healing for more than thirty-five years and pioneered their return to contemporary life. His books include The Way of the Shaman; The Jivaro; and Hallucinogens and Shamanism. p. 53, 57

Steven Harper coordinates Esalen's Wilderness Programs. He has led both traditional and experimental expeditions internationally for nearly 20 years. His work focuses on wild nature as a vehicle for awakening. p. 14, 19, 24, 58, 63

John Harris is a bodyworker and somatic therapist with 15 years' experience treating physical and emotional pain. He specializes in sports massage and has worked extensively with post-traumatic stress disorder. p. 47

Rachel Harris was in the 1968 Esalen Residential Program. She is a psychotherapist in private practice in Princeton, N.J., and a consultant for executives on leadership and interpersonal skill development. p. 24

Robert Harris has been practicing CranioSacral Therapy since 1986 and now heads the Cranial Therapy Centre in Toronto. A senior instructor for the Upledger Institute, he teaches and lectures internationally. p. 31

Andrew Harvey, born and raised in South India and educated at Oxford, was the youngest ever professor of All Souls College. Scholar, educator, and author, his twenty-two books include novels, poems, and translations. p. 35

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Steve Hasenberg *is an author, teacher, and psychotherapist in private practice. He wrote and co-developed the Time/Life video series* Stress Management: A Positive Strategy *and has researched and created meditation programs nationwide.* p. 39

David Hawkins, *a psychiatrist in private practice, has trained group therapists at Duke University and throughout the U.S. He is past president of the American Academy of Psychotherapists.* p. 22

Richard Helfant, *former Director of Cardiology at Cedars-Sinai Medical Center and professor of medicine at UCLA, is a cardiologist, teacher, and author of* Women Take Heart. p. 39

Robert Helm *is a senior member of the Esalen massage/bodywork staff.* p. 18, 41

Martina Hoffman *is a painter, sculptor, and Reiki master whose art explores women's connection to the Goddess. Her work is featured in the recent book* The Return of the Great Goddess. p. 42

Jo Smith Hollman *is a therapist and professor of sociology in Jackson, Miss. She is the author of* The Healthy Personality: Being and Doing, *and has been leading workshops on self and community for over twenty-five years.* p. 63

Maria Lucia Sauer Holloman *has practiced spiritual healing in Brazil and the U.S. since 1982. She has been a resident student and teacher at Esalen and conducts trainings and seminars internationally.* p. 14, 41

Peggy Horan *has been practicing and teaching massage at Esalen for 25 years. She is a student of childbirth, dance, and movement.* p. 63

Chungliang Al Huang *teaches Tai Ji philosophy, East/West synthesis, and the art of movement meditation. He is the founder-president of the Living Tao Foundation, and the director of Lan Ting Institute in the Sacred Mountains of China.* p. 34, 43, 44, 45

Russ Hudson *has been teaching Enneagram Professional Trainings with Don Riso since 1991. He is coauthor of their forthcoming* The Wisdom of the Enneagram, *and has 15 years' experience with Fourth Way schools, Buddhism, and other traditions.* p. 33

Dorothy S. Hunt *has been practicing psychotherapy since 1967 and is the founder of the San Francisco Center for Meditation and Psychotherapy. She is the editor of* Love: A Fruit Always in Season. p. 51

Terry Hunt *is a licensed psychologist and a certified bioenergetic therapist specializing in addictive disorders and adults from dysfunctional families. He is coauthor of* Emotional Healing *and* Secrets to Tell, Secrets to Keep. p. 33

Leigh Hyams *is a painter/teaching-artist at UC Berkeley Extension, Harahorn, in Norway and Afsitsa in Greece. A Fulbright Scholar whose work has been exhibited internationally, she leads art tours for museums and universities.* p. 21, 34

I

Sandra Ingerman *is an international faculty member of Michael Harner's Foundation for Shamanic Studies. She is the author of* Soul Retrieval: Mending the Fragmented Self. p. 45, 53, 57

Julian Isaacs *is a consciousness researcher, university professor, parapsychologist, and energy practitioner who uses higher energies, biofeedback, and psychotechnology to facilitate transformational process.* p. 19

J

Linda Jacobson *is a professional artist who teaches transformational art at UCLA and internationally. Her teaching reflects her involvement with Tibetan Buddhism, Jungian concepts, and shamanism.* p. 52

Cynthia Johnson-Bianchetta *is a photographer and performance artist who focuses on the intuitive aspects of the photographic medium. Former director of the Weston Photographic Gallery, she also teaches dance and movement at Esalen.* p. 33

Arthur Joseph *is a teacher and professor of voice with over thirty years' experience. He is the creator of Vocal Awareness, a method that integrates mind/body/spirit through the vocal arts.* p. 30

Deane Juhan *is the author of* Job's Body: A Handbook for Bodyworkers and Somatic Explorations. *He was a member of the Esalen massage crew for 16 years, and is currently a Trager practitioner and instructor in Mill Valley, Calif.* p. 40

K

Sam Keen *is the author of eleven books, including* The Passionate Life, Faces of the Enemy, *and, most recently,* Hymns to an Unknown God. p. 54

Margaret Kemeny *is trained in behavioral science and immunology. She conducts psychoneuroimmunologic research at the UCLA School of Medicine on individuals infected with the HIV virus.* p. 45

Shelley Kessler, *a leading educator in the new field of emotional literacy, has led programs which facilitate initiation. She is coauthor with Mark Gerzon of the forthcoming* Man, Woman, Earth: Reclaiming Spirit and Wildness in Intimate Relationship. p. 43

Galway Kinnell *is a former MacArthur Fellow whose 1982* Selected Poems *won the Pulitzer Prize and the National Book Award. He teaches at NYU, living part-time in New York and part-time in Vermont. His most recent book is* Imperfect Thirst. p. 36

Michael Krasny, *professor of English at San Francisco State University, is host and producer of the award-winning Northern California radio program "FORUM." He is also a prize-winning teacher, journalist, scholar, and fiction writer.* p. 17

Bob Kriegel *is a former Esalen resident, performance psychologist, and best-selling author whose books include* Inner Skiing *and* If It Ain't Broke, Break It. *He gives speeches and seminars to associations and corporations.* p. 23

Ron Kurtz *developed the Hakomi method and is founder of the Hakomi Institute. He is author of* Body-Centered Psychotherapy *and is currently writing a book on psychotherapy as a spiritual practice.* p. 31

Susan Kuttner *is a marketing and communications consultant, both in business and the healing arts. She assists her clients in becoming more effective, more powerful, more heartful, and more successful in their efforts.* p. 29

L

Stephen LaBerge *is a scientist dedicated to the transformation of human consciousness. He teaches and researches conscious or "lucid" dreaming at Stanford University.* p. 49

Frank Lawlis, *clinical health psychologist and researcher, is a professor at the Institute of Transpersonal Psychology. He has taught at four major medical schools and has a grant to study pain and stress management for children with cancer at Stanford Medical Center.* p. 18

Lenore Lefer *is a psychotherapist in San Francisco who teaches and leads professional training in psychosynthesis in the U.S. and Russia. She also facilitates retreats for women and for people with heart disease and cancer.* p. 48

Mel Lefer *has been a research participant and teacher at Dr. Dean Ornish's Preventive Medicine Research Institute for nine years, and has shown reversal of his own heart disease without surgery. He has practiced and taught Integral Yoga for nine years.* p. 48

George Leonard *is the author of* Mastery; The Silent Pulse; *and* The Transformation. *He is a fourth-degree black belt in aikido and founder of Leonard Energy Training (LET).* p. 27, 54

Master Share K. Lew, *a youthful 77, is a healer and Taoist priest from Wong Lung monastery in Southern China, with over half a century's experience teaching Taoist health practices such as Chi Kung.* p. 26

Elisa Lodge *is an expressive arts therapist with thirty years' experience teaching body/mind practices and an extensive background in the healing arts, movement education, and performance art.* p. 49

Linda Loomis *uses intersubjectivity to specialize in the treatment of physical, emotional, and sexual abuse, and the problems arising from alcoholism and post-traumatic stress.* p. 17

Amory Lovins *cofounded and directs research at Rocky Mountain Institute, a nonprofit resource policy center.* The Wall Street Journal *named him among 28 people in the world most likely to change the course of business in the 90s.* p. 38

Francis Lu *is a clinical professor of psychiatry at UCSF and deputy chief for inpatient psychiatry at San Francisco General Hospital. He has conducted seminars at Esalen on film and transpersonal psychology.* p. 50

Olga Luchakova *is a spiritual teacher with an extensive background in Christian mysticism, Advaita-Vedanta, Raja yoga, Buddhism, and Slavic paganism. She is an adjunct professor at the California Institute of Integral Studies.* p. 17

David Lukoff *is a professor of psychology at Saybrook Institute and a psychologist at the San Francisco VA Day Treatment Center. He has published articles on the spiritual and religious dimensions of clinical practice.* p. 50

Nancy Kaye Lunney, *formerly a vocal coach and accompanist, is the originator of Singing Gestalt, which utilizes lyrics and songs as a means of self-expression. She is director of programming at Esalen.* p. 54

Joyce Lyke *is a teacher in the Ridhwan Work School, which is dedicated to understanding the relationship between personality and being. She has been part of the Esalen Gestalt staff for many years.* p. 53

M

Helen Jerene Malcolm, *artist, consultant, and teacher, works with a visionary consulting team designing long-range vision paintings for individual clients and Fortune 500 corporations.* p. 46

Peller Marion *is a psychologist, writer, and organizational management consultant. She is president of Peller Marion Associates, Inc., an outplacement and executive development coaching corporation in San Francisco.* p. 50

Dean Marson *is a practitioner and instructor of Esalen massage who uses self-care techniques as a means of introducing people to the pleasure and potential of human touch.* p. 29

Ingrid May *is a German-trained physical therapist currently with the Esalen massage staff. Her massage work integrates dance, movement, breath awareness, and meditation.* p. 28

Kathryn McCamant *is coauthor of* CoHousing—A Contemporary Approach to Housing Ourselves. *She works through her design firm, The CoHousing Company, to bring co-housing communities to life in the U.S.* p. 28

Kim McCourt is a licensed marriage and family counselor and a senior associate at the Lomi School. Her bodywork practice incorporates craniosacral, intuitive hands-on energy work, orthopedic massage, and shiatsu. p. 39

Terence McKenna has spent twenty-five years studying the ontological foundations of shamanism and the ethnopharmacology of spiritual transformation. He is the author of True Hallucinations; The Archaic Revival; and Food of the Gods. p. 25, 51

Deborah Anne Medow, Esalen workshop leader and bodywork practitioner since 1969, teaches ashtanga yoga, massage, creative movement, gestalt awareness, and related healing disciplines throughout the U.S. and Europe. p. 21, 43, 52

Sukie Miller, former director of education at Esalen, founded the Institute for the Study of the Afterdeath. She has worked extensively with dying patients and has visited and studied over thirty afterdeath systems worldwide. p. 43

Darlene Moore is a research associate at the Institute for Advanced Psychology in San Francisco. She has conducted special projects and taught extended perception workshops for the Institute throughout the U.S., Canada, and Europe. p. 42

Beverly Kitaen Morse is a marriage and family counselor in private practice in Santa Monica and a senior instructor at the Rosenberg-Rand Institute for Integrative Body Psychotherapy. p. 29, 56

Caroline Muir has been a yoga practitioner for over 20 years. She is a Tantric Sex expert who specializes in sexual healing and awakening the goddess energy in women. p. 24

Charles Muir, a professional yoga instructor for 25 years, is director of the Source Schools of Tantra Yoga in Hawaii and California. He is coauthor (with his wife) of Tantra: The Art of Conscious Loving. p. 24

Katrione Munthe is a clinical psychologist who has lived and worked in Italy for most of her life. She uses art history as a foundation for therapy and focuses on symbology, body language, and the use of metaphor and myth. p. 19

Arthur Munyer, a member of the Esalen massage crew since 1975, is a trigger point specialist and longtime bodywork practitioner trained by Dub Leigh, Fritz Smith, and Lauren Berry. p. 54

Michael Murphy founded Esalen Institute (with Richard Price) in 1962, and helped initiate Esalen's Soviet American Exchange Program. He is the author of Golf in the Kingdom; Jacob Atabet; and The Future of the Body. p. 54

N

Claudio Naranjo, growth disciplines theorist and former Esalen resident, introduced meditation as an adjunct to therapy and was first to teach the enneagram as personality map in the U.S. He has given the opening address at all the International Gestalt Conferences. p. 54

Little Bear Nason is the seventh generation spiritual leader of the Esselen Indian Tribe of Big Sur. His life is an apprenticeship to the Earth. p. 24, 58

Maria Nemeth, a clinical psychologist, has been leading seminars for twenty-four years emphasizing successful communication and the development of excellence with ease. p. 15

Steven Newmark is a psychotherapist, author, and lecturer on singles issues. He is the creator of the videos What Women Really Want, The Art of Meeting Men, and How to Meet Women. p. 31

Wes "Scoop" Nisker is considered the dean of new radio journalism and is editor of Inquiring Mind, a journal of the Vipassana Buddhist community. He is the author of Crazy Wisdom. p. 29

O

Gina Ogden is a licensed MFCC, certified sex therapist, and the author of three books on women's sexuality, including Women Who Love Sex. She is a recovering proper Bostonian. p. 33

Patricia O'Gorman is a cofounder of the National Association for Children of Alcoholics and a former faculty member of the NYU School of Medicine, Department of Psychiatry. She is a psychologist in private practice and the mother of twin boys. p. 37

Ohashi is a philosopher, healer, teacher, and creator of the Ohashiatsu Method®. He founded the Ohashi Institute and has authored numerous books and videos. p. 39

Babatunde Olatunji, master percussionist from Nigeria, has performed internationally for 35 years and is known for his album Drums of Passion. He is an authority on African religion. p. 55

Kathleen O'Shaughnessy has an extensive background in Soto Zen, the major psychotherapies, movement therapy, nutritional healing, shamanic states, bodywork, and the practicalities of transpersonal crisis. p. 29, 40

Brita Ostrom has led massage and other workshops at Esalen for 21 years. She is trained in gestalt awareness work and participated in Esalen's two-year somatics education project. She is a licensed MFCC. p. 30, 49

P

Laurie Lioness Parizek blends traditional and innovative ways of healing, and works with the chakras and the energy body. She pilots the Healthspring Project, extending Esalen's work in the healing arts and sciences to the rest of the world. p. 18, 54

Dennis Portnoy, a licensed counselor, specializes in programs on burnout prevention and codependency in the workplace. He conducts trainings for organizations, medical groups, schools, and associations. p. 27

Christine Stewart Price is a teacher and ongoing student of gestalt practice and other approaches to developing awareness. p. 18, 32, 52, 53

Carol Proudfoot-Edgar, former counseling psychologist at UCSC for 17 years, leads workshops on integrating shamanic methods and Native American teachings. She is a certified shamanic counselor and teaches for Michael Harner's Foundation for Shamanic Studies. p. 45

Jill Purce is the author of The Mystic Spiral. She studied the mystical dimension of sound with Karlheinz Stockhausen and the magical use of voice and overtone chanting with Tibetan lamas. p. 13

R

Gustavo Rabin is a clinical psychologist who focuses on relationships, life's transitions, and spiritual creativity. He has a private practice in Los Angeles. p. 36

Yvonne Rand is a Buddhist meditation teacher and a lay Bodhisattva priest in the Soto Zen tradition. She brings deep interest and training in psychology and the arts to her consideration of ways to live a spiritual life. p. 50

Donna Ray-Reese, Feldenkrais practitioner and assistant trainer, is an MFCC psychotherapist specializing in psychophysical issues and learning difficulties. p. 35

Paul Rebillot, a group leader at Esalen for nineteen years, combines gestalt methodology with theater and ritual. He teaches in Europe and throughout the U.S. p. 40, 41

Layne Redmond is a writer, musician, and leader of the "Mob of Angels," a women's ritual drumming group. She performs and records internationally, and researches the visual history of goddesses, priestesses, and women playing the frame drum. p. 25

Mark Reese, Relaxercise coauthor and author of Feldenkrais/Erickson Parallels, is one of twelve Feldenkrais Guild-accredited teacher-trainers and teaches internationally. p. 35

David Richo has a doctorate in clinical psychology and is the author of How To Be An Adult. He emphasizes Jungian active imagination techniques to integrate psychological and spiritual work. p. 41

Don Richard Riso is president of Enneagram Personality Types, Inc. in New York, and is the most published author in the field. His books include Discovering Your Personality Type and Enneagram Transformations. p. 33

Jane Marla Robbins, a professional actress, teacher, and writer for twenty-five years, has acted in movies, television, and on Broadway. Her plays have been produced in New York, London, Copenhagen, and Spoleto. p. 24

Mary Rocamora is the director of the Rocamora School, a nonprofit educational organization to optimize the developmental potential of gifted adults. She has been counseling gifted adults for over 24 years. p. 45

Vimala Rodgers, graphotherapist and author, trains health professionals, psychotherapists, and persons committed to personal transformation. She is director of The Institute of Integral Handwriting Studies. p. 22

Jack Rosenberg, a psychologist and director of the Rosenberg-Rand Institute of Integrative Body Psychotherapy in Venice, Calif., is the author of Body, Self, and Soul. p. 29, 56

Ilana Rubenfeld, thirty-year pioneer in the integration of body-mind-spirit and originator of the Rubenfeld Synergy® Method, is a certified teacher of Alexander Technique, Feldenkrais Method®, and trained with Fritz and Laura Perls in gestalt practice. p. 38, 40

Douglas Rushkoff, author of four books and many computer programs and CD ROMs, is media editor for the Whole Earth Catalogue. He has taught film, media, and theory and lectured on computers and spirituality. p. 55

Ann Russell is a psychotherapist in Palo Alto who has been a psychosynthesis teacher and trainer for twenty years. She is an adjunct faculty member at the Institute of Transpersonal Psychology. p. 25

S

Stephano Sabetti, founder of the Life Energy Process, has a doctorate in psychology and trains therapists internationally. He is also an organizational consultant. p. 14, 49

Barbara Sachs trained as a psychotherapist and Ridhwan teacher and was clinical director of counseling at JFK University. She raised her two children as a single parent, integrating her passions: parenting, spiritual life, and psychology. p. 47

Yoshi Sakuyama, a sixth-degree black belt of Shorinji Kempo, a Japanese martial art rooted in Zen Buddhism, is also a movement artist and teacher of Ryukido, a total movement training system. p. 48

André Salvage has been teaching self-defense for over 17 years. A consultant to Park Grove Hospital and the L.A. Commission on Assaults Against Women, he has developed nationwide assault prevention seminars. p. 30

Audrey Savage, gestalt practitioner and body therapist, works with women's issues, sexuality and spirituality, and the tarot. She is the author of The Fourth Woman and Twice Raped. p. 40, 41

BEST COPY AVAILABLE

David Schiffman is a longtime group leader at Esalen. His primary interest is in facilitating people who are in transition toward a more heartful, unstrained existence. p. 29, 42, 45, 54, 62, 63

Kirk Schneider is a psychologist, author, and adjunct faculty member at several Bay Area schools. His most recent book is The Psychology of Existence, coauthored with the late Rollo May. p. 28

Max Schuepbach is cofounder of the Process Work Centers in Oregon and Switzerland. He is the originator of the Lava Rock Clinic, which he co-leads with Arnold Mindell. It integrates Process Work with medicine and community building. p. 23

Laurie Schutz, senior Esalen massage practitioner and teacher, integrates her degree in body awareness psychology with a nonintrusive massage approach to maximize the release of both mind and body tension. p. 30

Will Schutz, founder of the Antioch holistic studies department, is the creator of The Human Element, a set of training materials for organizations. He is the author of Joy and Profound Simplicity. p. 45

Joanne Segel has been a registered movement and transformational therapist for over 25 years. She is an affiliate of the Gestalt Institute and integrates Jungian concepts into her work. p. 52

Charlotte Selver, student of Elsa Gindler, introduced sensory awareness in the U.S., and has been closely connected with Esalen and the San Francisco Zen Center since their beginnings. p. 32

Phyllis Shankman is a licensed counselor in Santa Monica who teaches at Ryokan College and is a group facilitator at AIDS Project Los Angeles. She has led workshops at Esalen for over 15 years. p. 20, 51

Paula Shaw, a professional actress and acting teacher for over 20 years, conducts workshops in expanding self-expression, well-being, and creativity for non-actors across the United States and Canada. p. 37

Fred Shoemaker, an inner game teacher and golf professional, is founder of The School for Extraordinary Golf. He has taught seminars for the U.S., Canadian, and Japanese P.G.A.s, and often writes about the inner game. p. 19

Julian Silverman, a former director and president of Esalen Institute, is a psychologist and educator. His work focuses on the integration of psychotherapeutic and spiritual practices in community setting. p. 20, 21, 49, 50

Tobin Simon is cofounder of Proprioceptive Writing and codirector of the Proprioceptive Writing Center in Portland, Maine. He is formerly a professor of English and humanities. p. 26

Fritz Smith is a physician, cranial osteopath, certified acupuncturist, and founder of Zero Balancing. He is the author of Inner Bridges: A Guide to Energy Movement and Body Structure. p. 53

Ray Gwyn Smith is a poet and artist from the mountains of North Wales. She brings together her bardic heritage with insights from her ongoing solo experience with the wild. p. 52

George Solomon, physician and professor of psychiatry at UCLA, is a pioneer in the field of psychoneuroimmunology. His current research concerns psychoneuroimmunologic aspects of AIDS and of aging. p. 45

John Soper is a gestalt practitioner with a background in international business. He is deeply aware of the need to improve the environment. p. 63

Kathleen Riordan Speeth, author of The Gurdjieff Work, for many years taught psychotherapeutic technique at the Institute of Transpersonal Psychology. Trained in Buddhist, Sufi, and Hindu methods, she melds practical psychology with existential philosophy, East and West. p. 44

Dennis Stearns is a nationally recognized author and speaker on reducing financial stress and achieving financial independence. He is a chartered financial consultant and a member of the Registry of Financial Planning Practitioners. p. 32

Brother David Steindl-Rast, Benedictine monk, psychologist, and author, has lectured on five continents. He is Spiritual Teacher-in-Residence at Esalen, concerned with the unique challenges and opportunities of our time. p. 14, 15, 45, 47

Margaret Stevens is a senior member of the Esalen massage staff and a student of yoga, dance, and voice. p. 46

Robert Stolorow is Training and Supervising Analyst at the Institute of Contemporary Psychoanalysis, Los Angeles, coauthor or coeditor of six books, and author or coauthor of more than 120 articles on psychoanalysis and psychotherapy. p. 17

David Streeter, a certified sports massage practitioner on the Esalen massage staff, has taught yoga and anatomy and worked as an athletic trainer. Before joining the Esalen faculty, he lived as a Camaldolese monk. p. 24, 33, 43, 56

Tina Stromsted, faculty member in the Somatic Psychology Program at the California Institute of Integral Studies, integrates body-oriented, Jungian, and creative arts approaches in her teaching and private practice. p. 20

Rod Stryker, an initiate of Kriya and Tantric-Hatha Yoga and a Yogiraj (master) in the ISHTA lineage, has taught yoga and meditation since 1980. He is based at Yoga Works in Santa Monica, Calif., where he leads teacher trainings. p. 34

Sara Szpektor is a clinical psychologist in private practice in Buenos Aires, Argentina. Working with couples and groups, she combines gestalt practices, strategic counseling, and spiritual development. p. 36

T

Charles Tart teaches at the California Institute of Integral Studies. Author of Altered States of Consciousness and Transpersonal Psychologies, he is a student of aikido, Gurdjieff work, Tibetan Buddhism, and other humanistic and spiritual disciplines. p. 23

Eugene Taylor is a historian and philosopher of psychology, a William James scholar, and a third-degree black belt in aikido. p. 21

Linda Teurfs is an organizational consultant and cofounder of The Dialogue Group. She specializes in leadership, self-organizing/managing teams, interpersonal communications, and integration of dialogue into a wide variety of settings. p. 51

Vicki Topp, faculty coordinator for the Esalen massage staff, teaches soft and sensitive use of pressure points and deep tissue massage combined with emotional and transpersonal body practices. p. 63

Linda Trichter-Metcalf, formerly a professor of English and humanities, cofounded the practice of Proprioceptive Writing and has been teaching it since 1976. She is codirector of the Proprioceptive Writing Center in Portland, Maine. p. 26

Karen Turner, author, teacher, and counselor, specializes in midlife transitions and spiritual emergence. She has been working for over 30 years combining spiritual disciplines, imagery, and psychology. p. 16

Robert Turner is an assistant clinical professor of psychiatry at UCSF and in private practice in San Francisco. He was the director of a training/certification program in spiritual emergence syndromes. p. 50

U

John Upledger is an osteopathic physician recognized for his development of CranioSacral Therapy and Somato-Emotional Release. Author and alternative treatment innovator, he established the Upledger Institute, which has trained thousands of health care professionals. p. 25, 56

Daniela Urbassek is a member of the Esalen massage staff. Her work is strongly influenced by her studies in craniosacral work, movement, and dance. p. 41

V

Jean-Claude van Itallie, renowned off-off Broadway playwright (America Hurrah, The Serpent, widely produced versions of Chekhov), is also a longtime Tibetan Buddhist and Sufi dancer. p. 51

Robert Venosa is internationally recognized as one of the masters of Fantastic Realism. His paintings have been the subject of three books, Manas Manna, Noospheres, and the upcoming Drifts with Terence McKenna. p. 42

W

Dan Wakefield is a novelist, journalist, and screenwriter whose books include Returning: A Spiritual Journey; The Story of Your Life: Writing a Spiritual Autobiography; and New York in the Fifties. p. 15

Ellen Watson practices and teaches at Esalen where she has studied since 1984. Her bodywork style reflects her training in yoga, dance, Reichian and holotropic breathwork, hypnosis, and spiritual healing. p. 28, 33, 56, 63

Laurie Weaver is a teacher, counselor, and certified practitioner of Holotropic Breathwork with a private practice in San Francisco. She was an original member of the Grof Transpersonal Training staff. p. 50

Patti (Lawrence) White is a Cortical Reeducation® and Feldenkrais® practitioner who employs hypnotherapy, craniosacral, kinesiology, and Somatic-Emotional Release® to harmonize body, mind, and spirit. p. 24

Scott Wirth is a San Francisco Jungian analyst/psychologist specializing in work with gay men. He coedited and contributed to Same Sex Love and the Path to Wholeness. p. 27

Anna Wise has been using EEGs to measure and train brainwaves for high performance and meditative states for the past 20 years. A member of the Academy of Certified Neurotherapists, she leads workshops internationally. p. 26, 55

Nina Wise is a performance artist who creates autobiographical and fictional pieces. Her multimedia works have been honored with seven Bay Area Critics' Circle awards and numerous grants and fellowships. p. 29, 42

Linda Piscitelli Wolf is a Transpersonal Counselor and lead trainer for the Eupsychia Institute in Austin, Texas. Co-director of the certification program at the Mt. Vision Institute in Sausalito, Calif., her work is founded on the premise that the "healer is within." p. 33

Jonathan Wolken is cofounder of Pilobolus Dance Theatre. p. 21

Y

Anne Yeomans, a psychotherapist in Concord, Mass., has used psychosynthesis as the central framework for her work for over twenty years. She has worked with women's groups in the U.S., Canada, Russia, and Lithuania. p. 48

Z

Ruth Zaporah, performance artist and teacher, regularly presents her work throughout the U.S. and Europe. She is a recipient of a National Endowment for the Arts Choreographer's Fellowship. p. 34

ESALEN INSTITUTE RESERVATION FORM

This form is for your convenience in reserving a space in Esalen workshops. If you wish to make reservations for more than one person, please photocopy this form so that each registrant has his/her own form, unless you are registering as a couple with the same address and phone number. A nonrefundable deposit for each person registering and each workshop applied for must accompany this form. (Please see Reservation Information, page 4, under Fees and Reservations, Making Contact with Us, and Cancellation and Refund Policy.)

Name of Registrant ______________________________ Sex: M ☐ F ☐ Couple ☐
PLEASE PRINT

Address ______________________________

City ______________ State ______________ Zip ______________

Home Phone: (____) ______________ Work Phone: (____) ______________

☐ Check if you have previously been to Esalen and this is a new address.

Occasionally there are unexpected situations that require us to contact you immediately before your stay here. If you will not be at the above numbers during the two weeks prior to the workshop, where may we reach you?

____

Please mark your first and second choices for housing after referring to page 4 for accommodation descriptions and rates. Total cost includes workshop fees, lodging, and meals.

☐ Check for standard accommodations, if available.

☐ Check for bunk bed room, if available.

☐ Check for sleeping bag space, if available.

☐ Check if you wish to room as a couple.

Write here the name(s) of any person(s) with whom you wish to room.

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All workshop reservations require a nonrefundable deposit. Balance is due at time of check-in. (See page 4.)

Workshop Date	**Leader's Name**	**Fee**

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Tax-deductible contribution to Esalen (Optional): ______________

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Other Notes:
All of our rooms are non-smoking. If you smoke, please plan to do so outside.

No pets allowed.

We are unable to act as a banking service for our guests. Please bring adequate funds for your stay.

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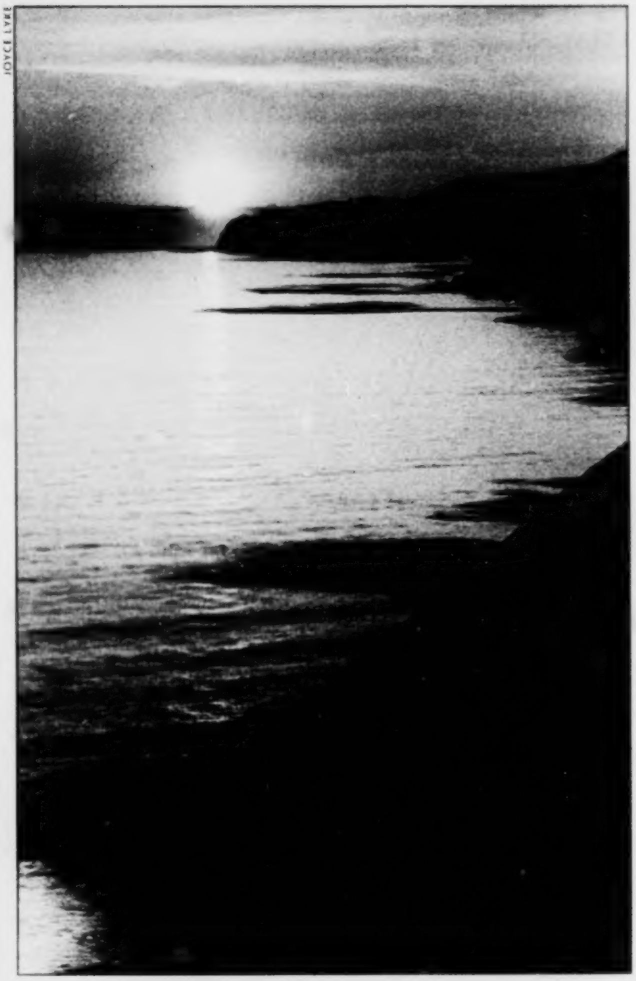

JOYCE LYKE

The Swan

Across the wide waters
something comes
floating—a slim
and delicate

ship, filled
with white flowers—
and it moves
on its miraculous muscles

as though time didn't exist,
as though bringing such gifts
to the dry shore
was a happiness

almost beyond bearing.
And now it turns its dark eyes,
it rearranges
the clouds of its wings,

it trails
an elaborate webbed foot,
the color of charcoal.
Soon it will be here.

Oh, what shall I do
when that poppy-colored beak
rests in my hand?
Said Mrs. Blake of the poet:

I miss my husband's company—
he is so often
in paradise.
Of course! the path to heaven

doesn't lie down in flat miles.
It's in the imagination
with which you perceive
this world,

and the gestures
with which you honor it.
Oh, what will I do, what will I say, when those
white wings
touch the shore?

FROM *House of Light* BY MARY OLIVER
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Esalen Institute is a center to encourage work in the humanities and sciences that promotes human values and potentials. Its activities consist of public seminars, residential work-study programs, invitational conferences, research, and semi-autonomous projects.

Esalen Institute
Highway 1
Big Sur, California 93920

Address Correction Requested

Non-Profit Organization
U.S. Postage
PAID
San Francisco, CA
Permit No. 9059

The Esalen Catalog
January–June 1996

Esalen

Esalen

MARGARET LIVINGSTON

Esalen Institute is a center to explore work
in the humanities and sciences that promotes human values and potentials.
The Institute exists to sponsor, encourage, and attempt evaluation of work in these areas,
both inside and outside our own organizational framework. Esalen's activities consist of
public seminars, residential work-study programs, invitational conferences,
research, and semi-autonomous projects.

Since Esalen is a center for experimental education,
we ask that persons come to our programs out of an educational interest.
We do not offer "cures" or assurances of change. As a center to foster personal and
social transformation, Esalen offers those who join us the chance
to explore more deeply the world and themselves.

Welcome to Esalen.

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The Esalen Catalog is published triannually by the Esalen Institute, Big Sur, California 93920-9616. Printed on recycled paper.

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Subscription Information:
Subscription cost for one year is $15 for the United States, $17 for Canada and Mexico, $22 for Europe and South America, and $25 for all other countries.

Although we're delighted to provide you with this issue of the catalog, if you are not currently a subscriber we would appreciate a $5 contribution to defray postage and production costs.

GENERAL INFORMATION

ESALEN was founded in 1962 as an educational center devoted to the exploration of unrealized human capacities. It became known for its blend of East/West philosophies, its experiential/didactic workshops, the steady influx of philosophers, psychologists, artists, and religious thinkers, and its breathtaking grounds blessed with natural hot springs. Once home to a Native American tribe known as the Esselen, Esalen is situated on 27 acres of spectacular Big Sur coastline with the Santa Lucia Mountains rising sharply behind.

There are various ways to experience Esalen, ranging from an overnight visit to a long-term stay as a seminarian. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen. The "Experiencing Esalen" workshops, scheduled periodically, offer an introduction to practices such as gestalt, massage, sensory awareness, and meditation. From such a sampling, participants can then choose those approaches they are most attracted to and pursue them in subsequent seminars.

Another way of being at Esalen which allows a greater involvement at a lower expense is the Work Study Program, an intensive twenty-eight day work-oriented program for individuals who want to make a directed, personal commitment to self-exploration and growth, and a contribution to the Esalen community. For a full description of the Work Study Program, please turn to page 62.

For those who wish an extended stay, there are periodic long-term programs which involve didactic seminars or professional trainings as well as experiential workshops. Please see Special Programs.

Finally, there are other events that enrich life at Esalen. There are occasional forums in which writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights there may be lectures, films, dance performances, or other events. Bodywork of various kinds is available by appointment with individual practitioners. There is also a community event schedule offered. Please check the bulletin board when you arrive.

Esalen is a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute, By Reservation Only.

Catalog Subscriptions

If you would like to receive the Esalen Catalog, please refer to page 2 for subscription rates and send your check or money order (U.S. currency) in the enclosed subscription envelope, or mail it to: *Subscriptions*, Esalen Institute, Big Sur, CA 93920 (see Income Tax Regulation 1.162-5).

The Hot Springs at Esalen

We would like those people who are planning their first visit to Esalen to know that swimsuits are optional, and nudity common, in the hot springs, massage area, and swimming pool. We encourage each individual to choose what is most comfortable, either wearing a swimsuit or not, and emphasize that the environment we strive for at Esalen is one of personal sanctuary and respect for the human body.

In addition to around-the-clock availability for Esalen guests, the hot springs are open to the general public by reservation only from 1 AM to 3 AM. There is a $10 fee. To make a reservation, please call 408-667-3047.

Accreditation

Many formal educational institutions recognize the time spent at Esalen as being worthy of credit in their own curricula; check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs. Please submit a written request to the office supervisor.

Continuing Education at Esalen

Esalen is a provider of continuing education credits for both nurses and psychologists.

Approved workshops for nurses are noted in the Seminars section of this catalog as well as listed separately in the Continuing Education section, page 60. There is a $10 fee for each certificate of completion.

Recently approved as a C.E.U. provider for psychologists, Esalen has not at catalog publication time received specific approval for individual workshops. Those workshops for which C.E.U. applications have been filed are noted in the Seminars section. For current status information, please phone Brita Ostrom at 408-667-3040.

Disabled Access

Esalen now provides a means of transportation to the baths for those with physical limitations which prevent them from walking. A vehicle was purchased, in part, through the generosity of Dr. John W. Harris, who believes, as we do, that those among us who are aged, infirm, or handicapped should also be able to enjoy the hot springs.

If you are disabled and would like to plan a visit to Esalen or participate in a workshop, please give the office as much advance notice as possible. While disabled access to some parts of the property is difficult, with enough planning, arrangements can be made for access to most of our facilities.

Recommended Reading and Mail Order Books

Most books listed as recommended reading for workshops are available through Esalen's bookstore. Other merchandise is also available. For ordering information please call 408-667-3049.

Ongoing Residence Program

Offered beginning mid-September and ending mid-June, the Ongoing Residence Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A Residence Program stay is 26 days (four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay with weekends free to enjoy room and board. Occasionally workshops are cancelled, so second choices are advised.

The cost is $3195 per 26-day period for standard accommodations and $2520 for bunk bed rooms.

RESERVATION INFORMATION

Making Contact with Us

Mail or Fax: The most efficient way to register for a workshop at Esalen is to fax or mail your reservation. If you fax your reservation, be sure to include accurate credit card information.

Esalen's Fax: 408-667-2724.
(Our fax line is exclusively for reservations—no personal correspondence, please).

Phone: If you prefer to make your reservation by phone, please be prepared with your completed reservation form and your credit card. We know that all calls to Esalen are long distance and will try to be as efficient as possible.

General Information:
408-667-3000

Express Reservations:
408-644-8477
(This is only for those who have previously taken a workshop at Esalen and know the workshop, date, and leader of the workshop for which they are registering.)

All Other Reservations:
408-667-3005

Catalog Requests: 408-644-8476

Phone Reservation Hours:*

Mon., Tues., Thur.:	10 AM to 7 PM
Wednesday:	10 AM to 12 NOON
Friday:	10 AM to 5 PM
Saturday:	10 AM to 3 PM
Sunday:	12 NOON to 5 PM

**The reservation office is closed on Christmas and New Year's Day.*

Fees

Fees and Reservations: Preregistration, by fax, mail, or phone is required prior to arrival. A registration form is provided on page 72. Since workshops fill quickly, it is advisable to sign up as early as possible. In order to reserve a space in any workshop, we require full payment or the following deposits:

Weekend:	$150	19 to 21 days:	$450
5 to 7 days:	$250	More than 21 days:	$600
12 to 14 days:	$350		

Deposits are payable in U.S. currency only. Overseas residents must pay by checks drawn on U.S. banks or use a credit card. Balance of payment is due on arrival. (Please see page 5 for information on discounts and reduced rate options.)

Please indicate your second choice for a workshop in case your first choice is cancelled and we are unable to reach you.

Esalen Institute reserves the right to cancel any program at any time.

Workshop Accommodations

Please Note: Workshop fees cover tuition, food, and lodging.

Standard Accommodations: This is shared housing with two or three persons per room. In some cases, bathrooms are shared. Couples will always be housed together. The rates listed with the workshop descriptions throughout the catalog refer to these shared standard accommodations.

7-Day Rate, per person	5-Day Rate, per person	Weekend Rate, per person
$1110	$740	$380

Bunk Bed Rooms: Bunk beds are available for seminar participants who are willing to share a room with three or more persons. There are a limited number of these spaces, which are reserved on a first-come, first-served basis.

$845	$550	$300

Sleeping Bags: Sleeping bag space may be available for workshop participants. Please inquire when you make your reservations.

$570	$375	$200

Own Accommodations: If you are staying off the property the following rates apply:

$660	$425	$235

Camping on the grounds, either in tents or campers, is prohibited. We do not have parking space to accommodate RVs.

We would like to remind you that scholarship assistance is available; refer to "Scholarship Information" as well as "Reduced Rate Options and Discounts" for other economical ways of staying at Esalen.

Room and Board

Occasionally, when beds aren't needed for seminarians, room and board is available. This gives visitors the opportunity to enjoy the grounds, the baths, and massage without participating in a workshop. Accommodations are standard (2 or 3 per room) or bunk bed (4 or more per room). Not all rooms have private baths. Room and board rates include dinner on the day of arrival and breakfast and lunch on the following day. We require full payment at the time of reservation. This payment is nonrefundable and nontransferable.

Note: Room and Board reservations must be made by phone, not by fax machine.

For a room and board stay between Sunday and Thursday, please call us no earlier than the Thursday before for room availability. For a Friday or Saturday night stay, please call no earlier than the Sunday before. The following rates are per person, per day.*

	Weekend (Friday and Saturday nights)	Weekday (Sunday through Thursday nights)	(Two or more weekdays)
Standard Accommodations (2 or 3 per room):	$125	$105	$90
Bunk Bed (4 or more per room):	$85	$80	$70

**Off-season rates are in effect from October 1 through March 31, holidays excepted.*

Cancellation Policy

Cancellation and Refund Policy: If you cancel or change any part of your reservation at least five full days before the start of your workshop, your nonrefundable deposit, less a $30 processing fee, will be transferred to a credit account to be used within one year. If you cancel with less than five days' notice, you forfeit your entire deposit. If you have prepaid your entire reservation fee, we will retain the deposit, as above, less the $30 processing fee, and return the balance to you. (*Please note:* Wilderness Programs has a different cancellation and refund policy.)

If you have applied for a scholarship and we are unable to give you any assistance, we will, at your request, refund your deposit in full if you cancel your reservation at least five full days prior to the start of your workshop.

BEST COPY AVAILABLE

Scholarship Information

Esalen is able to provide some scholarship assistance to workshop participants in exchange for a work commitment (usually in the kitchen). Approved scholarship recipients will receive their work schedules upon arrival at Esalen.

	Assistance	Work
Weekend	$ 50	4 hours
5-9 days	$100	8 hours
12-14 days	$200	16 hours
14+ days	$300	24 hours

If additional scholarship assistance is required, please send a letter of explanation to ATTN: Scholarships at Esalen. Due to the number of requests we receive, we can only provide one scholarship per person per year, and only in cases of financial hardship.

Reduced Rate Options and Discounts

If you pay in full at the time you make your reservation, you will receive a $10 prepayment discount per workshop and be eligible for express check-in upon arrival. This discount does not apply to scholarship recipients or sleeping bag accommodations.

Senior Citizen Discount: Esalen offers a special discount to individuals over 60 years of age. The discount for a weekend workshop is $25; for a five-day or longer workshop, it's $50. Please request this discount at the time of registration. When you complete the reservation form on page 72, please indicate the discounts for which you qualify. If you qualify, and you make your reservation by phone, be sure to ask for this discount. (Please note: Senior discounts are not available for the Work Study Program.)

Accommodations for Families: Two full-paying adults housed in standard accommodations may have their children in the room for a meal charge of $19 per child per day ($9 for children under six). **Note:** If children are enrolled in Gazebo School Park or an Esalen workshop, additional fees are required. Contact the Gazebo, 408-667-3026, for information regarding their fees.

Workshops for Families: Participating families will pay full workshop rates for the first two participants (adult or child). Each additional participant will pay the following rate:

2-day workshop	3-day	4-day	5-day
$115	$165	$210	$245

Additional sleeping mats and bedding will be provided for each room.

The Gazebo School Park Early Childhood Program

The Gazebo School Park is a unique educational experience for children one to six years. It is open year-round and has an average of 15 to 20 children in attendance each day.

The Early Childhood Program is available to seminarians who would like child care at Esalen. Child care is provided during workshop hours only. Daytime activities for the children include gardening, pony rides, learning about animal care, exploring nature, a real boat, the magic castle, and an Indian tepee. Evenings are spent with a teacher in the Gazebo Farmhouse, engaged in activities that are age appropriate, such as reading, learning and playing with the computer, baking, arts and crafts, or building-block play.

Reservations should be made at least a month in advance. Call the Gazebo Farmhouse, 408-667-3026, for more information and reservations.

Weekend	$200
Week	$400

Internship Program: This is a three-month program for those who wish to have intense exposure to life at the Gazebo School Park and its unique educational resources. The Internship Program offers experience with children, the Gazebo environment, and its teaching philosophy. Applicants must have completed at least three work scholar months at Esalen before being considered for this program.

Call the Gazebo Farmhouse, 408-667-3026, for more information or reservations.

First month	$400
Second month	$350
Third month	$300

Seminarians as Volunteers

Seminarians in residence at Esalen are invited to contribute one or two hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out.

Transportation to Esalen

Van Service: On Fridays and Sundays we have van service from the Monterey Greyhound stop leaving at approximately 3:45 p.m. and from the Monterey Airport at approximately 4 p.m. If you plan to use this service, please inform the Esalen office at least 24 hours prior to your arrival. The $30 one-way fee (subject to change) is payable to the Esalen office when you check in. Return reservations may be made at that time. The only departing van service from Esalen is on Fridays and Sundays at approximately 5:30 p.m.

Checking In

Check-in and Meals: Rooms become available at 4 p.m.; however, guests are welcome to arrive anytime after 2 p.m. Weekend programs begin with dinner on Friday and end with brunch on Sunday. Five-day and longer programs begin with dinner on Friday or Sunday and end with lunch on Friday or Sunday. Check-out time is noon on departure day.

F. Y. I.

Health Services: There are no medical services or pharmaceutical supplies available at Esalen. If you will require medical attention or supplies during your stay, please come prepared to administer to your own needs. Esalen is 45 miles from the nearest medical facility or pharmacy.

For Your Safety: Please bring a flashlight for use at night while walking on the grounds.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Lost and Found: To inquire about items left behind from your Esalen visit, call 408-667-3019.

Guests: Seminarians are not allowed guests on the property during their stay.

Pets: No pets are allowed on the property.

Smoking: Smoking is not permitted in any of our accommodations or meeting rooms.

Skippy, the Buddha, and Me

PETER FRIEDBERG

I suppose I could say that I have been a Buddhist-in-the-making all along, for most of my life I have desperately and dogmatically clung to Buddha's first principle—Life is Suffering—as if suffering was all I had. At times it *was* all I had, but at least it was *my* suffering. And in the stormy sea of life, I wasn't about to relinquish my life preserver.

One February, my search for expanded awareness and peace of mind took me and my spiritual wish-list to a small vipassana meditation retreat just south of Yosemite for ten days of sitting and silence. I wanted to locate a still place within, to increase my ability to concentrate with single-pointed focus, and to heighten my sensory awareness. Also, I desperately craved non-attachment. And equanimity. And self-acceptance. And an end to craving. And, if truth be told, I wanted to be more attractive to vipassana babes. Moreover, a minuscule peek, however brief, at the Oneness of All Creation would have been really neat.

The retreat presented vipassana meditation as taught by S.N. Goenka, a Burmese teacher in the lineage of Gautama, the historical Buddha. It is a tradition preserved in Asia for twenty-five hundred years. The practice involves scanning one's body repeatedly, up and down, attending to sensation, noticing its mutability and impermanence. If, as this teaching asks, we can only experience the world through our senses, and if this sensory experience is continually changing, then what is there, pray tell, for one to possibly attach oneself to? And if attachment is the root of all suffering, could not this simple practice, once truly embodied, be a first step to suffering's cessation?

Goenkaji was not there in the flesh, yet his spirit, humor, and wisdom filled the meditation hall, thanks to audiotaped instructions each day and videotaped discourses every night. His very first instruction made me immediately at home. "Pay attention to your desperation." This was frequently repeated, an ostensibly odd yet, for me, comforting message. "Pay attention to your desperation." I couldn't believe my ears. Never had I received such a personalized teaching, for I was acutely aware of all the time and energy that I had spent trying to disregard my own ever-present desperation. It wasn't until the second morning that I realized that Goenka, with his thick Burmese accent, was, of course, directing us to "pay attention to your respiration." Ah, an early lesson in non-attachment.

We had been given assigned seats in the meditation hall, which meant that for ten days I would be meditating next to Skippy, a tall, boyish, moonfaced man who, from day one, with the exactitude of a fine chronometer, cleared his throat every ten minutes in a manner that suggested a steady diet of buttermilk and Drano. These were no polite ahems. They were loud, guttural, phlegmy bursts. Not only that—he was somehow able to time his laryngeal eruptions to coincide precisely with that moment in which I was finally letting go of all incessant mind-chatter and at last becoming empty. Since we were seated but an arm's length apart, the simplest solution would have been a sharp jab to the right to separate Skippy from his zafu and his senses. I couldn't recall anyone having told us, "No hitting." However, in classic, party-line, it's-all-an-opportunity-for-growth fashion, I optimistically resolved that Skippy's throat-clearing was placed before me as a lesson.

Each afternoon, we were called two by two to the front of the hall to sit for a few minutes with Veena, the assistant teacher, a warm, solemn Indian woman. It was our sole opportunity to speak during the retreat, a chance to ask questions about the problems and pitfalls in our sitting. Skippy and I were stablemates in this daily ritual, yoked together by our fixed seating arrangement. Skippy always spoke first, his words slightly slurred. No, he wasn't having any problems. In fact, he was surprised at how easy it was. He was having a great time, relaxed and peaceful.

"And how are you doing, Peter?" Veena asked me.

"I'm constantly distracted by thoughts," I said, afraid that I was close to whining. "And unable to string together more than three empty breaths in a row." I didn't bother to reveal the contents of these distracting thoughts, which focused obsessively on the same three subjects: imaginary fights with my ex-girlfriend, polishing and repolishing a vipassana stand-up comedy monologue, and sex with every woman I've ever known. I didn't tell her that, having been awakened at 4:30 every morning by a Tibetan gong, I was unable to attentively examine the hindrance of torpor—one of the Five Hindrances to meditation, along with desire, aversion, restlessness, and doubt—without immediately thereafter exploring sleep. And, of course, I said nothing of Skippy.

Veena's reply, which did not deviate for the entire ten-day retreat, was succinct. "Keep trying. Start again."

As the retreat progressed, I began to be able to witness the rising and formation of my thought patterns, and whereas I had once concluded that my brain entertained its thoughts in much the same way that a dog hosts fleas, I was now willing to concede some choice and responsibility in the matter. I began to acknowledge the projections and fabrications that constituted my "objective" view of "reality." This realization, however, provided little consolation in the matter of Skippy who, in addition to obstructing my path to samadhi in the meditation hall, was invariably directly ahead of me in the buffet meal line, shuffling slowly and unsteadily with, I was soon convinced, the gait of a dying man. This, this *guy* was again holding me up, first on the spiritual plane and now on the material plane. He was standing between me and my lone source of pleasure—food—in this fortress of spiritual tortures! Skippy was turning into a roadblock on my highway to fulfillment. I began to seethe with rage, a rage that foresaw no release in a meditation retreat that required ten days of Noble Silence.

On the morning of day seven, I suddenly found myself needing to clear my throat with alarming frequency. Naturally, I leaped to the only plausible conclusion: (1) Skippy was possessed of a fatal and contagious bronchial disease; (2) he had come to the retreat to pass on peacefully; (3) I had picked up whatever it was he had; and (4) I was going to die. I could restrain myself no longer. I signaled to Frank, the bearded retreat manager, who had on opening night announced his availability in case of emergency. This was an emergency. Frank and I exited the hall into the chilly February sunshine.

"Frank, this probably sounds crazy—" I began. Through wire-rimmed glasses, he looked at me solicitously and—was it my imagination?—delightedly. I laid out the entire concocted scenario, the throat-clearing, Skippy's halting walk, his slurred speech, and concluded with, "I need some assurances that I have not caught some terminal illness from Skippy."

Frank was calm and reassuring. No, Skippy had not mentioned a fatal disease in his application. Yes, he would watch Skippy for any disturbing and telltale signs. No, he didn't think I was crazy.

I returned to my place in the hall, only slightly mollified. That afternoon it happened.

Sitting on my cushion, scanning my body for physical sensations as we had been instructed, I felt a slight, tingly current coursing in my hands and feet. As I paid attention to this pleasurable sensation, it began to travel throughout my body, from head to toe and back again, up and down, as if I were being massaged inside and out with a loving, streaming, vibrating energy. I was alive with this energy, watching it, sensing it gradually spread and intensify until I was bathed in a continuous, gentle, ecstatic, full-body rapture. I remained in this state of blissful reanimation for fifteen, thirty, forty-five minutes, an hour. So this was the state of "free flow" that had been described to us earlier in the week.

And while I was experiencing this radiating energy, there was Skippy—Old Faithful—going off with familiar regularity. And there I was, hearing the rumble of Skippy's pipes, neither reacting nor feeling reactivated, simply hearing, hearing, hearing, as I was hearing the rustle of a woman shifting on her cushion across the room and the whisper of the wind through the tall pine trees outside the hall and the pulsation of my own heartbeat in my ears. Why, it was as if—as if I had had a choice all along, as if it had not been Skippy who had been driving me to near-homicidal fury, but rather I myself who was first choosing and then willingly wallowing in good old, delicious, self-inflating, self-important, self-righteous rage. And I began to consider the implications. . . .

I knew my return to terra firma was inevitable. I wish I could say that I was never again reflexively enraged at Skippy, lovers, friends, family, co-workers, the President, life. But these days, when it seems so easy to be driven crazy, I sometimes take a moment to remember that I'm the one who is doing the driving.

Thank you, Skippy, wherever you are.

Peter Friedberg is co-editor of the Esalen Catalog.

ESALEN NOTES

Scheduling Private Conferences at Esalen

It is possible to arrange for your group or organization to hold its conferences at Esalen. We can accommodate large groups (up to 100) on a space-available basis.

Smaller groups may schedule private conferences in our renovated Big House. This facility is available for individuals who work together and would like to design their own Esalen program, drawing on our leaders and other resources. Ten bedrooms, nine bathrooms, a kitchen, dining room, and living room make it possible to house group members together, thereby enhancing the retreat environment.

We schedule all conferences a year in advance. To schedule or discuss possible formats, please contact conference coordinator Pat Lewine at 408-667-3038.

The Esalen Catalog on Internet

Esalen's World Wide Web site is under construction and, when launched, will make the *Esalen Catalog* available on-line in a new, interactive format. Additional information on special programs at Esalen will be offered, along with updated workshop availability.

To receive an E-mail announcement of the site opening, send an E-mail note to: *ghs@esalen.org*

MARGARET LIVINGSTON

The Esalen Catalog (1962-1992) Available via the Educational Resources Information Center (ERIC)

Anyone interested in *The Esalen Catalog* as human potential movement historical source material for research purposes can now obtain the complete thirty-one-year set from ERIC's document delivery arm, the ERIC Document Reproduction Service (EDRS, 7420 Fullerton Road, Suite 110, Springfield, Virginia 22153-2852; 1-800-443-3742). When ordering either microfiche or reproduced paper copy, please refer to the catalog's ERIC accession number ED 347 118.

THE FRIENDS OF ESALEN

Membership in Friends of Esalen supports the scholarship fund to allow financial aid for those who wish to attend our workshops but cannot otherwise afford them. A membership gift also provides additional funding for our pioneering work in health, education, the environment, and the humanities. With annual membership, Friends of Esalen receive the Esalen Catalog as well as a special newsletter.

Members at the Supporting level or above receive an autographed copy of Michael Murphy's book *The Future of the Body.* At the Sustaining Member level, gifts are also acknowledged in the newsletter, unless the donor wishes to remain anonymous. Benefactors receive all of the aforementioned along with an individual gift from Esalen.

Group 2000 is composed of individuals committed to assisting Esalen in building the long-term financial capability to fulfill its mission into the year 2000 and beyond. The Group 2000 meets together and with staff members at Esalen every year. Members of the Founders Circle are invited to meet individually with our CEO.

We deeply appreciate the generosity and interest of the Friends of Esalen. You are invited to join us in extending the experience of Esalen into the lives of more people.

☐ Basic member	$35	☐ Sustaining member	$500-950
☐ Student/Senior	$25	☐ Benefactor	$1000
☐ Joint member	$50	☐ Group 2000	$2000
☐ Supporting member	$100-450	☐ Founders Circle	$5000

Name ______________________ Phone ____________

Address ______________________________

City __________________ State ______ Zip ________

Please make checks payable to Esalen Institute, in U.S. currency only, or use one of the charge cards listed below:

☐ MasterCard ☐ Visa ☐ American Express

Card No. ______________________ Exp. ________

Authorizing signature ______________________

Please complete this form or the inside flap of the envelope insert included in the catalog and return with your gift. Check the box on the outside of the envelope marked "Friends of Esalen." Thank you for your support.

Esalen is a 501(c)(3) nonprofit public charity. Contributions are tax-deductible to the extent allowable by law.

GUIDE TO WORKSHOPS

This is a guide to the workshops offered in this catalog. Although many of them could be cross-referenced—and some resist easy categorization—most are listed only in their main subject area. We recommend that you read the workshop description before deciding to register. If you have never been to Esalen or taken an Esalen workshop, you might want to consider the "Experiencing Esalen" workshop scheduled throughout the catalog and listed in the Integral Practices section of this directory. Please call the Esalen office if you have questions concerning a workshop.

THE ARTS / CREATIVITY

December 31-January 5 • Tao Mentoring in Music and Tai Ji Dance
January 7-12 • Body Poetry East and West
January 7-12 • Vision Painting
January 28-February 2 • The Healing Power of Theater
February 4-9 • Writing About Our Lives: A Workshop for Women
February 4-9 • The Art and Dance of Transformation
February 11-16 • Reawakening the Artist Within
February 23-25 • Singing Gestalt
February 25-March 1 • Language of the Drums: African Percussion, Chanting, and Dance
March 1-3 • Language of the Drums: Intermediate Level
March 1-3 • Baking Bread at the Big House
March 3-8 • A Potter's View of the Universe: Big Sur Clay
March 10-15 • Improvisational Being
March 15-17 • Reawakening the Artist Within
March 31-April 5 • Painting and the Art of Perception
March 31-April 5 • The MAX: Stretching the Limits of Your Self-Expression
April 5-7 • Vision Painting
April 5-7 • Improvisational Wisdom: Finding the Robin Williams Within
April 7-12 • Awakening Vision Through Conscious Photography
April 19-21 • Writing for Your Life
April 26-28 • Crazy Wisdom: A Weekend of Philosophy and Laughter
May 3-5 • Freeing the Poetic Imagination: Poetry Writing at Esalen
May 3-5 • The Healing Power of Laughter and Play
May 5-10 • Expressive Painting
May 10-12 • From the Congo to Dreamtime
May 24-26 • African Dance: Expressions of Spiritual Energy
June 2-7 • Singing in the African-American Tradition
June 9-14 • Meditation, the Living Body, and Creativity
June 9-14 • Old-Fashioned New Age Cooking
June 14-16 • Reawakening the Artist Within
June 14-16 • Chaos and Complexity in Photography, Life, and Work
June 14-16 • Ageless Vitality: The Body is Living Music
June 16-21 • Pilobolus: Collaborative Creativity Method
June 23-28 • Masks of Transformation: Moving from Personality to Essence

MARGARET LIVINGSTON

BIOFEEDBACK / HYPNOSIS / INTUITIVE DEVELOPMENT

February 25-March 1 • Awakened Mind: Five-Day Brainwave Training Intensive
March 31-April 7 • Reweaving the Web: Hypnotic Entailments—Conversation in a New Key
April 28-May 3 • Facilitating Intuition
May 3-5 • Intuition and the Dance of Attention
May 12-17 • Advanced Hypnosis: Practice and Applications
May 19-24 • The High-Performance Mind: Awakened Mind Brainwave Training

BUSINESS / WORKPLACE / SOCIAL RESPONSIBILITY

January 7-12 • Conservative, Liberal, Self-Concept: A New Synthesis
January 21-26 • Consensus
January 26-28 • When Success is Not Enough
February 2-4 • The Art of Leadership: Communication, Creativity, Vision
May 10-12 • Nine Worldviews: The Enneagram at Work
May 12-17 • The Visionary Life: The Quest of Your Life
June 2-7 • Conflict Resolution Through Conscious Negotiations
June 7-9 • Rekindling the Spirit in Work
June 21-23 • Reconnecting Business with its Soul

CHILDREN / FAMILIES / EDUCATION

January 5-7 • Giftedness: The Wonder and the Anguish
January 12-14 • The Path of Parenting: A Spiritual Approach
February 2-4 • Fathers & Sons & Mothers & Daughters
February 25-March 1 • Birth Experience: A Pathway to Life
June 14-16 • The Parenting Process
June 16-21 • Healing the Parent-Child Bond: For Parents and Their Adult Children

BEST COPY AVAILABLE

CONTEMPLATIVE / SPIRITUAL & RELIGIOUS STUDIES

December 31-January 5 • The Subtle Art of Meditation
January 5-7 • Attention! Attention! Attention!
January 12-14 • The Living Core of Biblical Spirituality
January 21-26 • The Heartful Path to Mind Power: Geometrizing Mind Space
January 26-28 • Working with Obstacles and Difficulties
January 28-February 2 • Coming Home to the Soul
February 9-11 • Introduction to Mindfulness Meditation
February 11-16 • Soul as Living Presence: The Diamond Approach
February 18-23 • Dzogchen: Awakening the Buddha Within
February 23-25 • Two Events with Claudio Naranjo
March 3-8 • Working with the Enneagram Types—Part 1: The Belly Center
March 10-15 • The Subtle Art of Meditation
March 29-31 • The Sages, God, and Me
April 14-19 • The Path of Transformation through Meditation
May 10-12 • Vipassana Meditation and the Teachings of Thich Nhat Hanh
May 10-12 • The Return of the Mother
May 19-24 • Soul Making
May 24-26 • OpenMind Training: Innovations in Meditation and Mind/Body Healing
June 2-7 • Zen and the Art of Anything
June 9-14 • Meditation, the Living Body, and Creativity
June 21-23 • Introduction to Mindfulness Meditation
June 23-30 • The Diamond Approach to the Lataif: Opening the Doors to Essence

DREAMS

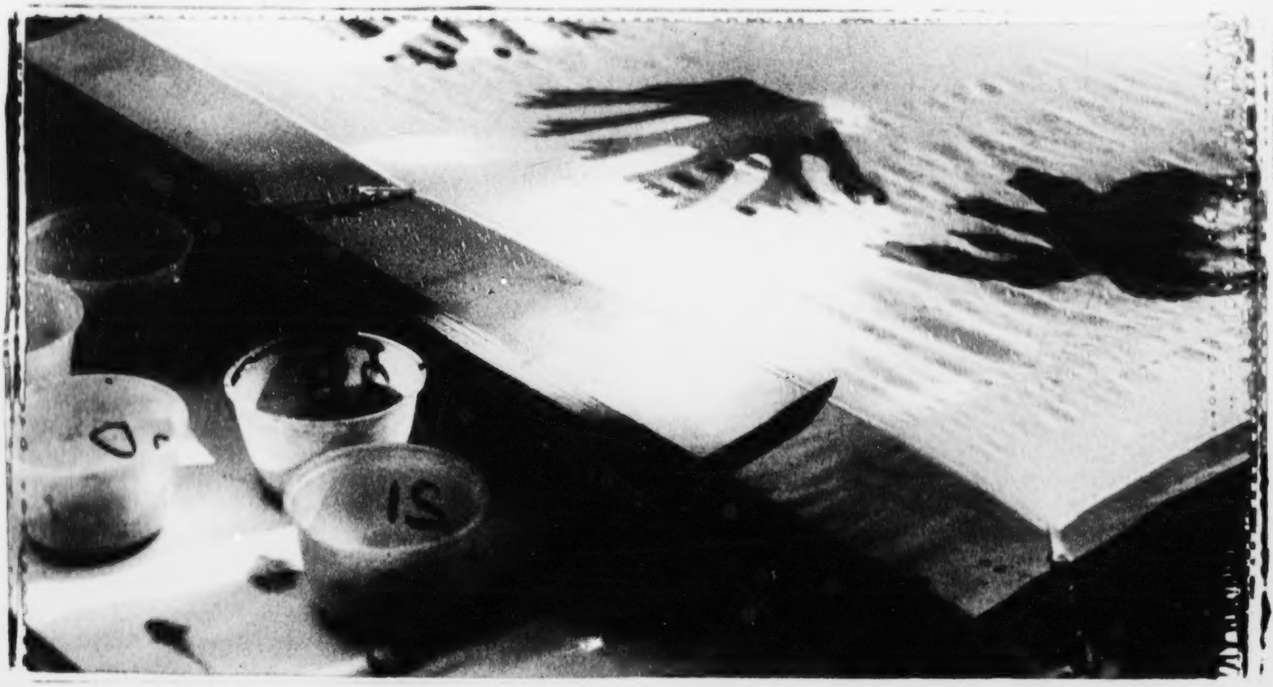
January 26-28 • Exploring the World of Lucid Dreaming
April 19-21 • The Healing Power of the Dream
May 10-12 • From the Congo to Dreamtime
May 26-31 • Dreaming: The Magic Mirror that Never Lies

HEALTH / HEALING

January 5-7 • Psychoneuroimmunology and Its Implications
January 19-21 • Managing Your Stress, Your Heart, and Your Life
April 14-19 • Spiritual Healing: Laying-on-of Hands
April 19-21 • Holoenergetics®: The Art and Science of Conscious Healing
April 21-26 • Chakra Integration: A Complete Approach to Health and Healing
April 26-28 • Energy Kinesiology: Awakening to Abundant Energy
May 5-10 • Embodying Images of Health: A Somatic/Expressive Approach to Psychoneuroimmunology
May 26-June 2 • Developing a Fitness Regime for Optimal Well-Being
June 14-16 • Practical Herbology: An Esalen Garden Workshop
June 23-28 • Ecopsychology, Addiction Recovery, and Gender Reconciliation
June 28-30 • Caring for the Dying: What Really Works?

INTEGRAL PRACTICES

January 19-21 • Experiencing Esalen
January 21-26 • Life Energy Process
January 21-26 • The Wildness Within



MARGARET LIVINGSTON

January 28-February 2 • Coming Home to the Soul
February 16-18 • Experiencing Esalen
February 23-25 • The Life We Are Given
March 8-10 • Experiencing Esalen
April 26-28 • You Don't Have to Be Good
April 28-May 3 • Experiencing Esalen
May 17-19 • Experiencing Esalen
May 17-19 • The Embodied Life: Feldenkrais® Movement and Zen Meditation
May 31-June 2 • Experiencing Esalen
June 7-9 • The Ultimate Yes
June 16-21 • How to Feel as Good as You Can in Spite of Everything
June 23-28 • Turning On the Light: A Choice to Live Consciously

MARTIAL ARTS / YOGA / SPORT

December 31-January 5 • Tao Mentoring in Music and Tai Ji Dance
January 5-7 • The Tao of Saging
January 7-12 • Body Poetry East and West
January 19-21 • Ryukido: Movement from the Martial Arts
March 1-3 • Mastering the Competitive Mind
March 17-22 • Yoga for the '90s
March 29-31 • Essential Tai Ji: Body-Mind-Spirit in Action
April 14-19 • T'ai Chi Ch'uan: An East/West Approach
April 21-26 • Golf in the Kingdom: An Exploration of the Inner Game
April 26-28 • Joy is the Journey: Hatha Yoga and More
May 12-17 • Yoga: The Art of Living
May 19-24 • Kalarippayattu: The Yoga-Based Martial art
June 28-30 • Yoga Works: Tools for Well-Being

MYTH / RITUAL / SHAMANISM / ANTHROPOLOGY

December 31-January 5 • To Be Ready to Live, To Be Ripe to Die
January 7-12 • Mending the Fragmented Self: Soul Retrieval and Shamanic Practices
January 14-19 • Cross-Cultural Shamanic Practices
February 9-11 • The Way of the Shaman
February 11-23 • Advanced Training in Shamanism and Shamanic Healing
March 1-3 • Your Deep Mythology: Renew the Dream that Quickens Your Spirit
March 3-8 • The Heart of the Shaman
March 10-15 • My Emerging Myth
March 24-29 • A Mythological Toolbox: Envisioning and Embodying the Myths We Live By
April 14-19 • Soul Dramas: Past Life Regression and Spiritual Healing for (Helping) Professionals
May 3-5 • From the Heart of the Andes: Andean Wisdom, Indian Mysticism
May 5-10 • Giving Voice to Bear: Shamanism and Bear Medicine

PHILOSOPHICAL INQUIRY / INTELLECTUAL PLAY

February 2-4 • Briefing for a Decent into Novelty
February 2-4 • Chaos and the Language of Nature
February 23-25 • The Life We Are Given
February 23-25 • Technoshamanism: Total Immersion in Spiritual Technology
March 8-10 • A Weekend with Terence McKenna
March 22-24 • Psyche and Cosmos
April 26-28 • Crazy Wisdom: A Weekend of Philosophy and Laughter
June 7-9 • Practical Alchemy, Kabbalah, and Quantum Physics
June 14-16 • Chaos and Complexity in Photography, Life, and Work
June 28-30 • Identity, Community, and Politics: The Ontogeny of Everyday Life

PROFESSIONAL GROWTH / TRAINING

January 5-7 • Attention! Attention! Attention!
January 26-28 • Religious and Spiritual Problems: A Paradigm Shift in Mental Health
March 8-April 5 • 28-Day Massage Practitioner Certification Program
March 15-17 • The Zen of the Therapist: New Integrations
April 19-21 • The Healing Power of the Dream: A Dreamwork Seminar for Professionals
April 21-26 • Group Process Training
April 28-May 3 • Facilitating Intuition
May 12-17 • Advanced Hypnosis: Practice and Applications
May 26-June 2 • Gestalt Practicum
June 21-23 • Making a Private-Pay Practice Work

PSYCHOLOGICAL / TRANSPERSONAL PROCESS

December 31-January 5 • Opening the Feelings
January 5-7 • Roots and Wings: Renewing Our Spirits, Living Our Dreams
January 7-12 • Completions and Transitions
January 12-14 • The Enneagram in Personal Development and Therapy
January 26-28 • Re-Solving Your Past, Remembering Who You Are
January 26-28 • Working with Obstacles and Difficulties
January 28-February 2 • Holotropic Breathwork and the Creative Fire
January 28-February 2 • Facing Life's Challenges: Courage, Faith, and Self-Acceptance
February 2-4 • Forgiveness: The Key to Intimacy
February 2-4 • Fathers & Sons & Mothers & Daughters
February 4-9 • Gestalt Practice
February 9-11 • The Body: Doorway to Self-Discovery— The Gestalt Practice Approach
February 16-18 • The LQ Factor: How to Increase Your Love Quotient
February 18-23 • Playing the Edge
February 25-March 1 • Birth Experience: A Pathway to Life
February 25-March 1 • Letting Go—Moving On
March 1-3 • Your Deep Mythology: Renew the Dream that Quickens Your Spirit
March 1-3 • 'Tis a Gift to Be Simple
March 8-10 • Accepting Life's Transitions: Letting Go—Moving On
March 10-15 • My Emerging Myth
March 15-17 • Taking Responsibility: Pathway to Personal Power
March 17-29 • Emotional Healing: From Codependence to Aliveness

March 17-22 • The Practical Art of Creative Risk-Taking
March 24-29 • The Road Best Traveled: Reinspiring Life Purpose and Direction
March 29-31 • A Celebration of the Body: A Self-Empowerment Weekend
April 7-12 • Letting Go—Moving On
April 7-12 • Making Crucial Life Choices and Major Life Changes
April 12-14 • How Successful People Succeed
April 19-21 • Forgiveness: The Key to Intimacy
April 21-26 • Group Process Training
April 21-26 • Courage
April 21-26 • Awakening from Trauma: Healing Body Image and Sexuality
April 26-28 • Harnessing the Paradoxes of High Performance
May 3-5 • The Sources of Growth
May 5-10 • Healing the Heart
May 12-17 • Playing the Edge
May 12-17 • The Visionary Life: The Quest of Your Life
May 19-24 • The Power of Growth
May 24-26 • Life's Little Midterm
May 26-June 2 • Gestalt Practicum
May 26-31 • The Core Self: Return to Innocence and Choice
May 31-June 2 • Forgiveness
June 2-7 • Opening the Feelings
June 7-9 • Disarming the Ogre: Recognizing and Transforming the Inner Critic
June 9-14 • Transition, Risk, and Renewal: Mastering the Art of Change
June 21-23 • Roots and Wings: Renewing our Spirits, Living our Dreams

RELATIONSHIP / COMMUNICATION

January 28-February 2 • Dialogue: A Way of Life, A Path to Wholeness
February 2-4 • Forgiveness: The Key to Intimacy
February 16-18 • The LQ Factor: How to Increase Your Love Quotient
March 3-8 • Couples Workshop
March 8-10 • Reinventing Love
March 31-April 7 • Reweaving the Web: Hypnotic Entailments—Conversation in a New Key
April 7-12 • Tantra: The Art of Conscious Loving
April 12-14 • Relationship as a Spiritual Path
April 19-21 • A Workshop for Couples
April 19-21 • Forgiveness: The Key to Intimacy
April 28-May 3 • Gender Talk: Communicating with the Opposite Sex... and Everyone Else
May 17-19 • Close Yet Free: Keeping a Good Relationship Alive
May 24-26 • Communication and Partnership
June 2-7 • Conflict Resolution through Conscious Negotiation
June 16-21 • Relationships: Letting Go—Moving On
June 21-23 • Couples Massage Weekend
June 28-30 • Innocence: The Cancer that Kills Love

SOMATICS

December 31-January 5 • Adventures in Bodywork
January 12-14 • Weekend Massage Intensive
January 14-19 • Sports Massage: Keeping the Players Playing
January 19-21 • Hanna Somatics: Mastery of Muscles and Emotions
February 4-9 • Polarity Massage Intensive
February 9-11 • Zero Balancing Open Forum
February 11-16 • Five-Day Massage Intensive
March 3-8 • The Upledger Institute's SomatoEmotional Release II
March 8-April 5 • 28-Day Massage Practitioner Certification Program
March 15-17 • Sensory Awareness
March 24-29 • Healing from Trauma: A Bodywork Intensive
April 5-7 • Weekend Massage Intensive
April 26-28 • You Don't Have to be Good
April 28-May 3 • Continuum
May 3-5 • Intuition and the Dance of Attention
May 5-10 • Lomi Somatic Intensive: An Active Exploration of Presence
May 10-12 • Weekend Massage Intensive
May 12-17 • Intermediate Massage Intensive
May 17-19 • The Embodied Life: Feldenkrais® Movement and Zen Meditation
May 26-June 2 • Cortical Reeducation® and the Feldenkrais Method®
June 2-7 • Facial Communication/Facial Diagnosis
June 9-14 • Five-Day Massage Intensive
June 9-14 • Mountains and Waves: Wilderness and Continuum
June 21-23 • Couples Massage Weekend
June 23-28 • The Upledger Institute's CranioSacral II

WILDERNESS / ECOPSYCHOLOGY

January 21-26 • The Wildness Within
March 29-31 • Re-Visioning: Landscape Perception and Love
April 14-19 • The Way of Wilderness
May 24-26 • Big Sur Wilderness Experience
June 2-8 • Origins: A Rites-of-Passage Journey in the Ventana Wilderness
June 9-14 • Mountains and Waves: Wilderness and Continuum
June 16-21 • Big Sur Wilderness Experience

WOMEN'S / MEN'S STUDIES

January 12-14 • Understanding the Other Sex: Gender Training for Gender Trainers
January 19-21 • A Retreat for Women of Experience: Midlife and Beyond
February 4-9 • Writing About Ourselves: A Workshop for Women
March 10-15 • Moving Through Idealization and Shame to Love: A Workshop for Gay Men
April 28-May 3 • Gender Talk: Communicating with the Opposite Sex... and Everyone Else

MARGARET LIVINGSTON

Week of December 31-January 5

The Subtle Art of Meditation

David Streeter

The experience of insight, tranquility, inner strength, and aliveness can be found within our everyday life through the ancient art of meditation.

This workshop will approach traditional meditation practice in an unusual way. In a retreat atmosphere, participants will prepare the body/mind for silent listening with fluid movement from the martial arts and yoga. The workshop will incorporate breathing practices (pranayama) and energy work with zazen (sitting meditation). Other activities will include a silent listening hike in the wilderness, group meditation in a nearby contemplative monastery, and zazen at Esalen's meditation center nestled close to a waterfall.

This approach to the subtle practice of meditation through the body can inspire the student to discover his or her rich interior life and that crystal-clear still point described so well in every spiritual tradition.

C.E. credit is available for nurses; see page 60.

$740

Tao Mentoring in Music and Tai Ji Dance

David Darling & Chungliang Al Huang

David and Chungliang have been conducting this annual New Year's celebration of creativity for many years at Esalen. This year they will focus on the core elements in their sharing: Passion, Clarity, and Balance. With David's mastery as a cellist and composer and Chungliang's "Living Tao" skills, they will guide participants in one of the subtlest, yet most powerful, principles of Tao, *Wu Wei*—"non-interference" in our collective creative learning.

Using the inspiration of great classical music (especially Bach), jazz, blues, and multicultural musical heritages, as well as humor and enthusiasm for transformation, David and Chungliang will offer a joyous and supportive environment in which to celebrate spontaneity and our deep core. They will alternate between mutual teaching—offering participants a chance to discover their own personal music and pure dance through both improvisation and structure—and sessions focusing on Lao Tzu's *Tao Te Ching*, Tai Ji movement meditation, and healing Qi Gong exercises.

$740

Adventures in Bodywork

Deborah Anne Medow & Carl Chase (C.C.)

This intermediate/advanced workshop is for massage and bodywork practitioners who wish to enhance their skills, experience current directions in bodywork, and have a good time while learning.

Together C.C. and Deborah have over forty years of experience in the massage, movement, and bodywork fields, and will draw upon their expertise in massage, deep tissue methods, cross-fiber friction, polarity therapy, anatomy, yoga, "ballistic" stretching, and more. They will customize a workshop to give you new information and inspiration to improve the caliber and diversity of work you presently incorporate into your massage and bodywork sessions.

Bring work-out clothes, musical instruments, CDs, and tapes for a week of learning and laughter.

C.E. credit is available for nurses; see page 60.
$740

Opening the Feelings

Dale Cummings

Radix® is an archaic term meaning "root" or "source." Radix work is a direct body approach focusing on this "life force" which underlies all biological processes, and from which springs the expression of feeling and creativity. Chronic, unconscious patterns of muscular tension can form what Wilhelm Reich called "armor," which blocks or inhibits both awareness and expressiveness.

Within a small setting, participants will experience Radix and neo-Reichian methods of emotional release, including a period of individual work called the "intensive." As the armor softens, grief, pain, and rage held in since childhood can emerge. Allowing and accepting these feelings in a safe, supportive environment can create a new capacity for trust, love, and pleasure.

C.E. credit is available for nurses; see page 60.
$740

To Be Ready to Live, To Be Ripe to Die

Sukie Miller & Edmundo Barbosa

Many cultures, including traditional Judeo-Christian ones, believe that we must prepare as meticulously and with as much discipline, passion, and imagination for our afterdeaths as we do for our lives. By understanding what may well come next, these cultures hold, the lived life is enhanced. The mini- and micro-"deaths" within our normally lived lives—the death of a loved one, of a marriage, of a dream—become doorways to major change and to the unknown: perhaps the true potential, the place of hope, compassion, delight, and mystery.

The workshop will be both a report on the findings of the Institute for the Study of the Afterdeath and an experiential adventure into the afterdeath systems of several different cultures. As a community, the group will explore belief systems where the line between the living and the dead is thin. As individuals, participants will explore together the images each of us consciously and unconsciously holds of an afterdeath, looking especially to see how these images can magnify or limit our lives.

C.E. credit is available for nurses; see page 60.
$740

Weekend of January 5-7

Attention! Attention! Attention!

Kathleen Riordan Speeth

Kathy Speeth writes: "This workshop is for people helpers, people lovers, and all those who want to profit from I-Thou applications of the powerful attentional practices found in Eastern and Western meditative traditions. How to witness your truth and let you glimpse my deep self? Can we learn to hear each other plain? When to connect and when to defend interior solitude?

"Everyone has experienced concentration but few understand how to use it in empathic awareness. We have all allowed our minds to wander but few have learned the twin secrets of insight meditation and psychoanalysis, in which attention bare of labels yields profundities that heal.

"Freud and Perls and the Buddha pointed in one direction, Ramakrishna, Erikson, and Csikzentmihalyi in another. We need to function well in the whole attentional continuum from deep empathy to cool professionalism lest we suffer stagnation, devitalization, or burn-out. Surprisingly—because we already have the basic abilities and need only to learn how to control them—even one weekend's sensitization can noticeably improve attention.

"Bring a journal. Come with an open mind and heart, ready to add a surprising new dimension to your here-and-now awareness of others—and even of yourself."

C.E. credit is available for nurses; see page 60.
C.E. credit for psychologists is pending.
$380

The Tao of Saging

Chungliang Al Huang

We begin aging at infancy. But until we reach middle age, the shock of aging is never properly addressed by most people. This seminar focuses on a new way of looking at this inevitable process with equanimity, integrity, humor, and realism. With insight and skill, Chungliang will guide participants through a *saging dance* of living. Using the Tai Ji yin-yang sign to illustrate this paradigm of aging, he will trace the "S" curve within the symbol as the saging path—from birth to midlife—then trace it back again to complete the "whole picture" of life.

Through saging, this living process can prove to be joyfully alive, creative, and constantly enriching. The workshop will combine thoughtful philosophical discussions with enlivening disciplines of daily practice. Come join the dance!

Recommended reading and viewing: Huang, *Embrace Tiger, Return to Mountain* and *Quantum Soup*; Huang & Watts, *Tao: The Watercourse Way*; Huang & Lynch, *Thinking Body, Dancing Mind* and *Mentoring: The Tao of Giving and Receiving Wisdom*; Living Tao Videos (217-337-6113).
$380

Psychoneuroimmunology and Its Implications

George Solomon & Margaret Kemeny

The rapidly developing field of psychoneuroimmunology (PNI) is concerned with the nature of complex interactions between the central nervous system and the immune system. The central nervous system mediates stress effects, coping, emotions, and other psychological processes that, by way of the immune system, affect the onset and course of many diseases.

The leaders will present a didactic and interactive workshop which will describe the immune system, how it works, and how it is regulated. They will discuss human and animal research on the effects of stress and other experiential factors on immunity and on immunologically-resisted and -mediated disease, including bacterial and viral infections, cancer, autoimmune disease, allergies, and AIDS. The as yet poorly researched area of interventions, including psychotherapy, on immunity and disease will be discussed. Some of the possible mechanisms underlying traditional and alternative healing systems and placebo effects will be explored.

Whether health or mental health practitioners concerned with the clinical relevance of PNI, or individuals who are concerned with maintaining or improving their own health, participants will be encouraged to set goals for their particular health needs.

C.E. credit is available for nurses; see page 60.
C.E. credit for psychologists is pending.
$380

Roots and Wings: Renewing Our Spirits, Living Our Dreams

David Schiffman

David Schiffman writes: "This workshop is for people who value a heartfelt, original approach to life, the suitably seasoned who want to trust and master their own rhythms and who appreciate the value of imaginative self-inquiry. Its pacing and format are designed to provide a safe, restorative mood for inner reflection and honest self-appraisal. It will also be a time to catch one's breath and hang out in the elemental beauty of Big Sur in a mood of peace and inspiration, an opportunity to tune into the inner resources that allow us to see the world with fresh eyes and renewed enthusiasm. A chance as well to connect with kindred spirits and to explore the mysteries, gifts, and dilemmas of who we are.

"Using a unique blend of physical, emotional, and spiritual attunement practices, we will weave a spell aimed at restoring the magic and faith we need to live soulful, wholehearted lives. We will spend the weekend doing this inner work using ceremony, ritual, music, poetry, movement, and visualization." $380

Giftedness: The Wonder and the Anguish

Mary Rocamora

The inner process of the gifted is little understood by either the general public or the gifted themselves. This workshop—designed for both the gifted and those who work or live with gifted individuals—leads participants on a journey through the stereotypes and misconceptions about giftedness and presents what is now known in the research community about giftedness and creativity.

There is still much to learn about the inner experience of giftedness—how to cope with the internal stress factors, how to recognize and optimize one's talents and vision, and how to better communicate with others. Many gifted adults were never identified and many more were impaired by both psychological and circumstantial factors, including gender, race, and cultural background. These factors will be introduced so their impact on self-actualization can be seen.

All participants will be helped to identify personal traits that researchers attribute to giftedness. Inner transformational approaches that specifically address the personality differences of the gifted will be offered, as well as guidance toward achieving an extraordinary life. $380

Week of January 7-12

Body Poetry East and West

Chungliang Al Huang &
Brother David Steindl-Rast

For newcomers it is always surprising how the combination of Tai Ji body movement along with the collective enjoyment of poetry can improve the flow of energy on all levels. Joint workshops by Chungliang and Brother David have become known as "festivals of aliveness."

This year, these two bridgebuilders between East and West will share their treasures of poems and stories, old and new, following the rhythm of the *I Ching*. This great Taoist *Book of Changes* can serve as a key to release the free flow of life energy within us. By becoming attentive to life's rhythms—through nature, poems, and movement—we can learn to tap the wellsprings of our innate creativity in new ways. We can experience body and soul with renewed delight.

In Esalen's unique setting, ocean, garden, hot springs, and human companionship work together toward one goal, the goal of this workshop: to come fully alive and to celebrate life. $740

Conservative, Liberal, Self-Concept: A New Synthesis

Will Schutz

Writes Will Schutz: "The Republican revolution of 1994 has had the salutary effect of forcing some fresh thinking about our democratic and republican origins. I have often wondered why the simple label of 'conservative' or 'liberal' is such a good predictor of a person's positions on a wide variety of social and political issues: self-restraint vs. selfishness, social responsibility vs. personal responsibility, self-determination vs. dependency, human nature as good vs. human nature as evil, compassion vs. justice.

"What are the basic psychological and philosophical beliefs that underlie this distinction? We shall explore the roots of these beliefs in ourselves, test a method of reconciling these dichotomies through the use of the Concordance method of group decision-making (see *The Human Element*), and form a basis for a simpler, more consistent, easier-to-agree-on political philosophy which takes into account the concepts of competition, power, cooperation, and creativity, and avoids misleading dichotomies. Using some techniques described in the above book, we shall investigate our own self-concepts and self-esteem, how to strengthen them, and discover how to clarify our attitudes toward the classic issues of public policy."

Recommended reading: Schutz, *The Human Element*. $740

Mending the Fragmented Self: Soul Retrieval and Shamanic Practices

Sandra Ingerman & Carol Proudfoot-Edgar

Shamanism is the oldest spiritual system used for healing, problem-solving, and the general well-being of both the individual and the community. From a shamanic perspective, emotional and physical "dis-spiritedness" often results from "soul-loss," a trauma that keeps us dissociated from life, our bodies, our relationships, and from feeling our connection with the natural world.

This workshop will introduce elements of core shamanism and practices involved in the reintegration of retrieved parts. It will present the shamanic journey method and other practices for accessing important information for one's healing. There will be rituals and ceremonies focusing on "release and renewal" as participants discover their own personal vision of well-being. Special emphasis will be on raising and using the power of the circle for personal healing and growth.

Workshop space is available for 12 participants to have a private session with a workshop leader acting in the role of the shaman to spiritually retrieve parts lost in life traumas. Additional space is available for others who have already had a soul retrieval done.

Please bring a bandanna, a journal, and drums and rattles (if you have them).

Recommended reading: Ingerman, *Soul Retrieval: Mending the Fragmented Self*.

C.E. credit is available for nurses; see page 60.
$740

Vision Painting

Helen Jerene Malcolm

Painting your vision is a sacred journey into self. Visionary art is a means of expressing the core yearning of the painter's deeper self, an active meditation in which the participant allows a flow of color and images to emerge as if the painting were painting itself. In an atmosphere of exploration and acceptance—enabling the creative impulse to play, take risks, and face fears—the painting finds its own path through darkness and light.

In this work, you can move beyond the rational mind to deeper levels of motivation and desire. Self-expression is prompted from the feeling centers, through the hand onto paper, evoked by guided visioning, color, music, movement, and dream images.

What you focus upon, conscious or unconscious, creates the life you experience. Your vision painting can be a treasure map of your life where change and healing are affirmed. This is a transformative adventure recreating aspects of your life spiritually, professionally, and physically.

Please note: All are welcome, beginners as well as artists. $740

(plus $30 materials fee paid directly to the leader)

Completions and Transitions

Mary Goldenson (Devarani)

Often in our lives we feel incomplete with the past. We are aware that we are not moving into the present with a generous and open heart. Old memories haunt us, even though we experience them as "finished." When we sense that we exist more in the past than in the present, it is time to make a distinction between "finished" and "completed." Transitions without completions foster resentments—about unsuccessful marriages, friendships, careers—and can produce illness, sorrow, and the inability to forgive.

Transitions are crossroads in our lives that give us the opportunity to finish and complete the past, reconnect with our present truth, and renew our passion, courage, and commitment for the future. The focus of this workshop will be to deeply review our lives, relationships, and circumstances to discover what needs to be transformed from "finished" to "completed."

The workshop will present you with ways make successful transitions. It will provide a safe, supportive environment that includes risk-taking, intense bodywork, gestalt imagery, movement, and meditation in order to support the transitions that keep us committed to the process of discovering ourselves. $740

Weekend of January 12-14

Weekend Massage Intensive

C.J. Bradbury & Margaret Stevens

In this workshop, the basics of Esalen massage will be demonstrated and practiced, as well as simple techniques of "floor massage." Fundamental elements of bodywork, such as breath awareness, grounding, movement, quality of touch, and stress reduction, will be introduced.

It will be a weekend of reconnecting with the natural human familiarity with touch, in a safe, supportive environment. Please wear loose, comfortable clothing to the opening session.

Recommended reading: Suzuki, *Zen Mind, Beginner's Mind.*

C.E. credit is available for nurses; see page 60. $380

PLEASE DON'T STEP in The BEDS!

MARGARET LIVINGSTON

The Living Core of Biblical Spirituality

Brother David Steindl-Rast

Writes Brother David: "Many people ask, 'Is there still a solid spiritual core left in the Biblical tradition?' Such questioning may be prompted by detached curiosity, by deep personal anguish, or by any position between these two poles. This workshop is designed to deal honestly and compassionately with all such questions, from whatever position they may come.

"As we move into a new millennium, an unprecedented transformation of the world is taking place before our eyes. Profound changes and upheavals affect all aspects of life—including religion and spirituality. Do we still have access to whatever it was in the past that gave men and women strength and conviction when everything else was crumbling?"

This weekend will provide an opportunity to discuss these deep concerns with Brother David. In his books, tapes, and lectures, many people have found ways to cut through misconceptions, distortions, and authoritarian rigidity, and to tap spiritual wellsprings that are both Biblical and universal, both living and life-giving. $380

The Path of Parenting: A Spiritual Approach

Barbara Sachs

Parenting is difficult. We are given no formal education to prepare us for this profound undertaking. Most of us know almost nothing about it, yet we are expected to be successful on the first try. We want to raise our children to be happy, healthy, loving adults, but we often end up tired, discouraged, and distanced from them.

The purpose of this workshop is to help parents understand a child's psychological and spiritual growth, and to mirror and support

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the child's emerging self. The workshop will introduce the natural stages of psychological development and the emerging essential nature. It will present the development of the outer personality and one's inner divine essence, and how to support both so that a child's intrinsic nature is not suppressed.

Participants will explore their own experience to understand our inherent nature and spiritual essence. A method of parenting will be introduced that develops spiritual understanding and essential wisdom rather than relying on unconscious conditioning.

The format will be experiential with lecturettes. $380

The Enneagram in Personal Development and Therapy

David Daniels

This workshop will focus on the keys to working powerfully with each type. Case examples, interactions, and mock therapy will be used to demonstrate the application of awareness practices, paradox, the traps and avoidances, conscious conduct, the preview and review technique, and energy transformation with each of the Enneagram types. While the workshop is designed especially for the helping professions, individuals knowledgeable in the Enneagram who want to further their personal growth and relationships are welcome.

C.E. credit is available for nurses; see page 60.
C.E. credit for psychologists is pending.
$380

Understanding the Other Sex: Gender Training for Gender Trainers

Warren Farrell

This is an advanced workshop for graduates of Warren Farrell's seminars "The Myth of Male Power" and "Why Men Are the Way They Are."

While the workshop will help participants deepen their understanding of the other sex, special emphasis will be placed on how to assist corporate clients, educators, attorneys, psychologists, and hospital personnel to communicate rather than litigate. Participants will be trained in new approaches to sexual harassment, pay equity, affirmative action, and diversity issues that incorporate male-positive as well as female-positive perspectives.

Participants will also be trained to help hospitals create new programs on men's health by introducing the 21 neglected areas of men's health as well as by countering myths about spouse abuse, depression, and suicide that keep us from creating better prevention programs.

The leader will help participants work with attorneys and psychologists on the importance of father involvement in custody cases and approaches leading to mediation. He will introduce experiential work to help educators turn date rape into "date love" and help affirmative action officers incorporate the white male rather than alienate him.

Required reading: Farrell, *The Myth of Male Power*.

C.E. credit is available for nurses; see page 60.
C.E. credit for psychologists is pending.
$380

Week of January 14-19

Cross-Cultural Shamanic Practices

Angeles Arrien

This workshop will introduce participants to shamanic tools from diverse cultures. Group members will work individually and collectively to honor ancestor spirits and release unhealthy family patterns. Angeles Arrien's work focuses on the universal human qualities of power, love, vision, and wisdom, accessed to increase personal and professional effectiveness.

This workshop qualifies as foundation work for Angeles Arrien's Four-Fold Way educational program.

Recommended reading: Arrien, *The Four-Fold Way: Walking the Path of the Warrior, Teacher, Healer, and Visionary*.

C.E. credit for psychologists is pending.
$740

Sports Massage: Keeping the Players Playing

John Harris & Sherry Sanders Galloway

This sports massage workshop is about maintaining athletic conditioning. The focus will be on body mechanics and simple techniques for keeping muscles toned, stretched, and ready for any physical activity. Specific injury treatments, such as trigger point therapy and cross-friction technique, will be demonstrated. There will be simple anatomy instruction and a presentation of methods that can be used regardless of location or supplies on hand.

Each session will combine a brief lecture with a step-by-step demonstration, followed by extensive hands-on practice. There will be one-to-one assistance available and individual concerns will be addressed. The objective is two-fold: 1) to become familiar with the tissue that lies beneath the skin: how it works, how it moves, how to prevent injury to it, how to heal it; and 2) to keep both the provider and the receiver of this work comfortable and fit, both physically and emotionally—in short, to "keep the players playing."

This work can benefit athletes, dancers, yoga practitioners, and "weekend warriors." Please wear loose and comfortable clothing.

C.E. credit is available for nurses; see page 60.
$740

Weekend of January 19-21

Experiencing Esalen

Experiencing Esalen Staff

> *Contact is the appreciation of differences.*
> — FRITZ PERLS
>
> *...and the recognition of similarities.*
> — RICHARD PRICE

This workshop is designed to introduce the various practices of Esalen to first-time participants or to those renewing their acquaintance with Esalen. Emphasis will be on finding those approaches to self-awareness that work most effectively for each individual participant. Sessions may include: meditation, sensory awareness, gestalt practice, group process, art, movement, and massage. There will also be time to explore the natural magnificence of the Big Sur coast. $380

Hanna Somatics: Mastery of Muscles and Emotions

Eleanor Criswell Hanna

This workshop will explore the neuromuscular responses to emotional states—the somatics way to internal mastery of muscles and emotions—and the joy that comes with the body's renewed awareness and freedom. Guided somatic exercises and individual sessions with practitioners trained by Thomas Hanna will give participants the opportunity to experience this wonderful work. Dyad practice is included.

Recommended reading: Hanna, *Somatics*; *The Body of Life*; and *Bodies in Revolt*.

C.E. credit is available for nurses; see page 60.
$380

Managing Your Stress, Your Heart, and Your Life

Mel Lefer

Dr. Dean Ornish produced the first major study showing conclusive evidence that reversal of heart disease and other disorders, such as high blood pressure, diabetes, obesity, and high cholesterol, was possible without the use of drugs or surgical intervention. This workshop will apply the tools developed by Dr. Ornish to provide the direct experience of how powerful, comprehensive lifestyle changes can affect one's heart and overall sense of well-being.

The workshop will incorporate many approaches, including diet, exercise, stretching, progressive relaxation, breathing practices, meditation, visualization, and group discussion. The goal will be for participants to transfer these good habits into every aspect of daily life, and to pave the way to the peace of mind that physical well-being can provide.

Recommended reading: Ornish, *Eat More, Weigh Less—Stress, Diet, and Your Heart*; and *Dr. Dean Ornish's Program for Reversing Heart Disease*. $380

Ryukido: Movement from the Martial Arts

Yoshi Sakuyama

Ki, the vital energy that flows through the body, has been valued by martial artists because it gives them the courage to conquer fear. They have devised special breathing practices and physical movements to enhance their ki energy. Yoshi Sakuyama, a sixth-degree black belt and movement artist from Japan, will introduce Ryukido, a total movement training system drawn from the foundations of martial arts. These simple yet powerful movements amplify ki flow and refine one's actions.

Participants will be guided into bodily awareness through various practices such as basic movements (to feel and move from the body's center), pair work, breath, and Kiatsu massage. The fluid, dancelike movements are fun to practice, and the teaching can be applied to everyday life. $380

A Retreat for Women of Experience: Midlife and Beyond

Lenore Lefer & Anne Yeomans

The gifts of woman are many. They have been undervalued and made invisible until we cannot see them ourselves. Today, more than ever, the earth needs these gifts.

This is an opportunity for women in midlife and beyond to come together to explore the issues that are on our minds and in our hearts. What are the challenges we each face? How can we support each other in reclaiming and honoring our passion, our tears, our outrage, our laughter, and our beauty? How can we express our deepest values at this time in our lives?

The workshop will include time to speak and tell our stories, and time for silence, hatha yoga, walking meditation, and group process.

Some themes to be explored include:

- The wisdom of the body
- Sexuality and intimacy
- Menopause
- Power and self-expression
- Self-care in the midst of responsibilities
- Spiritual questions of midlife

It is our hope that these days together will strengthen our trust and renew our spirit, so that we can return to our lives with more joy, more tenderness toward ourselves and others, and more boldness in living all that is important to us. $380

Week of January 21-26

Life Energy Process

Stephano Sabetti

The Life Energy Process (LEP) is a spiritually-oriented approach to self-development and professional growth based on Eastern and Western energy dynamics. Specially designed subtle and intensive movements (micromovements) can increase energy flow and lead to the discharge of nonessential processes in the body (repressed emotions, chemical toxins, etc.). Each of us has an energy frequency that can be felt when attuned through LEP. This unique vibration helps to center and ground, as well as to find clearer direction and meaning in daily life. Each participant will have a chance to feel her/his unique energy process and explore it through process inquiry.

Life Energy Process includes: dance, theater, massage, pool work, and various other forms. The workshop is of particular interest to professionals and laypersons who are excited by the integration of theory, pleasure, and hands-on application of energy concepts. $740

The Heartful Path to Mind Power: Geometrizing Mind Space

Julian Silverman

Writes Julian Silverman: "This workshop is about the big changes which need to occur in the way we think in order to survive the next twenty years. It is about a master plan for revisioning the way the mind makes sense of things, for neutralizing the compelling influence of 'how things appear to be.' It is about rediscovering love and integrating the rediscovery into our lives—using, of all things, geometry.

"Sounds 'far out.' It is. It is also an unavoidable emergent of human consciousness. The sooner we learn it, the less diseasing will be the transition to a more fulfilling way of being. Using both lecture and experiential learning formats, this workshop will focus on two questions:

- How do you move into a frame of mind more empowering and more meaningful than your current one?
- How do you cleanse your mind, getting rid of disempowering, demeaning mental images and programs?

"This involves the coordination of two very different kinds of learning—one by organizing (categorizing) and pulling together (synthesizing); the other by ignoring (disregarding) and letting go (forgiving)."

Recommended reading: *A Course in Miracles*.

C.E. credit is available for nurses; see page 60. $740

The Wildness Within

Brita Ostrom & Eric Erickson

> *Every part of this soil is sacred. . . Every hillside, every valley, every plain and grove, has been hallowed by some sad or happy event in the days long vanished.*
>
> — Chief Seattle, 1856

> *Maybe saving a forest starts with preserving some of the feelings that die inside us every day… If we cannot respect that interior land neither can we respect the land we walk.*
>
> — David Lynch, *Twin Peaks*

Writes Brita: "Big Sur is a place where healing can happen. The deep canyons and expansive coastal setting evoke our wilder personal interiors so our demons and dreams have breathing room and a chance to be tested." This workshop will focus on the interrelatedness of our internal landscape and "the land we walk," first exploring our interior wellspring of dreams, emotions, and intuitions, and then

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extending outward to make intimate connection with others and with the Big Sur coast.

Participants will work with awareness practices to gain clearer insight into their inner reality, and with meditative movement, conscious touch, and massage to relieve old physical holding patterns to facilitate change and renewal. As body and mind become more integrated, attention will then turn to developing a nourishing relationship with the planet. Big Sur will become the backdrop for short hikes and wilderness experiences.

The workshop is for those seeking a time of personal renewal, couples or friends seeking to reconnect in a different way, and bodyworkers seeking a new perspective on their field. $740

Consensus

Caroline Estes

Consensus decision making has been in use for hundreds of years. The Society of Jesus (Jesuits) used it in its early years. Most Native Americans used it in some form. In its more than 300 years of existence, the Quakers have brought it to what is probably its finest form in their Meetings for Business.

Caroline Estes, a Quaker for nearly four decades, has adapted the Quaker "search for unity" for use in secular groups as a search for truth. Her work is based on the belief that each person has a piece of the truth, and that bringing together those pieces of truth results in decisions that transcend the individual.

This workshop will teach not only how to put forward one's own truth, without hidden agendas or biases, but how to listen for the truth of others. Through extensive role-playing, it will present the methods of seeking consensus and of facilitating meetings that use consensus.

The workshop will enable participants to take part more effectively in meetings, whether or not consensus is being used, and to become more effective group leaders. $740

Fit to Lead: Shape-Shifting into the 21st Century

Elisa Lodge

Writes Elisa Lodge: "Shape-shifting is the ability to alter one's physical, emotional, and mental states at will, to affect and inspire the consciousness of others. It is a term originally ascribed to the shaman, the mystically empowered leader/healer of traditional cultures. Today's radically changing world requires us to become, like the shaman, self-healing and the leaders of our destiny.

"The focus of our week together will be to reclaim the trust in the intuitive authority of our body wisdom. When the body, its movements, breath, and speech become more fluid, vital, and musical rather than mechanized, controlled, and predictable, we exude an authenticity and flexibility of being in all we do and say.

"Time will be spent on recognizing the body language of dominance and subservience and on the ability to contrast pretense and presence, acting and being. Individual and group exercises will be used to reshape stress and strain into harmonious, congruent expression; sit, stand, and walk with fluent, vibrant aliveness; inspire courage to act with greater boldness and daring; and improvise strategically on one's feet."

The workshop is designed for everyone seeking to enhance personal power. $740

Weekend of January 26-28

Exploring the World of Lucid Dreaming

Stephen LaBerge

Dreams are worlds of wonder where anything imaginable can happen. However, ordinarily we sleep through our nightly journeys, unaware of the opportunities available.

We are not bound to forever sleepwalk through our dreams. *Lucid dreams* are dreams in which we know we are dreaming while we're dreaming. While lucid, we can be fully conscious that the dreamworld is a mental creation, and that we are free to act in the dream unconstrained by laws of physics or society.

People can develop the skill of lucid dreaming and research has shown that it can profoundly affect our brains and bodies. Participants will be taught how to induce lucid dreaming and explore its many uses: self-exploration, creative problem-solving, enhancing self-confidence, healing, adventure, and self-integration.

The seminar will extend beyond dreaming to investigate our experience of the world and our perceptions of "reality." It will explore the concept that all perceptions are illusory and that waking reality is, like dreaming, a mental construction.

The workshop will combine lecture and experiential exercises. It is intended for avid dreamers and people interested in self-exploration and the enhancement of consciousness.

Recommended reading: LaBerge, *Lucid Dreaming*; LaBerge & Rheingold, *Exploring the World of Lucid Dreaming.*. $380

When Success is Not Enough

Peller Marion

> *If I had known what it would be like to have it all, I would have settled for less.*
>
> — LILY TOMLIN

Materialism is skyrocketing in the United States. Indeed, many of us are wealthy beyond the wildest dreams of our ancestors. Still, we struggle more than ever for self-esteem and meaning in our lives.

When alternative measures of success are not available, the deep human need to be valued and respected by others is often acted out through consumption. Buying things becomes a means to both self-esteem and social acceptance. "The avarice of mankind is insatiable," wrote Aristotle, who believed that as soon as one desire was satisfied, another would appear to take its place. If our wants are insatiable, there is simply no such thing as enough.

This workshop is designed to explore the questions: How much is enough? What is an achievement junkie? What is my definition of success at this time in my life? How do I create my own personal philosophy of life and live by my own agenda?

Participants will investigate the paradox of success in their own lives. A variety of experiential approaches will be used, including readings, discussion, games, dance, gestalt, imagery, and meditation.

Recommended reading: Marion, *Crisis Proof Your Career: How to Find Job Security In An Insecure Time*; and *Making It: Stories and Stages of Successful Entrepreneurs*.

C.E. credit is available for nurses; see page 60.

$380

Re-Solving Your Past, Remembering Who You Are: A Gestalt Process Workshop

Julian Silverman

To become a whole person, one needs, to quote Fritz Perls in his autobiography, "to center one's existence." Centering one's existence means orienting in time and space. The methods for centering in time and centering in space are different and complementary. Centering one's existence has two major obstacles: one's unresolved past and one's faulty self-remembrance.

This workshop elaborates on Perls's essential idea and provides participants with opportunities to work on blocks to centering one's existence.

C.E. credit is available for nurses; see page 60.
C.E. credit for psychologists is pending.

$380

Religious and Spiritual Problems: A Paradigm Shift in Mental Health

David Lukoff, Francis Lu & Robert Turner

> *Religion is a system of wishful illusions together with a disavowal of reality, such as we find… nowhere else… but in a state of blissful hallucinatory confusion.*
>
> —Sigmund Freud

> *Psychiatry has not only neglected but actively ignored the issue of spirituality.*
>
> —Scott Peck

Historically, mental health professionals have ignored, trivialized, or pathologized the religious and spiritual dimensions of life. Persons involved with unconventional spiritual paths as well as those having intense religious/spiritual experiences have been at risk of being misdiagnosed as mentally ill.

Significantly, work in transpersonal psychology recently came to fruition with the acceptance of a new diagnostic category entitled "Religious or Spiritual Problems" in the *Diagnostic and Statistical Manual, Fourth Edition* that guides diagnostic practice in the U.S. and many other countries. The adoption of this new category as an "Other Condition That May Be A Focus of Clinical Attention"—not a mental disorder—signifies a paradigm shift by accepting distressing religious/spiritual experiences as nonpathological problems.

The three authors of this new diagnostic category will share the issues involved in its adoption. Film and videotape excerpts will serve as stimuli for discussions of precipitants, phenomenology, support, integration, and outcome of religious and spiritual problems. Clinical cases will be presented to illustrate their diagnostic and treatment issues. Participants will have the opportunity to discuss personal experiences related to this topic.

C.E. credit is available for nurses; see page 60.
C.E. credit for psychologists is pending.

$380

Working with Obstacles and Difficulties

Yvonne Rand

How can we deal with the circumstances and experiences which we see as obstacles and difficulties in our lives? In this workshop, participants will be presented with methods for observing, identifying, and describing how encounters with obstruction occur; analyzing the nature of obstruction and the causes and conditions which give rise to obstruction; and devising and applying antidotes. Participants will be invited to evaluate and enjoy the opportunities for training the mind which the occurrence of obstacles and difficulties allows. The workshop will draw resources in these endeavors both from the Buddhist meditation tradition and from the Western psychotherapeutic tradition. $380

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Week of January 28-February 2

Holotropic Breathwork and the Creative Fire

Laurie Weaver & Ricci Coddington

This workshop is open only to those experienced in Holotropic Breathwork.

The leaders write: "Holotropic Breathwork is a powerful method of inner exploration, personal transformation, and healing. It is a process by which we can come back into connection with our inner selves, our creativity, and our fire. It is a doorway through which we can explore and fully contact the many aspects of our personality, our intuitive wisdom, and our inner healer.

"This five-day program is an opportunity to connect more deeply with ourselves, our hearts, and the Mother Earth. Along with the breathwork, we will include sitting and walking meditations, relaxation, creative expression, gestalt work, and music making."

To apply for this workshop, please send your previous Holotropic Breathwork experience, along with dates and names of the certified facilitators, to Laurie Weaver, 2776 41st Ave., San Francisco, CA 94116.

Participation in this workshop will fulfill 45 hours of credit requirements for the Grof Transpersonal Training program. $740

Facing Life's Challenges: Courage, Faith, and Self-Acceptance

Phyllis Shankman

The only thing predictable in life is its unpredictability. It is full of ongoing challenges. Some challenges are easy; many are difficult to face and cope with. But each challenge or crisis is also an opportunity for expansion, learning, and healing, a chance to break set and move beyond old patterns. As individuals our work is to develop the courage, faith, and self-acceptance that will enable us to find the personal meaning and value in each challenge and grow from it.

This workshop is an opportunity to face these challenges in a safe, supportive space. Honoring oneself and the goodwill of others, participants will engage in group process, meditation, humor, massage, art, music, and movement, all in the context of expanding our capacity to transform challenges into meaningful growth experiences.

C.E. credit is available for nurses; see page 60. $740

The Healing Power of Theater

Jean-Claude van Itallie

More and more, the power of creative expression to heal and to transform is being recognized. In a supportive, nonjudgmental atmosphere, playwright Jean-Claude van Itallie will lead participants on an inspiring, playful, and disciplined adventure, a rediscovery of the place of transformation: the source of both spiritual and artistic practice. Through movement, dance, playwriting improvisations, meditation, acting and listening exercises, and dream- and storytelling, this workshop is designed to reawaken and express the spacious, creative self we often forget. With workshop members encouraging and supporting one other, each individual's healing creativity will be evoked in a spontaneous yet structured manner, through a disciplined play of body, voice, and mind.

Everyone is welcome. No theater or writing experience is necessary. $740

Coming Home to the Soul

Dorothy S. Hunt

Suppose in each moment of our lives, in all of our joys and sufferings, in every encounter or experience with creature or person, there existed an invitation to come home to our true Self? Suppose a part of us knew that our true Self was not the "self" we cling to, of separate body, mind, thought, or feeling? Suppose somewhere, like a tiny ray of light through years of ignorance, tears, or darkness, a voice spoke in hushed tones reminding us we are already Home, already worthy, already healed? Could we hear?

"Yet it is true," writes Dorothy Hunt. "There is a consciousness deep within us which remembers who we are, where we came from, and where we are headed. It receives and inspires our love. It will teach us if we learn to listen. Some call this consciousness the 'soul,' others the 'heart.' But by whatever name we call it, it is continually calling us home to our true Self.

"Through the use of myth, music, meditation, movement, dreams, drawing, writing, guided imagery, and silence, this workshop will explore deeply the experiences and wisdom of the soul. We will explore the soul's images and archetypes, its rhythms and relatedness with all of nature. We will seek its knowledge and try to listen to the ways it calls us Home." $740

Dialogue: A Way of Life, A Path to Wholeness

Glenna Gerard & Linda Teurfs

Often today we find ourselves afloat in a sea of confusion, chaos, and conflict, unable to find meanings that bridge the separation we feel. And yet, twentieth-century sciences tell us reality is relational—meaning is created through relationship.

Dialogue is a group communication process that focuses on how we create meaning and the very culture we share. Rooted in Greek *dia* (through) and *logos* (word or meaning), dialogue has been with us through the ages in indigenous tribal councils, Quaker meetings, the contemplative traditions, and in the writings of Martin Buber, Carl Rogers, and, most recently, the late David Bohm, quantum physicist and philosopher. Because of its *transformative* properties, it is of interest to leaders and facilitators in organizational, counseling, educational, and spiritual settings.

This program is an in-depth experience of dialogue and how it can help us move towards greater personal and collective wholeness. Processes from the contemplative, shamanic, and Jungian traditions will be interwoven to develop the capacity for collective mindfulness and wholeness. Attention will be focused on our capacity for holding paradox, expanded self- and worldviews, and how interpersonal openness and integrity lead to higher levels of collective creativity and integration. $740

Weekend of February 2-4

Forgiveness: The Key to Intimacy

Mary Goldenson (Devarani)

All life is about relationships. Creating an alive and honest connection with an intimate partner requires us to go deeply into our hearts and allow the courageous self to emerge. This journey to intimacy begins with the path of forgiveness.

How does forgiveness lead to intimacy?

- It allows us to let go of anger, resentment, and grief
- It allows the agitated mind to move more deeply into the healing heart
- It resolves separation from ourselves and from others
- It allows us to give up inflicting punishment on ourselves and others
- It allows us to complete unfinished business

The workshop will present ways to help complete the past, be open to the present, and create the future. It will offer a safe, supportive environment that will include taking risks, intense bodywork, gestalt imagery, dance, and meditation to support the commitment to the process of discovering ourselves.

This workshop can be especially helpful for those dealing with boundary issues, the effects of a dysfunctional family life, or addictions that have been used as a defense against intimacy. It is appropriate for everyone, whether in a good relationship or troubled, as a couple or alone, whether mother, father, daughter, or son, or in the healing professions.

C.E. credit for psychologists is pending.

$380

Briefing for a Descent into Novelty

Terence McKenna

This recent transmission: "A unique opportunity to spend a weekend with one of the archaic revival's most hyperactive minds: mushroom mullah Terence McKenna, apostle of time's end and imminent historical transformation, will lead a guided tour of his end-of-the-millennium *wunderkammer* of eccentric, obscure, and strangely elegant ideas and positions. McKenna, the eschatological, botanical ambassador from the Absolute Other, is a silver-tongued altered statesman and psychedelic crusader who rarely fails to amuse and edify. Lively discussion of the approaching exfoliation of the human species into a transdimensional collectivity should be anticipated. Bring a friend." $380

The Art of Leadership: Communication, Creativity, Vision

Ron Alexander

> *In the beginner's mind there are many possibilities*
> *While in the expert's mind there are few.*
>
> —Suzuki

This workshop is for entrepreneurs, executives, managers, and others committed to improving their communication and leadership skills. It is especially intended for those open to doing deep personal work with a commitment to transform the self and thereby become more effective and productive in leadership style. The major areas of focus will be resolving conflict, developing trust with those who feel threatened, addressing blind spots in self-esteem, healing blocks in creativity, and building support for transforming vision into reality.

The workshop is primarily experiential and will include gestalt open seat work; sharing feedback on leadership and communication styles; improving coaching skills; role-playing and problem-solving exercises for real-life work situations; and exercises for developing the unconscious to creatively solve problems.

Recommended reading: Depree, *Leadership is an Art*; Wing, *The Tao of Power*; and Crum, *The Magic of Conflict*.

C.E. credit is available for nurses; see page 60.

$380

Fathers & Sons & Mothers & Daughters

Elliot & Vera Aronson

> *Just wait 'til YOU have children—then you'll know!*
>
> *Oh my God, I sound just like my mother!*

We are all someone's child and most of us already are or eventually will become somebody's mother or father. Our relationship with our parents is the most profound and the most ambivalent of all relationships—it influences us throughout our lives. Indeed, this relationship is all too often a hidden template for other intimate relationships, especially those with our own children. The more aware we become of the complex issues involved, the more we can heal old wounds and maximize the joy we experience with our parents and, ultimately, with our children, as we gain the ability to break out of unproductive, repetitive cycles.

This workshop is aimed at increasing awareness and understanding of how we think, feel, and behave—as daughter, son, mother, and

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father—with the goal of increasing our joy and effectiveness in these roles. Toward this end, a supportive environment will be provided in which participants will be invited to make use of a variety of verbal and nonverbal approaches, including art, play, fantasy, and movement. $380

Chaos and the Language of Nature

Ralph Abraham & Ray Gwyn Smith

Chaos theory has triggered a paradigm shift. But can it light our way ahead? This experiential, interactive workshop will explore ways in which chaos concepts may:

- Enhance our conversation with Nature
- Heal the dichotomy between Nature and Self
- Offer clues to a more integrated human presence on Earth

Come and embrace the future with renewed innocence and hope! $380

Week of February 4-9

Gestalt Practice

Christine Stewart Price

> *The Way, when declared*
> *Seems so thin and flavorless.*
> *Nothing to look at, nothing to hear—*
> *And when used—is inexhaustible.*
>
> —Lao Tzu

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that awareness is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. This form is similar to some Reichian work as well, in that emotional and energetic release and rebalancing are allowed and encouraged.

The emphasis is *intrapersonal* rather than *interpersonal*. It is explicitly understood that participants are not patients but persons actively consenting to work (or play) in awareness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure or accomplishment. Through group exercises, meditations, and discussion, this workshop will introduce participants to the gestalt practice approach. The format will combine introductory group work with the open seat form in which each participant will have the opportunity to work with the leader in a group context.

Recommended reading: Perls, *Gestalt Therapy Verbatim*; Chodron, *The Wisdom of No Escape*.

C.E. credit is available for nurses; see page 60. $740

Polarity Massage Intensive

Deborah Anne Medow

Polarity massage is a system of balancing the currents of life force which naturally flow through the body. It is a holistic approach to healing in which the practitioner and recipient work with thoughts and attitudes, nutritional needs, polarity yoga exercises, and the polarity treatment itself.

Participants will be instructed in the basic concepts of the polarity system as applied to the human energy field through the medium of touch. Emphasis will be on theory, polarity points and counterpoints, energy balancing methods, nutrition, and polarity yoga. Three-hour sessions will be held in the mornings and afternoons. Evenings will be for practice and occasional group meetings.

This workshop is designed for professional bodyworkers, health care providers, and interested laypersons, and is a good review for anyone who has taken a polarity workshop.

C.E. credit is available for nurses; see page 60. $740

Writing About Our Lives: A Workshop for Women

Ellen Bass

Ellen Bass writes: "The philosophy behind this workshop is best expressed by Martha Graham, who said, 'There is a vitality, a life force, an energy, a quickening that is translated through you into action. And because there is only one of you in all time, this expression is unique. And if you block it, it will never exist through any other medium, and be lost. The world will not have it. It is not your business to determine how good it is, nor how valuable, nor how it compares with other expressions. It is your business to keep it yours clearly and directly, to keep the channel open.'

"This workshop will help keep the channels open. It will be a supportive place to share our lives and work, our voice, our creativity. There will be a lot of time for writing, as well as time for sharing and feedback. From beginners to experienced, all women writers are welcomed. Whether you are interested in poetry, fiction, nonfiction, or journal writing, this workshop is an opportunity to become clearer, go deeper, express your feelings and ideas more powerfully."

Note: Although Ellen Bass is known for her work with survivors of child sexual abuse, the focus of this workshop will not be on healing from trauma. It is a creative writing workshop in which women are free to write on any subject they choose. $740

The Art and Dance of Transformation

Joanne Segel & Linda Jacobson

Transformational art and movement are creative processes that can be tools for self-development, spiritual growth, and understanding. Opening up to our creativity we receive more life energy. Art is a natural process of being human, and this workshop is designed to show you not that the artist is unique, but that each person is a unique artist.

During this week, with love and support, the stages of life will be explored, beginning with the first instant of cellular consciousness. Drums and dreams, drawing and painting, writing and ritual will be woven together to inspire and ignite you. Participants will take active dream journeys to enter the imaginal realm where inner healing takes place, tapping the wellspring of imagination and creativity in a nonjudgmental, nurturing environment.

Art and movement are vessels that hold enormous power for transformation. By connecting with our creative, instinctual natures, we inform our souls.

All levels are welcome—no prior art or movement experience is necessary. $740
(plus $25 materials fee paid directly to the leaders)

Weekend of February 9-11

Introduction to Mindfulness Meditation

James Baraz

Mindfulness—or vipassana—meditation is the practice described by the Buddha for developing wisdom, compassion, and peace. Vipassana, "to see things clearly," means being mindful of what is actually happening in the present moment. Using the breath, body sensations, thought, and emotions as objects of attention, we can learn to be fully awake and bring a balanced awareness to all aspects of our lives.

Through vipassana meditation we can experience the nature of reality as continuous change. When we see that all phenomena are impermanent, we can begin to let go of clinging to the pleasant or avoiding the unpleasant. We are then more capable of meeting each situation with spontaneity, fearlessness, and love. Meditation also teaches us to see in each moment the interconnectedness of all things. Our hearts open to a natural expression of compassion and kindness.

Participants will be introduced to this method of meditation practice and the principles on which it is based. There will be periods of silent sitting and walking meditation, as well as discussion. As attention is brought to all activities at Esalen, individuals will continue to develop mindfulness through the weekend. This will provide a foundation for applying mindfulness practice to everyday life.

C.E. credit is available for nurses; see page 60.

$380

The Way of the Shaman: The Shamanic Journey, Power, and Healing

Michael Harner & Sandra Ingerman

Considered by many to be the world's authority on shamanism, Michael Harner will introduce participants to core shamanism, the basic methods of the shaman to enter a nonordinary reality of problem solving, well-being, and healing.

During this experiential workshop, particular emphasis will be placed on the classic shamanic journey to explore the hidden universe otherwise known mainly through myth and dream. Participants will be initiated into shamanic journeying, aided by drumming and movement practices to experience the shamanic state of consciousness and to awaken dormant spiritual abilities and connections with Nature.

Practice will include comparisons by participants of their discoveries in shamanic journeys as well as personal problem-solving. Participants will also be provided with methods for journeying in nonordinary reality to their own individual spiritual teachers, a classic step in shamanic practice. Group members will be shown how shamanism can be applied in daily life to help heal oneself, others, and the planet.

TOM GALLOWAY

This workshop constitutes the prerequisite for more advanced courses with Michael Harner and faculty members of the Foundation for Shamanic Studies.

Please note: C.E. credit is no longer available for nurses.

$380

The Body: Doorway to Self-Discovery—The Gestalt Practice Approach

Christine Stewart Price

> *My belief is in the blood and flesh as being wiser than the intellect. The body-conscious is where life bubbles up in us. It is how we know that we are alive, alive to the depths of our souls and in touch somewhere with the vivid reaches of the cosmos.*
>
> —D.H. LAWRENCE

In gestalt practice, "feeling" is defined as that which can actually be felt in the body. Awareness of feeling as physical sensation is one of the most effective ways to reach the goals Fritz Perls described as the goals of the gestalt process: to increase aliveness, to have a better ability to cope, and to fill in the holes of our existence. By sensing ourselves as our bodies we may access dimensions of being human that go beyond our ideas of who we think we are.

This workshop will focus on physical sensation as the entry point to knowing ourselves. Using the gestalt practice approach (see February 4-9), especially in exploration of breath, movement, and sound, participants will explore this inner realm of awareness in all its grit and glory. $380

Zero Balancing Open Forum

Fritz Smith

This weekend is an opportunity for people doing Zero Balancing to reconnect with Fritz Smith, with Zero Balancing, and with each other. Fritz writes: "It is critically important to periodically meet with like-minded people and to openly, freely, and safely discuss problems, insights, and successes of your work—in this case, the leading-edge therapy of balancing energy and structure."

The workshop's agenda will vary with the needs of those who attend, but will focus on personal nurturing and recharging, and will include giving and receiving sessions, refining touch, honing the ZB protocol, observing demos by Fritz, and looking at the newer emerging possibilities of ZB.

Come and rekindle your sense of belonging, of not being isolated in the world.
Prerequisite training: Core Zero Balancing I.

This open forum qualifies for 12.5 hours of class credit toward Zero Balancing Certification, and is approved for C.E.U.s for nurses (see page 60) and acupuncturists.

$380

February 11-23

Advanced Training in Shamanism and Shamanic Healing

Michael Harner & Sandra Ingerman

For workshop description see Special Programs, page 58.

Please note: C.E. credit is no longer available for nurses.

Week of February 11-16

Present at the Creation: Reawakening the Artist Within

Esalen Arts Center Staff

It is said that the drive to create—to be original, inventive, resourceful—is as vital as the biological drive of hunger and as life-enhancing as the spiritual call to wholeness. As children many of us were thwarted in this essential expression of the human life force. We were taught that it was the end result that was all-important, and thus were denied the exhilarating experience of the creative process itself. And we allowed our creative expression to go to sleep.

This workshop invites you on a journey of reawakening. The Arts Center staff will provide a safe, supportive environment for you to rediscover the creator within. There will be a variety of art media available, which may include painting, pottery, silk-dyeing, dance and movement, mask-making, ritual, and group work. The leaders will offer exercises, as needed, to stimulate and liberate your creative expression, as they guide you deeper into the world of your own imagination and playfulness.

This will also be a wonderful opportunity to get messy. No previous art training is necessary. $740

Soul as Living Presence: The Diamond Approach

Joyce Lyke & Jessica Moore Britt

> *The Soul, like the moon, is new and always new*
> *again.*
> *And I have seen the ocean continuously creating.*
> *Since I scoured my mind and my body, I too,*
> *Lalla,am new, each moment new.*
> *My teacher told me one thing, Live in the soul.*
> *When that was so, I began to go naked, and dance.*
> —LALLA, *Naked Song*

The living presence of our soul is what is transformed and matured in the course of our spiritual development. It is our living consciousness which, when free to unfold, manifests its inherent dynamism, aliveness, and potentiality. The flow of our soul, if unimpeded, takes us deeper and deeper into our Essential Nature and in turn pours out of us in the unique expression of that True Nature in our individual lives. For most of us, however, our soul remains trapped in fixed conceptual and behavioral patterns that dampen the quality of our daily living and limit its possibilities. These rigidities block fundamental change in our consciousness, regardless of how many spiritual experiences we have had. For this reason, understanding the nature of the soul and what blocks its movement is essential for those who are serious about transformation.

This workshop will explore the main structures and underlying psychodynamic issues that have imprinted and shaped our souls, using open-ended inquiry and various body-awareness and meditative practices to loosen them. As these rigidifications and restrictions within the soul relax and unwind, the dynamic flow of the soul can unfold, revealing more and more of its full potential, bringing us closer to Home.

Please note: Registration requires completion of a questionnaire. For more information see Special Programs, page 58.

Recommended reading: A.H. Almaas, *Essence* and *Diamond Heart—Book One.* $740

Five-Day Massage Intensive

Laurie Lidness Parizek & Arthur Munyer

Esalen massage consists of more than the long, flowing strokes for which it is well known. In this workshop, Esalen bodywork in many of its forms will be demonstrated, practiced, and discussed during this week of learning and relaxation.

The workshop will introduce grounding techniques, pressure point work, meridian massage, stretches, and manipulations. The instructors will present a bodywork style that both addresses individual needs and integrates the whole person, focusing on the concept of working from our essential being. Special attention will be given to self-care, quality of contact, breath awareness, and stress reduction.

The workshop will also incorporate movement, dance, and rhythm to integrate the bodywork. Yoga and meditation will be taught to encourage focus and serenity.

Participants will make full use of Esalen's beautiful grounds and facilities. Please bring warm, comfortable clothing and your favorite music or instrument.

C.E. credit is available for nurses; see page 60. $740

Weekend of February 16-18

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 19-21. $380

The LQ Factor—How to Increase Your Love Quotient

Sam Keen

Sam Keen submits: "Modern psychology has focused attention on IQ—intelligence quotient—and utterly failed to increase our understanding of the nature of love. New Age Dr. Lonelyhearts and a gaggle of sexperts have rushed to fill the vacuum and litter the popular media with questionable advice about sex, romance, and intimacy.

"In this lecture/workshop, we will strip away layers of nonsense and false mystification and try to think clearly and wholeheartedly about the elements that compose the complex act of love. Hopefully, we may increase our capacity for passion and compassion and learn what it means to practice the art of loving." $380

Week of February 18-23

Dzogchen—Awakening the Buddha Within: A Silent Meditation & Self-Inquiry Retreat

Lama Surya Das

Buddhism teaches awareness techniques for awakening to inner freedom. Dzogchen—Tibetan for "the Natural Great Perfection"—introduces the inherent freedom, purity, and perfection of innate Buddha-Mind. Dzogchen is considered the summit of all Buddhist teachings: swift, easy, joyful, and direct.

Through meditation (sitting, walking, and guided), chanting, energy exercises, self-inquiry, and personal instruction, this quintessential Vajrayana path will be introduced and practiced according to the nonsectarian way of the Practice Lineage of Tibetan Buddhism, relying on authentic Tibetan texts, meditation manuals, oral tradition, and personal experience. Constant themes of this nondual awareness practice include appreciating the true joy of meditation, the incredible lightness of being, and opening to effortlessness.

Conducted in silence, this meditation retreat offers a unique opportunity for experienced meditators and beginners alike to better know themselves through the timeless wisdom of this ancient Tibetan teaching. $740

Playing the Edge

David Schiffman

In the early stages of growth, success seems to be its own reward. Excitement, vitality, and the willingness to face life boldly are characteristics of those who are involved in new and successful ventures. To keep this spirit alive is not easy. Enormous pressures, grinding routines, and demands of involvement can dispirit even the healthiest people. To listen to one's heart requires the courage to pause. In this willingness to stop and listen to the deeper self live the true resources that guide and protect us.

The purpose of this week is to create a mood of sanctuary for people in transition considering major changes in career, relationship, or matters of the spirit; those in need of a break from stressful responsibilities; and individuals interested in breaking new ground in the areas of self-nurturance, intuitive functioning, and problem solving.

The process will be gently restorative, illuminating, and enlivening. The intention will be to create a community based on trust and goodwill with emphasis on individual freedom. Traditional methods of self-inquiry (gestalt practice, bioenergetics, psychosynthesis) will be combined with innovative methods using music, meditation, poetry, ritual, and prayer to foster this spirit of living fully. $740

Weekend of February 23-25

The Life We Are Given

Michael Murphy & George Leonard

> *Like the human heart, the world points beyond itself to something greater and more beautiful. That something attracts us all, in different ways, and leads many of us to seek transformation.*
>
> —George Leonard & Michael Murphy, *The Life We Are Given*

Never before in history have so many people been offered so many possibilities for personal growth. And never before has the need for personal and social transformation been more urgent. Informed by their lifework in the field of human potential, George Leonard and Michael Murphy will lead participants in wide-ranging discussions on such topics as:

- The relations between this evolving universe and world-transcending realities
- Human capacities for extraordinary life
- The elements of transformative practice

This workshop will include simple movement exercises, meditation, storytelling, and unbridled metaphysical speculation. Murphy and Leonard will report on their two-year experiment in Integral Transformative Practice and help participants plan their own paths of transformation.

Recommended readings: Murphy, *The Future of the Body*; Leonard, *Mastery*; Leonard & Murphy, *The Life We Are Given*. $380

Two Events with Claudio Naranjo

Customarily invited by Esalen to present without agenda, this year Claudio Naranjo will offer an unusual workshop introducing two different themes:

1) Interpersonal Meditation and Music as Contemplation—each of these subjects constitutes a little-explored field in which Dr. Naranjo may well be the most experienced exponent. Interpersonal meditation (or meditation-in-relation) refers to the extension of meditation techniques to dyadic situations of shared silence; contemplation through music refers to meditation with an object reinforced by appropriate musical support.

2) The Enneagram of Society—Dr. Naranjo will discuss a set of interrelated social ills intimately linked to characterological styles and which constitute an analog to the "cardinal sins" in the individual psyche. It is perhaps because of these fundamental social pathologies that we cannot conceive of a technological solution to the world problematic that bypasses individual transformation. $380

Singing Gestalt

Nancy Kaye Lunney

Singing can be an experience of great joy, poignant tenderness, or overwhelming fear. It can provide illuminating moments of pure expression or a persona to hide behind.

"Singing Gestalt" is singing about yourself, who you are, what you feel. It is about being yourself in front of other people without judging how well you sing. It is not about performance—it is about making contact, feeling, expressing, and being there, with and for yourself and others.

If the idea of getting up and singing in front of other people terrifies you more than anything you can think of, this workshop is for you. If you love to sing in front of other people and want to stretch yourself further, this workshop is for you. It is a chance to take your singing self out of the shower, out of the car—out of the closet.

Some guided imagery and gestalt may be used. Bring lyrics to songs that express thoughts and feelings you'd like to explore. Accompaniment and lots of music are provided. $380

Technoshamanism: Total Immersion in Spiritual Technology

Douglas Rushkoff

To wholeheartedly embrace technology may be the only way to partake in the next phase of human evolution. Douglas Rushkoff, a leading explorer of the spirituality of technology, will orient students to a wide range of hi-tech tools for consciousness research. Participants will experience brain machines, the Internet, computer fractals, and Virtual Reality; tarot, astrology, and I *Ching* through computer programs; chaos math, hemispheric alignment audio, video games, and even new media—all within the context of their effect on awareness, emotions, and the body. The workshop will explore the techno-vision-quest and evaluate it as an adjunct to more traditional spiritual practices. The weekend will conclude with a techno-pagan rave dance, to which all of Esalen is invited.

Participants are encouraged to bring at least one item of technology—from brain machines and laptop computers to their kids' video game cartridges, players, and laser disks—which they would like to better understand, or to explore and share with the group. $380

Week of February 25-March 1

Language of the Drums: African Percussion, Chanting, and Dance

Babatunde Olatunji & Friends

Nigerian musician Babatunde Olatunji has been bridging the gap between American and African culture for thirty-five years. In this workshop he will show how drum sounds and rhythms communicate, stimulate, and pace the activities of traditional African life. He will teach the consonants of the Yoruba language, reproducing its sounds on drums and through chants, body percussion, and dance. This workshop is for dancers, percussionists, musicians, and anyone who wants to speak the language of the drums. Drummers can experience the dance and dancers can experience the drums. Bring a drum if you have one.

Please note: This has always been a popular workshop, with lots of people drumming and dancing in a small area. The energy runs high—be prepared for a crowded, exuberant atmosphere. $740

Awakened Mind: Five-Day Brainwave Training Intensive

Anna Wise

The Awakened Mind is a state of consciousness that releases deep inner resources, capacities, and powers that often lie dormant and inaccessible. This workshop will help you develop the intricate combinations of brainwave frequencies that underlie optimum mental states. Biofeedback monitoring, combined with different methods of meditation, visualization, "sensualization," and deep psychophysiological relaxation, will help you learn how to master your own brainwaves.

The workshop will present methods for accessing repressed memories and creating a bridge between your conscious and your unconscious mind. Bridging this gap and making this connection with your innermost self allows you to begin a process that encourages healing and integration. Emphasis will also be on the importance of the interrelationship between brainwaves and the human energy system, specifically the kundalini process.

Throughout the workshop, the Mind Mirror EEG will be used to demonstrate brainwave patterns, and Electrical Skin Resistance Meters will be used to measure the depth of arousal and relaxation of your autonomic nervous system, illuminating the interrelationship between your body and your mind.

*C.E. credit is available for nurses; see page 60.
$740

Birth Experience: A Pathway to Life

Barbara Findeisen

Emotional and physical experiences that occur in the womb, at birth, and in the postnatal period can have an enormous influence on our personality development and have long-term effects on how we respond to subsequent life events.

This workshop will include research and information about the psychological development during prenatal life and early infancy; the significance of cellular learning; levels of psychological trauma; and how the effects of these factors may manifest as behavioral patterns in children or adults. Didactic material will be interspersed with experiential sessions offering the opportunity both to facilitate and to regress to these early experiences, identify traumas, explore their impact, and begin the process of healing. All participants will have the chance to explore their own individual issues as well as learn various approaches for working with others.

Registration is open to everyone interested in the birth experience, and is especially recommended to those working with families, childbirth, and counseling.

C.E. credit is available for nurses; see page 60.
$740

Letting Go—Moving On

Mary Goldenson (Devarani)

Beliefs, fears, and emotions from the past can continue into present relationships and interfere with spontaneous feelings of trust, love, and joy. The goal of this workshop is to experience and let go of these defenses and create new ways to relate—in the moment—to ourselves, our work, and those we love.

The workshop includes periods of intense bodywork for those who want to let go of past anger, fear, and pain, which are reflected in the body as armor and tension. As armor softens, feelings held in since childhood can be released, and positive feelings can be experienced more fully. By also using dreamwork, massage, dance, and group process, a new capacity for loving can emerge.

This workshop may have up to thirty participants. $740

Weekend of March 1-3

Language of the Drums: Intermediate Level

Babatunde Olatunji

This workshop is designed for those who would like to further explore the polyrhythmic aspect of African music. It will include exploring varying combinations of rhythmic patterns, the ability to play rhythmic patterns on two drums, rhythmic exercises to develop stamina and dexterity of the hands and fingers, and the use of sticks in playing. Participants will also be introduced to different styles of playing the agogo (cow bell), shekere (African maracas), and body percussion.

There will be time devoted to discussion of the healing power of the drum through history. The group will learn how to meditate with drumming and chanting. No special dancing is involved except for occasional movements conducted by the leader.

Please note: This class is open to those who have taken at least two full workshops with Babatunde Olatunji or a professional percussionist.

Things to bring: one or two drums, congas, djembes, or ashidos; shekere (African maracas); agogo (cow bell); and djun-jun (not required). $380

Your Deep Mythology: Renew the Dream that Quickens Your Spirit

Stanley Krippner & David Feinstein

Our mythologies function largely outside of our awareness, yet with uncanny accuracy we choose the characters and create the scenes that correspond to our deepest visions. One of the most powerful steps you can take to increase your well-being and enhance your effectiveness in the world is to bring about constructive changes in this inner mythology, this invisible force that subliminally directs what you think, what you feel, and what you do.

This workshop can teach you how to understand your life story as an unfolding mythology, to reach into unconscious realms to resolve inner conflict, and to find potent new visions that nourish and inspire. Drawing upon methods from a spectrum of systems—Jungian psychology, Gestalt therapy, ancient spiritual disciplines, and modern clinical practice—you will be led through a sequence of experiences designed to transform personal myths that are limiting you and cultivate personal myths that support your most highly valued potentials.

Joseph Campbell regularly referred people to the leaders' workshops. Said a prominent reviewer of their book: "Neither Carl Jung nor Joseph Campbell showed us how to use myth for personal and societal growth. Feinstein and Krippner begin to answer that question."

C.E. credit for psychologists is pending.
$380

Mastering the Competitive Mind

Jena Marcovicci

In athletics, as well as in our professional lives, what has come to matter most is the "score." Challenges are about winning at any expense. Lost is the joy of just playing or finding meaning in what you do.

Jena Marcovicci is a sports psychotherapist who has worked with world-class tennis players and understands what the pressures of competition can do to the psyche. He is experienced at helping people let go of conditioned patterns that sabotage the joy and effort of playing a sport, or of succeeding in a particular aspect of life.

Jena writes: "The more you relax, the better you play. It's the law of 'reversed effort.' By combining the original concept of 'competition'—its Latin root means 'to seek together,'—with the joy of your organic rhythms, you can liberate yourself from the fight-or-flight mind-set that envisions the person on the other side as the enemy. The result is a more balanced perspective that expresses power *with* as opposed to power *over*."

Yoga, Tai Chi, visual imagery, and discussion will be used. Whether you are a serious athlete, a would-be athlete, or someone seeking to master your "competitive mind," this work-

MARGARET LIVINGSTON

shop can help you redefine, on a very personal level, what winning means.

Please bring a tennis racquet (if you have one), running shoes, and loose, comfortable clothes. $380

'Tis a Gift to be Simple

David Schiffman

This weekend is intended as a gift for people who would like to return to the simplicity of the values we treasure most. Its aim is to create a climate of mutual support and encouragement for exploring how we can best cultivate the spirit of real generosity and faith in dealing with ourselves and others.

This timely gift will embrace the following elements:

- Sanctuary—the opportunity to step away and pause, to create a mood of peace and personal clearing without haste or interruption
- The company of kindred spirits—a chance to be met with honesty, empathy, and wisdom in an atmosphere of soulful, clear-eyed support
- The emotional freedom to be—the right to let down and be sad or mad in order to clear the air and move on, making room in our hearts for new possibilities
- The right to feel free and alive in our bodies—the use of innovative ways of moving and touching in order to restore the vitality of feeling truly alive and physically at ease

The approaches utilized will be drawn from a wide variety of practices, both traditional and nontraditional, all aimed at restoring our gratitude and appreciation for being alive. $380

Baking Bread at the Big House

Robin Burnside & Dennis Marriott

How would Grandma's breads taste with amaranth, quinoa, kamut, or spelt? What is the irresistible magnetism that draws hundreds of otherwise purposeful Esalen visitors to spend long hours hanging around the lodge breadbaskets?

Find out during a flour-dusted weekend of fun in Esalen's Big House. You'll learn to combine ancient ingredients, familiar grains, traditional methods, and new ideas—making quick breads, yeasted breads, sourdoughs, round loaves, flat breads, braids, and rolls. Explore and devour!

No prior baking experience is required—just a need to knead. . . and knead. . . and knead. $380

Week of March 3-8

The Heart of the Shaman

Richard Yensen Pérez-Venero & Donna Dryer Pérez-Venero

"The shamanic awakening," write the leaders, "is a mythic and poetic spiritual journey of initiation. In this work we learn to honor our innermost wounding experiences and use them as a portal into the spirit world. The journey of death and rebirth awakens our capacity to be compassionate and loving.

"A circle of trust developed through ritual will carry us through the crack between the worlds. Both ancient and modern practices will be used to enter shamanic trance, experience deep catharsis, and find the path with heart."

Come prepared to use this shamanic environment as a sacred vessel for deep personal exploration and spiritual growth. This workshop is physically demanding, personally revealing, and includes an all-night ceremony. Because of the special nature of this work, enrollment is limited.

C.E. credit is available for nurses; see page 60. $740

Working with the Enneagram Types—Part 1: The Belly Center

Helen Palmer & David Daniels

This is the first of a trilogy of groundbreaking workshops focused on the psychological and spiritual work that specifically benefits different types of people. This approach recognizes that psychological diversity calls for particular practices and inner tasks that add up to a type-specific spiritual strategy. For example: fearful people follow a path toward psychological well-being that differs from the route of those seeking to convert anger and aggression. Likewise, a spiritual practice that cuts through fear may not be transformative for people who are less afraid.

This first workshop concentrates on the body-based practices that contain and transform emotional energies that are usually expressed through the narrow bias of type. The format is highly interactive, using panels and group exercises to identify the cues, tasks, interventions, and appropriate body-based spiritual practices for each of the nine Enneagram personalities.

For more information, see Special Programs, page 58.

C.E. credit is available for nurses; see page 60. C.E. credit for psychologists is pending. $740

A Potter's View of the Universe: Big Sur Clay

Noel Mapstead & Keiko Suga

This unique pottery workshop is an alchemical blend of four basic elements: Earth, Water, Fire, and Fun. Imagine yourself engrossed in:

- Primordial Big Sur clay oozing between your fingers
- Pottery making on a Pacific beach
- Nights around fires of glowing cow dung, seaweed, and clay
- Making beads in the dark of a Native American sweat lodge
- Slathering your body in wet clay and bathing in Esalen's hot springs

Starting with ostensibly valueless natural materials, participants will learn to fashion valued objects within a group setting designed to cultivate creative experimentation, human transformation, and environmental awareness. The group will be taught to identify, gather, and prepare naturally occurring clays; to use hand-building pottery methods; and to work with traditional firing techniques, skills which can all be used anywhere on earth.

No previous experience is required. This workshop is an enjoyable and total immersion into the potter's world—and a chance to make beautiful objects for those you love. $740

Couples Workshop

Jack Rosenberg & Beverly Kitaen Morse

Most couples are reluctant to seek help in their relationships. Instead they wait, hoping that the relationship will improve. If couples approached medical help the same way they approach marriage counseling, many of them would visit the doctor when they ought to be lining up at the mortician.

Designed on a preventive model, this workshop will deal with the underlying structures and defenses in relationships before they surface as terminal problems. It will also examine attitudes and beliefs about sexuality and how to make sex better.

Recommended reading: Rosenberg, *Total Orgasm* and *Body, Self, and Soul: Sustaining Integration.* $740

The Upledger Institute's SomatoEmotional Release II

Susan Pinto

In this workshop, SomatoEmotional Release (SER) techniques are integrated with various creative and dialoguing methods. The emphasis is on wholeness and self-healing; the goal is a comfortable holistic mind/body approach to the resolution of problems related to client progress and growth.

The clearing of negative (i.e., destructive) memories and emotions related to buried experiences is helpful but does not necessarily further the client to optimum potential. Once all of the blocks and negativities are cleared and resolved, there remains, in a significant number of cases, something missing.

The idea presented in the "something missing" might be the completion of a naturally programmed and perhaps instructive biological process that had been triggered in action. This interruption creates what might be thought of as a "frustration" of the biological process, serving as an etiologic agent for related dysfunctions which may be physiological, psychological, emotional, spiritual or any combination of these.

By blending concepts of psychosynthesis, Gestalt, and Jungian psychology with SER and CST, the therapist employs specific techniques to help clients increase awareness of the "inner self." Class exercises are designed to strengthen the relationship between the conscious and the unconscious mind in order to increase self-awareness.

Upledger Institute SomatoEmotional Release I is a prerequisite.

For further information see Special Programs, page 58.

C.E. credit is available for nurses; see page 60. $740

March 8-April 5

28-Day Massage Practitioner Certification Program

Peggy Horan, Dean Marson & Esalen Massage Staff

For workshop description see Special Programs, page 58.

C.E. credit is available for nurses; see page 60. $3325

Weekend of March 8-10

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 19-21. $380

A Weekend with Terence McKenna

Terence's singular submission: "A drama of transformation—millennia-in-the-making—will come to completion in the time of our own lives. Discovery of a deep past in the history of mind, confrontation with the implications of ethno-psychedelic experiences and plants, and the persistent intuitions of a nearby and interested intelligence: these concerns, when fused with the sudden appearance of a global morphogenetic field in the form of the WWW, indicate that the pace is quickening in the countdown toward the moment when James Joyce anticipated that 'Man will be dirigible.' Come join our ongoing and humor-filled exploration of the historical concrescence of the alchemical pearl." $380

Reinventing Love

Robert Solomon & Heather Maycock Ogilvy

"Reinventing Love" is an interpersonal probe into the most highly valued of all passions, its promise and its disappointments. The workshop will emphasize the essential creativity of love and the need to express and "reinvent" an emotion not torn between defensive individualism and independence. The group will explore the myths of love in order to find out why love goes wrong, why we choose the wrong partners, and how to choose the right one in order for love to succeed.

Participants will examine the connection between intimacy and anger, and the fragile connection between love and dependency. Individuals will be encouraged to explore personal experience and discuss the myths and images that have contributed to our most intimate (and sometimes most dangerous) feelings. Above all, the aim will be to understand why love is so important to us and why it cannot be abandoned. $380

Accepting Life's Transitions: Letting Go—Moving On

Mary Goldenson (Devarani)

The only certainty in life is change, yet we often resent our transitions because of patterns of fear and self-denial. Old beliefs keep us stuck in our resentments, unsuccessful marriages, friendships, and careers, and can cause illness, sorrow, and the inability to forgive. Transitions are crossroads in our lives that give us the opportunity to take time out and reconnect with our truth. It is never too late to change. Transitions are doors to the renewal of our passions, courage, and commitments.

This workshop will present you with ways to help complete the past, be open to the present, and create a future. Participants will have a safe, supportive environment that includes taking risks, intense bodywork, gestalt imagery, dance, and meditation in order to support the transitions that keep us committed to the process of discovering ourselves. $380

Week of March 10-15

The Subtle Art of Meditation

David Streeter

For workshop description see December 31-January 5.

C.E. credit is available for nurses; see page 60. $740

Improvisational Being

Nina Wise

Imagine feeling comfortable to dance whenever you feel like dancing, at parties, nightclubs, or simply alone in your living room. Imagine feeling able to sing whenever the impulse arises, in the car, by your child's bedside, or sitting around a dinner table with friends. Imagine feeling free to speak in a different voice and become a different character, a Southern belle, a French poet, a Brooklyn teenager.

Spontaneity is a characteristic of behavior that has become limited in modern life. We have been trained to be polite, to follow the rules. We inhibit our spontaneous impulses in order to fit in, to be accepted, approved of, loved. Yet ironically, as we suppress our impulses to play, we feel more and more alienated from ourselves, our friends, family, and colleagues.

This workshop is about loosening the hold of the censoring mind that inhibits our speech and actions. It will include meditation, chanting, movement, singing, writing, drawing, and theater games. There will also be spontaneous performance with and for each other in a safe and supportive environment.

Through experimentation with improvising, we can discover that as we take the risk to express who we are in playful and creative ways, we feel a sense of ease and belonging that previously has eluded us. $740

My Emerging Myth

Paul Rebillot & Audrey Savage

In *Mind and Nature*, Gregory Bateson tells the story of a man who asked his computer, "Do you compute that you will ever think like a human being?" The machine did its work, analyzing, Bateson says, "its own computational habits," then printed the following answer: THAT REMINDS ME OF A STORY. "Thinking in terms of stories," Bateson concludes, "must be shared by all mind or minds, whether ours or those of redwood forests and sea anemones.... The evolutionary process... must be the stuff of stories."

Paul Rebillot adds: "In this workshop, we will discover our own evolutionary path by developing our stories from personal biography to fable to myth. The theme will be set by telling our stories in fairy tale form: 'Once upon a time...' Then, going out into nature, we will write a fable about the creatures we meet there. From these, we will seek the ruling archetype in each of our histories, creating through drama and dance, costumes and masks, our own personal myth.

"To discover our personal myth is to find both the themes in our life story and the resources available to deal with the issues that confront us in our day-to-day lives. We will do gestalt work with the elements of our myth to find out how it applies to our individual life process. By discovering our own 'mythic character,' we can access new goals for the future and new strength to attain them." $740

Moving Through Idealization and Shame to Love: A Workshop for Gay Men

David Hawkins

David Hawkins writes: "Men who are homosexual (or bisexual) live in a bicultural world. Our personalities are shaped by the expectations and values of the culture into which we were born and those of the culture we may choose to join. In each culture certain aspects of our humanity are idealized while other aspects are shamed. Our lives and our options are limited or supported by the strategies we have developed to respond to idealization and shame.

"Each of us achieves a unique balance of adaptation/individuation, confrontation/capitulation, hiddenness/openness, coming out/passing. Since no lifestyle is inherently more honorable than another, each must be evaluated as to its costs and benefits to each individual's current developmental needs.

"Because loving relationships depend on knowing and being known, understanding and being understood, strategies for achieving the ideal and avoiding the experience of shame may actually be preventing us from reaching the love and intimacy we desire. This workshop is for men who are willing to risk and work together to create an environment in which the true self can be seen and heard." $740

Weekend of March 15-17

Present at the Creation: Reawakening the Artist Within

Esalen Arts Center Staff

For workshop description see February 11-16. $380

Taking Responsibility: Pathway to Personal Power

Nathaniel & Devers Branden

Just about everyone pays lip service to self-responsibility, but very few people have thought through what it means if applied consistently to all the key areas of life, from the most intimately personal to the cultural and political. In this workshop which blends theory and practice, conversation and experiential exercises, Nathaniel and Devers Branden will lead an exploration of the deeper meanings of self-responsibility. Participants will have an opportunity to examine and compare the areas of life where they already function self-responsibly with the areas where they do not—and confront what stands in the way.

A central theme of the Brandens' work is that self-responsibility is not an onerous duty but a source of liberation and power. "In the past," Nathaniel Branden writes, "I dealt with self-responsibility exclusively from the perspective of its importance to self-esteem. Here the focus is wider. We want to show how central the practice is to success in love, work, child-rearing, personal development—why it is an essential of healthy spiritual evolution—and why it is a social imperative if we are to have a world that works."

Recommended reading: Branden, *Taking Responsibility: Self-Reliance and the Accountable Life*.

C.E. credit is available for nurses; see page 60.
C.E. credit for psychologists is pending.
$380

The Zen of the Therapist: New Integrations

Stuart Twemlow & Ron Alexander

This workshop will introduce a comprehensive training program for psychotherapists using intensive group work, didactic discussions, supervision of therapist/client dyads, and clinical demonstrations. Emphasis will be on:

- The mind-set of the therapist—developing skills of attention, perception, and self-observation; examining the assumptions and values of the therapist as they impact on the process, especially regarding what is healthy, what is real, and how change occurs
- The role of the therapist's body as an instrument of therapeutic perception—training the body to become more effectively integrated with mind and spirit
- Improving intervention skills relating to: mirroring and pacing; handling resistance and grounding the therapist's anxieties; facilitation of the unconscious healing process through metaphor, trance, and guided imagery
- Tracking transference and counter-transference issues using more finely tuned self-observation skills

This training weekend will draw from Zen, martial arts, psychodynamic theory, Ericksonian hypnotherapy, and Gestalt therapy. Sessions will include process work, deep music, meditation, physical repatterning exercises, and dialogue using challenging questions.

Recommended reading: Beck, *Everyday Zen*; Polster & Polster, *Gestalt Therapy Integrated*; Stolorow, *Contexts of Being*.

C.E. credit for psychologists is pending.

$380

Sensory Awareness

Charlotte Selver

Some seventy years ago Charlotte Selver's teacher, Elsa Gindler, began exploring the natural potential of the human being. The work that evolved was an approach through a disciplined practice involving the person as total organism. Gindler's innovative methods very often unearthed, liberated, and cultivated abilities and sensitivities which her students had never been conscious of possessing.

To "awaken" means that one's energies—neuromuscular and perceptive—become altered, leading to greater movability, both psychologically and physically, and to a fuller use of the senses and intuitive powers. For this to occur, a deeper peace is needed so that sensations become clearer and rigidities, pressures, and preconceptions can gradually dissolve. In becoming "tuned in" by another person, or by a task or given situation, powers arise and come into play which correspond exactly to the demands of the occasion. This calls for permissiveness, subtle reactiveness, and openness to the moment.

With the cultivation of these functions, our lives can unfold in a far richer and more responsive way than what we are used to. We can restore the delight of ever new experiencing which was our birthright in childhood, but lost in the course of our education into adulthood.

Recommended reading: Brooks, *Sensory Awareness*.

C.E. credit is available for nurses; see page 60.

$380

March 17-29

Emotional Healing: From Codependence to Aliveness

Terry Hunt & Miriam Kahn

For workshop description see Special Programs, page 58.

C.E. credit is available for nurses; see page 60.

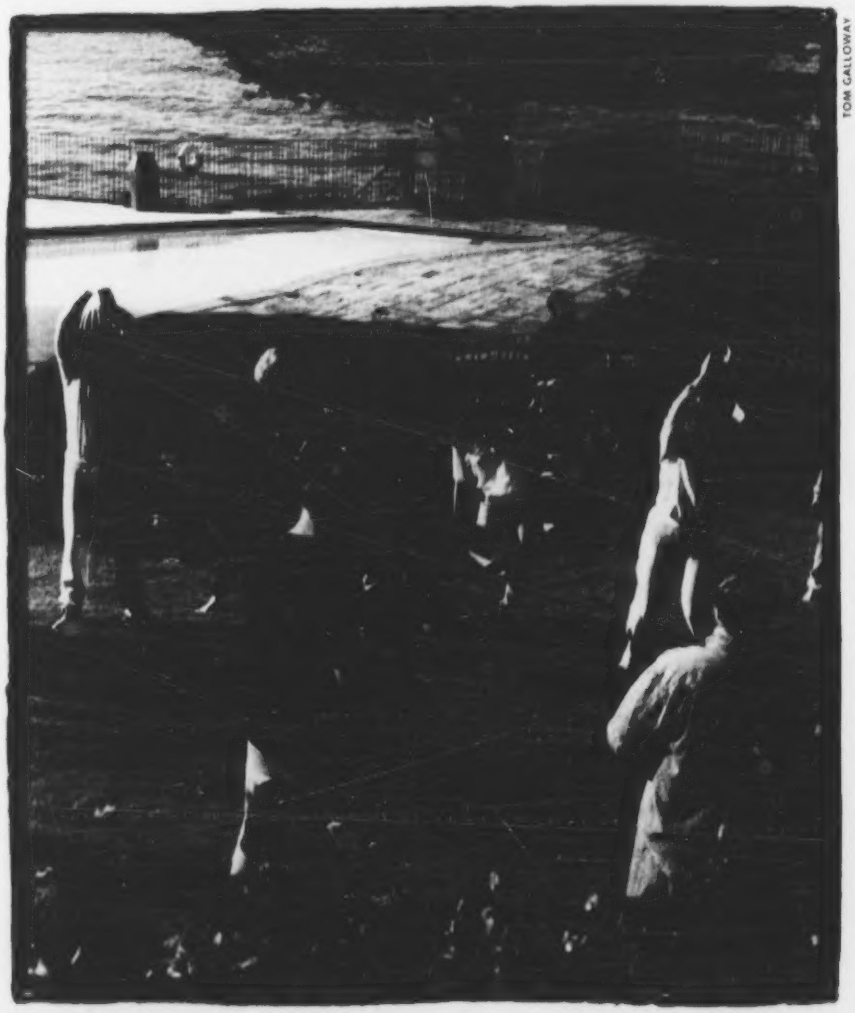
$1795

Week of March 17-22

Yoga for the '90s

Deborah Anne Medow

Today, more than ever before, many people are overwhelmed by the stresses and tensions that they experience in their daily lives. Yoga, the oldest science of life, utilizes body, mind,



TOM GALLOWAY

and breath to bring stress under control by revitalizing energy on physical, mental, and spiritual levels.

On the physical level, asanas (yoga postures) tone the muscles, joints, and nerves, massage the internal organs, increase circulation, and improve digestion, making the body strong, flexible, and proportionate.

On the mental and spiritual level, the regular practices of asanas and breathing methods not only cleanse the system and energize the body; they also help to calm the mind and develop an awareness of self. Meditation can then become a vehicle for focusing this awareness, allowing the spirit to flourish.

During this week, asanas, breathing exercises, integral movement, and meditation will be taught and practiced, with particular emphasis on the yoga postures (stretches). Special focus will be on assisting participants in building a solid basis for the further development of yoga practice. Yoga philosophy and theory will be presented, and a healthy diet will be discussed and encouraged. $740

The Practical Art of Creative Risk-Taking

David Schiffman

To make effective, creative choices, you need courage, imagination, and the willingness to know your heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set—the choice to move against the powerful grain of old fears, habits, and the constant pressure of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of our natures, befriending rather than suppressing or denying the power and sexuality out of which initiative and enthusiasm spring.

This workshop will focus on how to develop a more adventurous, resourceful, and buoyant way of living. In an atmosphere of warmth and humor, group members will explore their capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as nontraditional innovative approaches in bodywork, kinesthetic retraining, music, and guided imagery. $740

Weekend of March 22-24

Psyche and Cosmos

Stanislav Grof & Richard Tarnas

During the ten years they worked together at Esalen, Richard Tarnas and Stanislav Grof repeatedly encountered an extraordinary correlation between specific planetary positions and a wide range of psychological states. These synchronicities not only provided invaluable insight into both the timing and the specific archetypal character of psychotherapeutic transformations, but also suggested that the relationship between the cosmos and human experience was very different from that assumed in the mechanistic worldview of conventional modern science.

In this seminar, Grof and Tarnas will present both the practical applications of this research and its larger philosophical implications, with special attention to the analysis of birth charts and transits. Specific topics will include:

- Precise descriptions of the psychological correlations observed
- Instructions for calculating and evaluating one's own transits
- A look at major present and upcoming planetary alignments
- The specific planetary correspondences with Grof's stages of birth and psychospiritual transformation
- The relevance of this work to the larger depth psychology tradition (psychoanalytic, archetypal, transpersonal)

Though useful, prior background in astrology is not necessary. Participants should bring a copy of their birth chart.

Recommended reading: the epilogue to Tarnas's *The Passion of the Western Mind*; any book by Grof. $380

Week of March 24-29

A Mythological Toolbox: Envisioning and Embodying the Myths We Live By

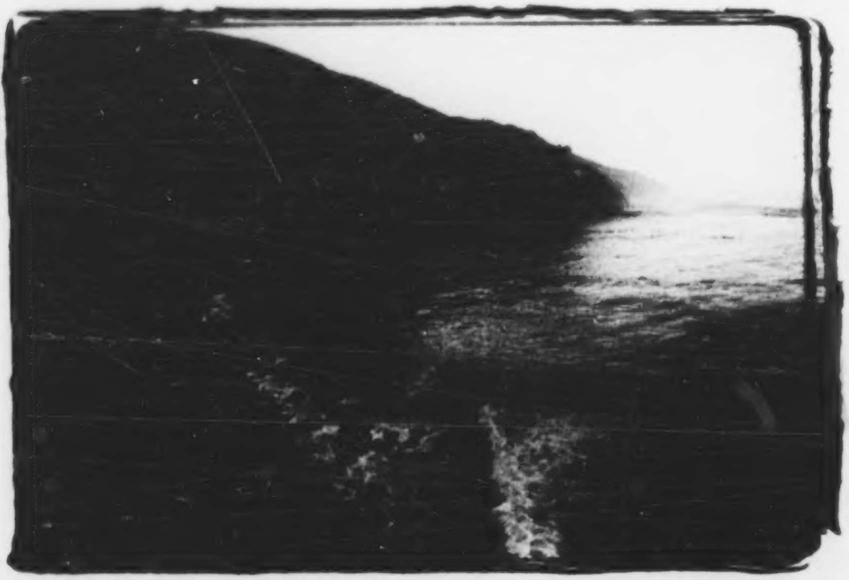
The Joseph Campbell Foundation

> *Our outward-oriented consciousness, addressed to the demands of the day, may lose touch with the inward forces; and the myths are the means to bring us back in touch. They are telling us in picture language of powers of the psyche to be recognized and integrated in our lives, powers that have been common to the human spirit forever, and which represent that wisdom of the species by which we have weathered the millenniums.*
>
> — JOSEPH CAMPBELL, *Myths to Live By*

How do you come to know the myths that have shaped your life? What "powers of the psyche" are awaiting your recognition? Can you envision them, embody them, integrate them into you life story? Will doing so add to our species' wisdom as we move toward a new millennium?

Each spring Joseph Campbell, the master mythologist, gathered with his friends at Esalen to explore such questions. Their annual inquiries into the outer reaches of inner space became a tradition that continues.

Coordinator Bob Walter, Foundation director and Campbell's longtime editor, writes: "In this year's eclectic exploration we will employ



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an array of tools from the mythological toolbox: we will dance and discuss, play games, sing songs, tell stories, make music and art, watch films, and dream. Individual, small group, and collective activities will provide opportunities for both reflection and expression."

Joining Bob Walter will be Tai Ji dancer/Campbell collaborator Chungliang "Al" Huang, award-winning author and artist Gerald McDermott, word-weaver and song-spinner Rebecca Armstrong, and filmmaker/poet Keith Cunningham.

For suggested readings and further information, contact the Joseph Campbell Foundation at 1-800-330 MYTH. $740

Healing from Trauma: A Bodywork Intensive

Carolyn Braddock & Christian Hendricks

> *Someday the body will present its bill, for it is as incorruptible as a child who, still whole in spirit, will accept no compromises or excuses, and it will not stop tormenting us until we stop evading the truth.*
>
> — ALICE MILLER, *Thou Shalt Not Be Aware*

The body remembers because the body is the scene of the crime. This memory is expressed directly through body voices—how a person breathes, speaks, and moves. Listening to these body voices can facilitate healing.

When a bodyworker places hands on a trauma survivor, memories may flood in and body sensations be blocked, resulting in rigid holding and movement patterns. Releasing these patterns allows the body to unravel and expand, freeing the individual.

This workshop will focus on working with post-traumatic stress (particularly in sexual trauma survivors). It will present an understanding of victimization and offer strategies for the different embodiments of trauma, strategies which do not revictimize the survivor. The instruction is designed to heighten sensitivity to the psychological and physiological manifestations of post-traumatic stress—dissociation, flashbacks, energy blocks, and breath patterns. Emphasis will be placed on establishing trust and choice in the client/practitioner relationship. There will be a presentation of martial arts techniques that can help survivors move through difficult, intense feelings.

This week will be primarily experiential, with hands-on practice, extensive video analysis, and case studies. It is designed for bodyworkers, medical professionals, and anyone interested in learning specific body-oriented intervention techniques.

Please note: This workshop is applicable for Braddock Body Process® Training hours for certification.

Recommended reading: Braddock: *Body Voices: Using the Power of Breath, Sound, and Movement to Heal and Create New Boundaries.*

C.E. is available for nurses; see page 60.

$740

The Road Best Traveled: Reinspiring Life Purpose and Direction

Mel Bucholtz

"The road best traveled is the one that reflects the best of us," writes Mel Bucholtz. "This seminar is a way station, where we meet to look at how we have come the distance up until now, and how we've brought our natural sensibilities into life along the way. We hold these questions up to ourselves: What are my truest, simplest feelings of vitality, joy, beauty, and awe? How can I live reflecting these qualities?

"We start by discovering our own *stillness*, the lens of attention used to focus on our life. From here we engage the tool *recognition*, using it to grasp the vital and imaginative experiences of our lives. Then we begin to practice *crafting*, forging our own style of expression to take hold of our inner discoveries and carry them into life-affirming action.

"In this way we can start to fulfill the twin mandates of life: first, creativity is the ultimate act of personal responsibility; and second, authentic expression is *being* community, not just maintaining relationships but actually being related. This leads to the practice of feeling centered, rather than being self-centered; a feeling of meeting the aliveness of others while creating vibrant, imaginative realities from within ourselves.

"The road best traveled is grounded in recognizing, and crafting, the best of us into living expression. Rediscovering our basic way of doing this creates the way ahead." $740

Weekend of March 29-31

Essential Tai Ji: Body-Mind-Spirit in Action

Chungliang Al Huang

Tai Ji is a philosophy of life, a living Tao, and an effective tool for self-cultivation that promotes health, wealth, and spiritual well-being. Chungliang Al Huang will combine structure, discipline, and creative exploration for beginners and longtime practitioners in this weekend of joyful movement meditation.

Recommended reading and viewing: Huang, *Embrace Tiger, Return to Mountain* and *Quantum Soup*; Huang & Watts, *Tao: The Watercourse Way*; Huang & Lynch, *Thinking Body, Dancing Mind* and *Mentoring: The Tao of Giving and Receiving Wisdom*; Living Tao Videos (217-337-6113). $380

The Sages, God, and Me

Rabbi William Cutter & Stephanie Waxman

This workshop will investigate our relationship to God, using story-telling and personal reflection. The course will draw on the Hebrew Bible, the New Testament, mystical literature, and writings of ancient religious sages to jar our spiritual memories. Participants will ponder the age-old questions:

- Why do we often imagine God as a person? Is there a proper language for describing what we imagine?
- Do we need tragedy to move forward in our spiritual development?
- When do we say no to our past, and when do we say yes?

Participants are asked to bring a story about a time when *they* experienced themselves in relationship to God—a deep insight, a miracle, an epiphany. $380

A Celebration of the Body: A Self-Empowerment Weekend

Carolyn Braddock & Christian Hendricks

> *People usually consider walking on water or in thin air a miracle. But I think the real miracle is not to walk either on water or in thin air, but to walk on the earth.*
>
> — THICH NHAT HANH

This workshop is designed to facilitate the integration of body, mind, and spirit into a healing journey. The material presented and practiced is for daily use, and particularly valuable for survivors of trauma (sexual and emotional trauma, physical illnesses, surgeries, body disfigurement or loss, and traumas from accidents).

Breath, sound, and selected centering and martial arts techniques will be utilized to assist participants in expressing their voice—a source of power—while encouraging release through movement. The martial arts techniques foster self-empowerment, and can help

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participants move through difficult, intense feelings.

Participants will work with the various embodiments of trauma and explore their manifestations in body, mind, and spirit. They will learn ways to move through body memories, flashbacks, intensive feelings, and other ramifications of their trauma, while physically grounding and integrating.

This process can help break the barriers to growth by allowing more space for healing and new boundaries. The work will be presented through experiential exercises and group process, using bodywork, video analysis, and humor.

Recommended reading: Braddock, *Body Voices: Using the Power of Breath, Sound, and Movement to Heal and Create New Boundaries.*

C.E. credit is available for nurses; see page 60.

$380

Re-Visioning: Landscape Perception and Love

Laura Sewall

> *The less we see, the more numbed we become to the joy and pain of being alive, and the further estranged we become from ourselves and all others. ... Meaning is lost.*
>
> — Frederick Franck

Passion and care follow from deepened awareness of that which is seen, touched, felt. However, as a result of defending ourselves against the pain of the world, we collectively suffer from minimizing our sensory and sensual selves: by numbing ourselves, we see, hear, and feel less. This workshop is devoted to a reawakening of visual awareness and to facilitating an appreciation for beauty, place, and interdependence. The workshop emphasizes the practice of learning to perceive both visible relationships and those between ourselves and nature that might be characterized as "of the soul."

This weekend's practice together includes a series of visual and perceptual exercises designed to alter habitual ways of seeing. The workshop is directed toward those in search of deeper sensory experience and the power and poignancy of being connected to place. It is especially appropriate for painters and others involved in the visual arts.

Please note: Although not prerequisite, this workshop is an excellent introduction and companion to Margot McLean's "Painting and the Art of Perception," March 31-April 5.

$380

March 31-April 7

Reweaving the Web: Hypnotic Entailments—Conversation in a New Key

Paul Lounsbury & Nancy Winston

Like the pattern that connects a story to its parts, we embody and are embedded in a continuous web of interaction. The co-creation with which we weave this web is "conversation."

Whether in inner dialogue with oneself, communicating with friends and associates, or negotiating with intimate others, these conversations inform the types of outcomes and relationships our lived experience produces.

To navigate this complex webwork of messages and meanings, we become experts—experts in constructing and interpreting conversations in familiar ways. By unconsciously using this expertise to habitually maintain certain constancies in our inner narratives, we unknowingly limit our experience. These limitations are reflected not only in our constructions of who we imagine ourselves and others to be, but in the patterning of beliefs implicit in our choices and possibilities for what we can and cannot do, to whom we can and cannot relate, and how much passion and desire we do or do not feel.

In the tradition of Milton Erickson's hypnotic psychotherapy, this workshop will employ cybernetic principles and hypnotic technique to bring about spontaneous, satisfying, and novel forms of new conversation. It will focus participants to mobilize and utilize unconscious capacities to increase authenticity, embodiment, variety, and choice in a multitude of domains and dimensions of experience. Formal and informal trance inductions, group interaction, and exploration of both group and individual styles of organizing and communicating experience will be included.

Prerequisites: A sense of humor, a willingness to be a group member, a tolerance for a modicum of confusion, and an availability for learning something you don't already know in a way you haven't yet learned to learn it.

C.E. credit is available for nurses; see page 60.

$1110

Week of March 31-April 5

Painting and the Art of Perception

Margot McLean

> *Thinking is more interesting than knowing but less interesting than looking.*
>
> — Goethe

What stands between you and painting what you see? What speaks to you and how do you translate it into an image? What kinds of materials do you use?

This workshop is designed to open you to new ways of seeing and painting in a relaxed, nonintimidating atmosphere. Making art requires focus but not fear. Through studio work and discussion, this workshop will try to unravel our preconceived notions of what we "think" something "should" look like, so as to reach the innate power of the image.

How we perceive plays an inestimable role in the ecology of culture and place. How may our perceptual choices affect nature so that image-making becomes a collaboration with the natural world rather than an appropriation of it?

With the Esalen grounds as visual habitat, participants will paint what it moves in them, translating the natural world into images. There will be experiments with materials and lively discussion.

This course is for anyone interested in painting and open to new ideas about perceiving the world. A list of suggested materials will be sent upon registration.

Please note: Laura Sewall's preceding workshop of March 29-31, "Re-Visioning: Landscape Perception and Love," is recommended and complementary, though not prerequisite.

$740

The MAX: Stretching the Limits of Your Self-Expression

Paula Shaw

"The MAX" is an outrageous voyage through your own humanity—a journey to turn yourself inside out and explore the extent of your self-expressive power. It employs a variety of acting, observation, and communication methods designed to expand your limits "to the max" and move you into a new arena of personal creativity and self-expression.

"The MAX" is extremely challenging. Participants must commit to a rigorous exploration of the sources of their emotional limitations. Seminar hours will be longer than usual early in the week (and shorter later in

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the week). Participants will work individually in front of the room, playing to and with other group members. There will be exercises that use raw emotion, role-playing, and "dress-up" assignments.

This workshop is an opportunity to experience yourself in a way you may have dreamed about but never imagined possible. The game is risk, the premise: You're either daring or dead—the most unsafe thing you can do in life is to play it safe. Clearly, this course is not for the faint of heart, but it is full of heart, humor, and irreverence and is constructed with the understanding that this kind of risk-taking requires a very safe workspace.

If your heart beats faster when you think of taking this workshop, then maybe it's just the thing to do. Come play!

Please note: Due to the intense and sequential nature of this workshop, attendance at all sessions is necessary.

Required: A 1-3 minute memorized piece—monologue, poem, song, etc. $740

Weekend of April 5-7

Weekend Massage Intensive

Carl Chase (C.C.) & *Laurie Schutz*

Participants will be instructed in basic methods for giving a pleasurable and beneficial full-body massage. Fundamental elements of bodywork, such as breath awareness, grounding, movement, quality of touch, and stress reduction, will be introduced. This workshop is open to beginners as well as those who wish to brush up on their massage skills.

C.E. credit is available for nurses; see page 60. $380

Vision Painting

Helen Jerene Malcolm

Visionary art is an expression of the core yearning of the painter's spirit, an active meditation in which the painter allows a flow of color and images to emerge as if the painting is painting itself.

In vision painting, expression is prompted from the feeling centers, through the hand onto the paper, evoked by guided visioning, feelings, color, music, movement, and dream images. The workshop atmosphere of exploration and acceptance will help you to suspend judgment, enabling the creative impulse to play, take risks, and face fears. You can move beyond the rational mind to deeper levels of motivation and desire.

What you focus upon, conscious or unconscious, creates the life you experience. Your vision painting thus becomes a treasure map of your life where change and healing are affirmed. This is a transformative adventure, re-creating aspects of your life spiritually, professionally, and physically. It is also fun and profoundly educational.

All who wish to explore self-expression through painting, beginner or artist, are welcome. $380

(plus $20 materials fee paid directly to the leader)

Improvisational Wisdom: Finding the Robin Williams Within

Paula Shaw

The nature of creativity is elusive. Our most creative moments often seem to come from nowhere and happen when we least expect them. Einstein's theory of relativity came to him suddenly and unscientifically, and Mozart saw many of his greatest compositions complete in a single vision. At the other end of the spectrum, we marvel at the lightning-quick humor of Robin Williams, a brilliance that seems boundless. What are the conditions that put us in touch with our own creativity and brilliance, and how do we access them?

This weekend is an introduction to letting go of your programmed patterns and discovering the joy of spontaneous creation. The first premise of improvisational theater games (which Robin Williams claims unleashed him) is to "go in blank." Within the game structures, participants are coached to be receptive—stop, look, and listen; deny nothing; release control; let go of planning ahead. This process can help you to trust your own intuition, sense of humor, eloquence, and physical grace, and lets you get out of your own way to make room for exhilarating flashes of creative brilliance. The workshop is also just a lot of fun. $380

From Innocence to Wisdom: Keeping the Spirit Alive

David Schiffman

"Our aims for this weekend are simple," writes David Schiffman. "To be rooted deeply in the timeless, magical realities of the natural world. To feel the powerful, restorative, sacred rhythms of Big Sur's sea, sky, and mountains in our every breath. To rediscover the creative inner resources that resurrect our spirit: the true power of our own music, poetry, and prayer. Our shared intention for this time is to feel physically and emotionally healed, rested, and cleansed, ready to face whatever comes next in our lives.

"This workshop is intended for people who value a practical, down-to-earth approach to spirituality, change, and relationship. It is especially useful for those who would like to develop the shamanic aspects of their own instinctive and intuitional power. The weekend will be grounded in practices involving initiation and purification, combined with original inner vision work, innovative bodywork, as well as the creative use of music, movement, and ceremony. It will be a special opportunity, as well, to be met by kindred spirits who share a sincere interest in true apprenticeship to the earth." $380

Week of April 7-12

Letting Go—Moving On

Mary Goldenson (Devarani)

For workshop description see February 25-March 1. $740

Tantra: The Art of Conscious Loving

Charles Muir & Caroline Muir

Few of us have been blessed with healthy childhood conditioning and education regarding the mysteries of sexual love and sexual energy. This can leave many individuals less aware and conscious about their sexuality than they are in other aspects of their lives. Tantra can transform sex into a loving meditation, putting more consciousness, energy, intimacy, joy, and love into sexual exchanges.

Participants will learn and discuss various ways to increase intimacy and passion in their relationship. Tantric meditation and ways to exchange sexual energy in a safe, nonsexual manner will also be taught in the workshop. These methods can then be practiced in a sexual way in the privacy of your own home.

This workshop is open to couples only. $740 per participant

Making Crucial Life Choices and Major Life Changes

Michael Broder

Achieving fulfillment is a lifelong process which involves both recognizing and making many choices along the way. Taking the risks that make major life changes possible is the essence of the personal growth experience. Relationship transitions, career changes, and new lifestyle options all challenge us to choose between our comfort zones and new levels of fulfillment.

Using visualizations and meditation practices, as well as both group process and individual work, this workshop will present each participant with the opportunity to identify the next major step along his or her path. Then participants will be encouraged to explore the risks that need to be taken to overcome potential blocks to their change processes. This workshop is especially recommended for those who recognize themselves as living in a comfortable state of *discomfort* with respect to one or more important aspects of life, for anyone in the process of transition, and for those who can use some sharpening of their risk-taking skills.

C.E. credit is available for nurses; see page 60. This workshop is approved by the American Psychological Association for 26 Category I C.E.U.s for psychologists. $740

Awakening Vision through Conscious Photography

Jeff Berner

> *Here was room enough for the imagination to work.*
>
> — Mark Twain

Whether you are starting out in photography or are an advanced beginner, explore nature, people, and wildlife through the "mirror with a memory." This workshop will show you how to follow the path of photography as a meditation, a hobby, and an art. Without technical jargon, you can learn how to make your camera serve your personal vision.

Author of five books in the field, Jeff Berner can help each individual discover his or her talent, providing a continuous flow of "Aha!" experiences with an informal, spontaneous teaching style. Turn looking into really seeing—and snapshooting into fine photography.

Easy-going projects will include: The Psychology of Lenses, The Selective Eye, Looking at Seeing, A Still Life is Still Life, The Click that "Kills," Creative Accidents, Visual Meditation, and Uses of Color. There will be creative critiques of each participant's work. The group will shoot and talk by day, and show and tell by night. There will be non-strenuous photo safaris, including a morning at Pfeiffer Beach. The final evening will feature a group celebration of the projected results in a multimedia show.

The workshop will emphasize the use of color slide film, so that participants can see their day's work projected on an eight-foot-wide screen each evening. What is taught is fully applicable to all future photography, both print and slide. Bring at least 5 rolls of 36-exposure Fujichrome and/or Ektachrome slide film, rated ISO 100 or 200, plus $8 per roll for overnight processing. Any working 35mm SLR camera will be adequate; recent Pentax, Minolta, Canon, and Nikon models are recommended.

You can call Jeff Berner to discuss the workshop at 707-878-2000, weekdays, 9 a.m. to 3 p.m. Pacific Time. $740

Weekend of April 12-14

Relationship as a Spiritual Path

Harville Hendrix & Helen Hunt

Until the 18th century, generally, marriage was an economic and social contract arranged by parents. Although it existed under moral constraints, it had no psychological or spiritual value to the married partners. With the establishment of democracy and the attendant freedom to chose one's destiny, including one's marital partner, marriage became a means of psychological wholeness and spiritual evolution, joining religion and psychotherapy as a transformational modality. Freed from the constraints of authority but hampered by the absolutizing of individualism, the transcendent potential in marriage is just becoming conscious in our culture.

This workshop will interpret the romantic impulse that leads to marriage-by-choice as a unique creation of Nature in the service of Its self-repair and self-completion. Conscious cooperation with the unique unconscious forces that create the marital dyad leads to an altered state of awareness, personal and social transformation, and restoration to an experience of essential Oneness. The workshop will include lectures, experiential processes, writing exercises, and guided imagery to help participants understand and participate in the process of personal and spiritual evolution through committed love.

Please note: This workshop has regularly drawn a very large enrollment. $380

How Successful People Succeed

Robert Maurer

Psychology has traditionally studied individuals, couples, and organizations in difficulty, and most theories and therapies are based on the work with these groups. But from the time of Freud, the problem-oriented focus on human behavior has limited the usefulness of psychology in daily life. Only recently has the direction of research turned to looking at success in individuals, in couples, and in organizations.

Research has found consistent traits that successful people have in common. Recent experiments challenge much of our current thinking on how to create healthy bodies, relationships, and work settings. This workshop will use extensive audiovisual presentations of the surprising findings on success.

The topics will include:

- Four traits successful people share
- How successful people change
- Is stress in the eye of the beholder? How successful people cope with adversity
- The essential skill to look for in a romantic partner

Skills for enhancing success will be demonstrated and practical tools will be provided.

C.E. credit is available for nurses; see page 60.
C.E. credit for psychologists is pending.

$380

Week of April 14-19

The Way of Wilderness

Steven Harper

> *You didn't come into this world. You came out of it, like a wave from the ocean. You are not a stranger here.*
>
> – Alan Watts

Ever since the supposed "primordial soup," nature has been our teacher. We were born of this earth and throughout recorded time people have turned to wilderness to awaken and become whole again. With wild nature as the primary teacher, participants will explore the ways of wilderness, discovering as "civilized" twentieth-century humans what it means to walk this ancient path that uncovers our relationship to nature and to ourselves. Charles Darwin wrote, "From so simple a beginning endless forms most beautiful and most wonderful have been, and are being evolved." Perhaps through direct experience of nature we can continue this "most beautiful and most wonderful" evolution consciously—as nature aware of itself.

This workshop will include movement awareness exercises, meditation, and extended day-hikes (3-10 miles long) into the Big Sur backcountry. Most sessions will be outdoors, with a return to Esalen each evening. Special attention will be given to incorporating into everyday life what is learned from the wilds. Previous wilderness experience is not necessary, although participants should be prepared for some vigorous physical activity.

Recommended reading: Harper, *The Way of Wilderness* from *Ecopsychology* (edited by Roszak, et al.). $740

Soul Dramas: Past-Life Regression and Spiritual Healing for (Helping) Professionals

Roger Woolger

"Soul dramas are the daily emotional patterns, roles, and scripts we get stuck in and habitually act out," writes Roger Woolger. "Some believe that although the soul first staged its dramas around childhood trauma, it had already rehearsed them *in utero* and had written them long ago from the ancient store of past-life melodramas we all carry."

Soul dramas can be tragic, pathetic, humorous, or banal, and when left unrecognized can cause anxiety, depression and rage, or a deep sense of dissatisfaction or alienation. Roger Woolger's unique method of releasing and transforming these compulsive dramas involves regression to buried memories and past lives, as well as profound after-death encounters in the spirit realms called "bardos" by Tibetan Buddhists. Participants will be taught simple methods for body release, healing catharsis, and the reintegration of lost parts of the soul.

Experienced in psychotherapy and bodywork (Jung, Reich, and Gestalt), Woolger helps bring people through deep transformative experiences with compassion, creating an atmosphere that is safe and contained. He also illuminates the broader spiritual picture, everything from Sufism to Western mysticism to Shakespeare—teaching with humor through poetry, music, story, and meditation.

C.E. credit is available for nurses; see page 60.

$740

T'ai Chi Ch'uan: An East/West Approach

Kenn Chase

This seminar will present a demonstration form of T'ai Chi Ch'uan, a shortened version derived from the fifty-four balanced, fluid, and graceful postures of the classical Yang style. Kenn Chase teaches an integral method, utilizing Feldenkrais Awareness Through Movement™ exercises, sensory awareness, and Chi Kung. These methods aid the participant in learning through ease and relaxation. Practiced five to ten minutes daily, this gentle martial art can calm the mind and provide the student with a centered perspective for daily living in a busy world.

Recommended reading: Cheng Man Ch'in, *Cheng Tzu's Thirteen Treatises on T'ai Chi Ch'uan.*

$740

Spiritual Healing: Laying-on-of-Hands

Maria Lucia Sauer Hòlloman

This workshop will present practical methods for using the hands as instruments of physical and spiritual healing. This energy practice is one that incorporates both hands-on and energetic work, using the power of natural forces for healing. The emphasis will be on intentionality and personal clarity as fundamental tools in any healing art. "Intentionality moves energy," says Maria Lucia, "and it is through this focus that you can learn to take responsibility for your own thoughts and actions."

Born into a family of healers with a generations-old tradition, Maria Lucia studied with healers in her native Brazil, where spiritism—receiving healing knowledge from the spirit world—is a practice familiar to much of the population. Having also lived and studied at Esalen for nine years, she applies both Brazilian and North American approaches to healing.

Participants will be shown how to apply and refine this practice, and can experience the personal benefits that come from receiving this work. The workshop is designed for

TOM CALLOWAY

bodyworkers, therapists, health professionals, and anyone interested in working with energy and people's bodies.

C.E. credit is available for nurses; see page 60.

$740

The Path of Transformation through Meditation

Daniel Brown

This workshop is designed both for beginners wishing to establish a solid foundation in meditation and for experienced meditators wishing to refine their practice. Participants will explore how the path of meditation unfolds from the very beginnings of practice to the stages of enlightenment. The workshop will be practice-oriented, presenting a wide range of meditations in order to determine the best match for each individual. The fundamentals of both concentration and awareness styles of meditation will be stressed. Emphasis will be on establishing a sound basis in posture and mental stabilization.

Meditation is not just a means to sit quietly. Its purpose is to gain fundamental insight into self, reality, and time. A form of standard insight meditation will be taught, as well as some of the more subtle "quick path" instructions, such as meditating on the movements of the mind and "awareness of awareness" meditations. Specialized meditations for transforming bodily states, affect, and thought will also be presented.

Daniel Brown draws upon twenty-five years of meditation practice in various Eastern traditions, ten years of translating meditation texts from Sanskrit and Tibetan, and ten years of scientific research on meditative states.

C.E. credit is available for nurses; see page 60.

$740

Weekend of April 19-21

Forgiveness: The Key to Intimacy

Mary Goldenson (Devarani)

For workshop description see February 2-4.

C.E. credit for psychologists is pending.

$380

Holoenergetics® The Art and Science of Conscious Healing

Leonard Laskow

Leonard Laskow is a Stanford-trained OB-GYN who coined the term *holoenergetic healing*, "healing with the energy of the whole." In this experiential workshop Dr. Laskow will introduce the art and science of "energy healing," present current research, and integrate the advances of medical science with the unifying power of a loving consciousness to heal and transform oneself.

Holoenergetics uses coherent heart-focused energy, consciously directed through attention, intention, imagery, breath, and hands to facilitate the inherent healing response of body and mind. Workshop participants can learn to:

- Establish a healing presence in alignment with their spiritual essence
- Activate and direct the body's immune system to help transform illness into wellness
- Recognize, understand, release, and reform energy patterns that are sources of illness
- Employ healing practices based on resonant energy transfer, intention, insight, imagery, forgiveness, and love
- Augment and transfer healing energy with breath
- Detect and measure subtle energies

In this workshop, theory will be integrated with practice so that participants can immediately begin using their inherent healing ability and new skills for personal transformation and to help others.

Please note: Dr. Laskow will be available for limited private consultations during the weekend. To schedule a time in advance, please call 415-381-5000.

Recommended reading: Laskow, *Healing with Love.*

C.E. credit is available for nurses; see page 60.
C.E. credit for psychologists is pending.

$380

The Healing Power of the Dream

Joyce Frazee

This seminar will reveal how simple approaches to the art and artfulness of dreams can reveal the healing power of the dream.

Joyce Frazee writes: "Most of us forget our dreams and so are unable to receive the gift of healing the dream has to offer. When we do remember we wonder, Who are these strangers and acquaintances, friends and lovers who come to visit us at night—often bizarrely different from their daytime roles? Who are these monsters and attackers?"

This weekend workshop will focus on techniques for remembering and working with dreams, including how to use dreamwork for therapeutic intervention and how to use dreams to uncover body memories. Storytelling, role-playing, drawing, dancing, meditation, and gestalt will also be used to learn how the dream itself—and the understanding of the dream—can be the healer.

C.E. credit is available for nurses; see page 60. C.E. credit for psychologists is pending.

$380

A Workshop for Couples

Daniel Brown & Marushka Glissen

This is a workshop for couples who want to improve their communication skills and increase their understanding of each other. It will teach ways to resolve conflict and practical methods for becoming both self-assertive and self-transcending in a partnership. Some of the work will address how family of origin and past conditioning contribute to the bonding as well as to the conflicts. Time will also be devoted to learning how to find satisfaction, mutual support, relaxation, solitude, and play in day-to-day living as partners. The overall emphasis will be on helping couples to discover the wider purpose of being together through a sharing of values, love, and, perhaps, a spiritual vision. $380

per participant

Writing for Your Life

Deena Metzger

Each person's life is a story. Perceiving our life as story and learning to tell it are parts of the creative process. Writing allows us to abandon ourselves to the realm of the imagination, trusting that within it we act in the best interest of the Self. The simple willingness to explore story asserts the reality of the individual. The creative process of discovering and telling our story—a story that possesses us unmercifully and yet, paradoxically, which we create and re-create—becomes part of the way we construct our lives.

Participants will be guided through a series of exercises to open the doors of the imagination and lead them to the discovery of their own quintessentially unique story. To find this story is to create meaning, knowing that meaning heals us as it makes us whole.

This workshop is for writers and non-writers alike, artists, therapists, and anyone seeking a creative inner connection. $380

Week of April 21-26

Group Process Training

Howard Schechter & Barbara Lee

> *Learn your techniques well and be prepared to let them go when you touch the human soul.*
>
> — Carl Jung

This is a workshop for people fascinated with the power of skillfully guided groups. It offers participants the personal value of deep group process along with the skills necessary to become an effective group leader. Participants will learn how to use the unfolding moment-to-moment material in the group as the primary tool to foster individual awareness, facilitate healing and growth, and help the group become a rich environment for individual development.

Three levels of facilitation techniques will be presented: personal, interpersonal, and systemic. Participants will be taught how to cultivate individual growth within the group context, use interpersonal conflict and cooperation to deepen relationships, and read group signals and promote whole-system health. The methodologies will be an integration of gestalt practice, psychosynthesis, Focusing, Process Oriented Psychology, Authentic Movement, art therapy, the Diamond Approach, and the circle techniques of native peoples.

The key to being an effective leader is to discover, identify with, and honor the sacred essence in the other members of the group—beyond the issues arising out of more superficial personality dynamics. Practicing this, while processing whatever phenomena emerge in the moment, allows a leader to guide groups toward a powerfully moving, positive, and growthful experience. $740

Golf in the Kingdom: An Exploration of the Inner Game

Stephen Cohen, Fred Shoemaker & Brian Bergstrom

> *Ye'll come away from the links with a new hold on life, that is certain if ye play the game with all your heart.*
>
> — Michael Murphy (as Shivas Irons), *Golf in the Kingdom*

The game of golf provides many opportunities to enhance the journey of self-discovery. It can be experienced not only as an athletic endeavor, but also as a metaphor for the way one lives. Just as in life, issues of self-confidence, fear, trust, discipline, and awareness emerge in the conflict between the ego's desire for success and the inner self's ability to achieve.

During these five days, teaching methods gleaned from a study of the inner game will be utilized, as well as principles from psychosynthesis and gestalt, to explore the inner self and how one interferes with its emergence. Two days will be spent on field trips to the Monterey Peninsula where participants will practice and play in some of the most beautiful golf country in the world. On other days there will be time to relax and enjoy the natural pleasures of Esalen and Big Sur.

Recommended reading: Murphy, *Golf in the Kingdom*; Gallwey, *The Inner Game of Golf*.

$740

(plus greens fees paid directly to the leader)

Courage

Joyce Frazee

> *In the mouth of the dragon there are many jewels.*
>
> — Buddhist Proverb

For some of us it takes courage just to live our daily lives. Every day we awaken to face the demons in our lives—demons that come in many forms: perfectionism, guilt, avoidance, shame, despair, failure. Time passes and we become skillful at living despite the constant awareness that these demons are preventing us from experiencing the fullness of life. Their existence drains our energy and limits our joy and freedom. But getting close to them, allowing ourselves to confront them, is very difficult to do.

This week will provide an opportunity to find the courage to face our demons. Participants will be encouraged to look at the things in their lives that are difficult to face and will be given support to help recognize and confront them. This will be done through gestalt practice, dreamwork, and bioenergetics. Drawing, dance, and meditation may also be used to recover the jewels from the dragon. $740

Chakra Integration: A Complete Approach to Health and Healing

Laurie Lioness Parizek & The Esalen Teaching Staff

The chakra system is a complete and effective way to map, understand, and balance our physical, emotional, and spiritual energies.

The chakras are vital, life-enhancing energy centers that have their roots deep in our core. Backed up by nerve plexuses and endocrine glands, they open into the energy field and are a complete three-dimensional system of the body. When integrated, they refine the mainstream current in the central nervous system and balance all the major systems of the body. They are also useful in addressing and healing old restrictive behavior patterns.

This workshop will incorporate movement, sound, awareness exercises, and supportive hands-on work to balance the chakras and mainstream spinal current, and to gently and consciously open this channel that connects heaven and earth through our bodies. The workshop will integrate personal and interactive healing work with gentle energetic touch and associated hands-on skills. Meditation will be used to encourage serenity and a deeper personal understanding of the chakras.

The workshop is designed for those interested in developing a working knowledge of this ancient time-tested way of healing, and is useful for those in the fields of health care and education. Please bring warm clothing and your favorite music or instrument.

Recommended reading: Judith, *Wheels of Life*; Haas, *Staying Healthy with the Seasons*; Brennan, *Hands of Light*.

C.E. credit is available for nurses; see page 60.
$740

Awakening From Trauma: Healing Body Image and Sexuality

Carolyn Braddock & Paula Murphy

This workshop is for women and men who have experienced bodily trauma, including sexual and emotional trauma, surgeries and physical illnesses, and disfigurement or loss from accidents. It is also designed for professionals, friends, and others who work with those who have experienced such trauma.

The focus will be on establishing a new relationship with ourselves, our bodies, and our sexuality, both internally and externally. This means releasing messages which have kept us stuck in old patterns, freeing ourselves, and creating new patterns.

Each body will be honored as sacred as participants will be taught to listen to the wisdom of their bodies. New positive approaches will be developed toward awareness, change, and health. In a safe and trusting environment, participants will explore ways of creating more energy, intimacy, and passion. Group process, breath, sound, movement, humor, gestalt, imagery, journal work, body dialogue, and video will all be used. In an atmosphere of curiosity and interest, the goal will be empowerment and the integration of body, mind, and spirit.

C.E. credit is available for nurses; see page 60.

$740

Weekend of April 26-28

Joy Is the Journey: Hatha Yoga and More

Lilias Folan

Join Lilias Folan, host of the PBS series "Lilias, Yoga & You," for a weekend of yoga and relaxation. In her unique, compassionate teaching style, Lilias will guide participants in learning fresh ways to move, meditate, and breathe—with special focus on the art of relaxation. There will be time for stillness and time for high play. Sunday morning (weather permitting), as the sun rises, participants will gather to "Greet the Day in a Sacred Way."

Open your heart, mind, and spirit with a journey through your closest natural environment, your own body! Lilias will share her spiritual journey and practical ways to weave yoga practice into your daily life.

All levels of expertise are welcome. Please wear comfortable clothes and bare feet, and bring your own mat. Registration will be limited to 35 participants. $380

Harnessing the Paradoxes of High Performance

Jerry Fletcher & Kelle Olwyler

During high levels of human performance, apparently contradictory behaviors exist simultaneously. For example, sprinters run faster if they can remain relaxed while sprinting, yet most people would consider sprinting and relaxing as a contradiction in terms. The most successful entrepreneurs are not just risk-takers, but conservative risk-takers. Although being simultaneously conservative and a risk-taker seems impossible, the two together produce the best results.

We all inherently have powerful contradictory and paradoxical qualities, but most people do not know how to synthesize and reconcile them to achieve an outstanding result without compromising one or the other. Yet compromise diminishes performance. An entrepreneur at his or her best is not half conservative and half risk-taker. A sprinter at his or her best is not half relaxed and half sprinting. The highest levels are reached when the two states are fully present and merged in some way, into "conservative risk-taking" or "relaxed sprinting."

This workshop will assist individuals in identifying and embracing their apparently conflicting personal qualities to achieve outstanding results, particularly in challenging circumstances. Each participant will have the opportunity to work through a personal application. $380

You Don't Have to Be Good

Kim McCourt

> *You do not have to be good.*
> *You do not have to walk on your knees*
> *for a hundred miles through the desert, repenting.*
> *You only have to let the soft animal of your body*
> *love what it loves.*
> — Mary Oliver

By listening to our bodies we can know what is right for us, rather than what we "should" do. We knew this as children but were encouraged to ignore our inner truths and obey the critic. Always having to be "good" restricts and censors the richness of who we are. Buried beneath all the "shoulds" and "don'ts" is a true, wise self that longs for expression.

To get there, the group will play with different doorways to somatic knowing: emotional, visual, auditory, kinesthetic, olfactory, or general sensing. The intention will be to identify which doorway opens up our personal intuitive self, and then go on in.

Using movement and meditation, play and process, art and journal writing, participants will explore the indomitable aliveness beneath the censoring critic and conditioned tendencies. The focus will be: listening, accepting, and expressing what is true. The atmosphere will be nonjudgmental and light-hearted. Come and discover what feels so "good" about being "bad."

C.E. credit is available for nurses; see page 60.
$380

Crazy Wisdom: A Weekend of Philosophy and Laughter

Wes "Scoop" Nisker & Paul Krassner

> *Seriousness is the only refuge of the shallow.*
> — Oscar Wilde

This is an opportunity to spend a weekend having a real good time while exploring your own sense of humor and ability to play. Through the use of improvisational theater games, writing exercises, leader presentations, and group discussion, participants can become clowns, jesters, tricksters, and fools as they examine the lighter side of their life and times.

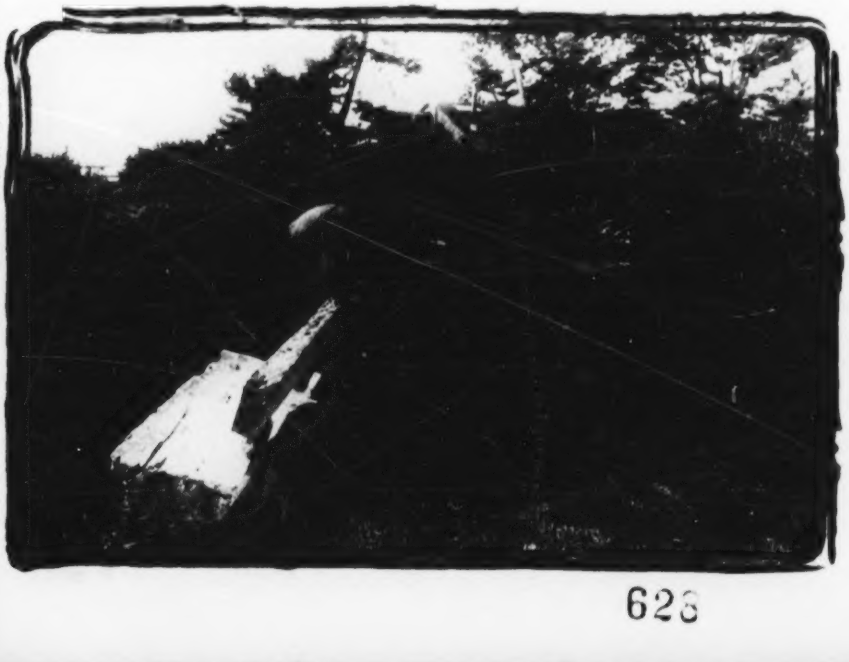
Workshop presentations will include coyote stories, Taoist and Zen humor, the writings of Mark Twain, as well as audio and videotape excerpts from great humorists such as Charlie Chaplin, Lenny Bruce, Nichols and May, Robin Williams, and Richard Pryor. Participants will also work in groups to develop a humorous theatrical presentation for our traditional Saturday night gathering.

You don't have to be funny to join this workshop, simply open to the playful possibilities of the moment. At least one belly laugh is guaranteed. $380

Energy Kinesiology: Awakening to Abundant Energy

Donna Eden

"Each of us is a swirling universe of energy that gives life to every cell of the body, animating health, and determining our state of mind," writes Donna Eden. "The human body is designed to heal itself. The body talks with symptoms instead of words. We can talk back in the language of energies: the meridians, chakras, and the life force. We are designed to feel good. You can discover how to bring energy into an exhausted body, empower your immune system, and be more alive, healthy, and exuberant."


MARGARET LIVINGSTON

This is a hands-on workshop. Through muscle testing and other simple demonstrations, participants will be shown how to test for energy blockages and dysfunctions and how to move energy in themselves and others. There will be energy exercises to improve the harmony of all the body's systems and help alleviate pain and stress.

This is a workshop for all those interested in awakening their body's sensitivity and learning to heal with energy. $380

Week of April 28-May 3

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 19-21. $740

Continuum

Emilie Conrad-Da'oud

This workshop explores the idea that movement is something we *are* rather than something we *do*, that what we call a "body" is actually life expressing itself.

Using deep rhythms and intrinsic motion, participants can discover a sensitivity to movement at all levels—not just familiar movements, but what the leader calls the "dance of intelligent life." Both individually and in rapport with a partner, participants will explore the subtleties of breath and tissue, the undulation of the spine, and the effect of being witnessed by others. The goal will be to experience a visceral, neuromuscular connection to all life, celebrating a richness and depth that go far beyond social or cultural connections.

Emilie Conrad-Da'oud writes: "As we enliven ourselves from the inside, our dynamic expressions in the world increase. This remarkable oscillation from intrinsic to extrinsic, this elegant movement of creativity from cell to action, this flow of life urging itself into new creative channels—this is Continuum."

As a movement specialist at UCLA, the leader has contributed to a study demonstrating that primary movement is essential to mediating disease and aging. Her work is incorporated into the fields of physical therapy, massage, and psychoimmunology. This workshop can give participants a deeper awareness of the body as a system where change, growth, and innovation are possible.

No dance or movement experience is necessary.

C.E. credit is available for nurses; see page 60. $740

Facilitating Intuition

Nancy Rosanoff

Trusting one's intuition is best learned in an ongoing supportive group environment. This workshop will demonstrate just how powerful intuitive knowing can become with appropriate support and guidance. Based on the principle that learning is greatly facilitated when one is responsible for sharing new skills with others, the workshop will instruct participants in how to lead their own intuition support groups. It will provide guidance and hands-on practice for those interested in both developing their own intuition and facilitating the use of intuition in others.

Using meditation, visualization, writing, drawing, sharing, discussion, and practice, this course will guide participants through a full intuition training and development program. Practical applications of intuition will include decision-making, career transitions, relationships, and life vision. Participants may also develop their own exercises to facilitate intuition and have opportunities to try them out with the group for feedback. If you would like to incorporate intuition more deeply into your life and are interested in facilitating an intuition self-help group, this workshop is for you.

C.E. credit is available for nurses; see page 60. $740

Gender Talk: Communicating With the Opposite Sex... and Everyone Else

Mudita Nisker & Dan Clurman

If you speak English, you're using language in the same way as the opposite sex, right? Not exactly. Men and women often use language for different reasons and consequently misunderstand each other. Many men converse to determine who's in power. Women, on the other hand, talk to create intimacy.

Sooner or later, men and women have difficulties talking together. Fortunately, there are dynamic skills to handle these differences. This workshop will show you how to deal with many situations, from diagnosing and correcting what's gone wrong in a conversation to negotiation with your partner or boss. Using discussion, demonstration, and role-playing, participants will explore ways to:

- Identify assumptions men and women make when trying to satisfy their own and each other's needs
- Send clear, concise messages which invite cooperation
- Express difficult-to-share feelings and still maintain good will
- Improve listening skills even in tough situations
- Experience more delight in being with others

This work draws from cognitive psychology, critical thinking, systems theory, and gender research. The objective will be to help each individual cultivate the ability to identify communication hot-spots and work them out constructively. In the process, you can discover your own truth and honor the truth of others.

C.E. credit is available for nurses; see page 60.

$740

Weekend of May 3-5

From the Heart of the Andes: Andean Wisdom, Indian Mysticism

Chamalu

"Modern beings have forgotten their beautiful, simple natures. The only way to live is to live fully. We must form our lives into festivals of growth and permanent creation," says Chamalu, a Bolivian Indian mystic who teaches Andean shamanism. His teachings, based on Andean cosmology, encourage individuals to live without wasting time, to work according to their dreams while having fun, and to live life with purpose.

Through presentation and experiential exercises, participants will learn about the spirituality and life of the indigenous people of the Andes, their ceremonial music and dance, how to rediscover nature as a source of power, and how to reconnect with the plant and animal world. The workshop will end with a ceremony to heal the earth, "Magic Ecology."

Chamalu founded the Janajpacha community in Bolivia. *Janajpacha* is the Quechua word for paradise. His goal is to help people live this paradise in the present. Working to unite the tribe of love—Indians of All Colors— his teachings are based on humility, service, and living life as a continuous opening of joy, learning, love, and earth healing. $380

Freeing the Poetic Imagination: Poetry Writing at Esalen

David Richo

Since ancient times, poetry has been associated with healing and intuitive wisdom. Poetry remains the soul's language: everyone is capable of speaking it. It has the power to render immediate feelings in compelling rhythms of the imagination.

In this workshop, Jungian active imagination exercises will be used to find personal metaphors and to visit the unopened rooms of the psyche. Participants will work with images that visualize—not words that conceptualize—to access the full spectrum of inner colors. As these images are fashioned into a poetic diction faithful to unique needs, visions, and goals, participants can come to see how their story—especially its present chapter—fits into a vaster volume of destiny. As Jung wrote: "Whoever speaks in primordial images evokes the beneficent forces... behind them."

No experience is necessary. Bring ample paper. Your journal or dream journal may be helpful as a resource. No one will be obliged to share what he/she has written, but everyone will be welcomed to do so. This will be a time of writing together, reading aloud, receiving feedback, and, most of all, following one's poet guide. $380

The Sources of Growth

Seymour Carter

Many potential sources of our growth reside in our unfinished issues, the developmental processes that we have failed to recognize and assimilate because of distressing life experiences or the inability to learn about them. "Unfinished issues" refers to normal phases of development which have been bypassed or ignored. It is unfortunate but true that most families emphasize some of our attributes and ignore or discourage others. These unclaimed potential talents, tendencies, and traits are a powerful reservoir within us waiting to be tapped.

Using a primarily gestalt-oriented process, supported by the tools of family systems theory, practices of introspection, and body-oriented intervention strategies, participants can begin to discover and utilize capacities in themselves for new possibilities in their lives. Each participant's process of development will be honored, encouraged, and treated as unique. $380

Intuition and the Dance of Attention

Anne Armstrong & Randy Cherner

At the still point of the turning world,
Neither flesh nor fleshless;

Neither from nor towards; at the still
point, there the dance is,

But neither arrest nor movement. And
do not call it fixity.

Where past and future are gathered.
Neither movement from nor towards,

Neither ascent nor decline. Except for
the point, the still point,

There would be no dance, and there is
only the dance.

— T.S. ELIOT, *The Four Quartets*

Intuition is a gift that everyone possesses. It takes many forms. The foundation for intuitive practice is the process of shifting one's attention in very precise ways to lead to enhanced awareness. Anne Armstrong's intuitive opening came through the psychic intuitive process, Randy Cherner's through movement and touch.

The aim of this workshop is for participants to reclaim their intuitive powers in all areas of their lives—personal, professional, and spiritual. Group members will learn to develop their intuitive styles through meditations, sensing practices, refined touch, aikido, and Feldenkrais exercises. This workshop is unique in its attention to intuitive style in both its psychic and somatic dimensions.

C.E. credit is available for nurses; see page 60.

$380

The Healing Power of Laughter and Play

Matt Weinstein & Bernie DeKoven

The language of Play is a universal language that all of us spoke fluently in childhood, and that most of us have forgotten in adulthood. But, like any lost language, the language of Playfulness comes back amazingly quickly once you take a few moments to practice, to turn off your everyday mind, and to let yourself get swept away in childlike excitement and the pleasure of membership in a supportive team.

In this workshop, participants will learn to play (and design) scores of noncompetitive games that can be used to build support and community. They will explore the "flow" experience and the "me/we" dichotomy, and uncover the differences between game rules and ground rules, competition and cooperation, enjoyment and enlightenment. They will discover how to nurture grown-up, healing, loving fun, and how to turn work into play.

Come prepared to take a serious look at fun!

Recommended reading: Weinstein, *Managing to Have Fun* and *Playfair: Everybody's Guide to Noncompetitive Play.*

C.E. credit is available for nurses; see page 60.

$380

Week of May 5-10

Lomi Somatic Intensive: An Active Exploration of Presence

Kathryn Lydecker, Johanna Putnoi & Robert Sanoff

> *You have slept for millions and millions of years.*
> *Why not wake up this morning?*
>
> – Kabir

"The awareness we bring to each moment is the key to our deep freedom," write the leaders. "Most of us get stuck in habits of body, heart, and mind. These habits are unconsciously formed in our family of origin and become etched onto our essential infrastructure. This matrix imprints on our body language, our emotional climate, and our state of mind, ultimately creating our worldview. Unexamined belief clouds the reality of each moment, and we become prisoners in a body/mind cell.

"In this workshop, awareness, presence, and practice will be our lanterns. We will use meditation, conscious movement, breath awareness, informed touch, and principles from aikido and gestalt as ways to experience ourselves richly and to participate with integrity, courage, and gentleness.

"The Esalen environment is a beautiful laboratory in which to practice interrupting our habits and expanding our capacity to tolerate deep feeling. The greater our commitment to the process, the more intrinsic the change. The real challenge of our time together, however, is to discover how to bring our embodied insights home."

The leaders have been teaching together for more than a dozen years and bring their sense of community and affection for one another to the group process.

$740

Expressive Painting

Leigh Hyams

Artwork comes straight through an open mind and an adventurous spirit. With it come clarity of vision, increased self-awareness, and a deepening understanding of the meaning of art in one's life.

Without freedom one cannot respond fully to the experience of painting. Leigh Hyams's teaching methods help students to work freely, exuberantly, and sensitively from the very first session. Participants will work from Esalen's natural landscape, still lifes, models, dreams, myths, and memories. Informal discussions, demonstrations, and slides of art from many cultures will help expand understanding of visual language. Participants will complete portfolios of their own paintings and can discover in the process a new sense of themselves as artistic, creative human beings.

This is a workshop for people who want to revitalize their connection with art—to develop fresh eyes. No previous experience is necessary. The only prerequisites are curiosity about the creative process and a willingness to explore the rich possibilities inherent in the act of painting.

$740

(plus $55 materials fee paid directly to the leader)

Embodying Images of Health: A Somatic/Expressive Approach to Psychoneuroimmunology

Jamie McHugh & George Solomon

This workshop is an experiential and intellectual journey into the body, focusing on the embodiment of our personal and collective images as they relate to the immune system. Ordinarily, we see our immune systems as a scientific construct distant from our experience, something that cannot be sensed. In this workshop, participants can experience the immune system as tangible, alive, and available to our influence.

The workshop will explore connections between the Western medical view of the body, the Eastern archetypal perspective, and contemporary psychoneuroimmunologic (PNI) theory. A body-based expressive arts approach—movement meditations, breath/sound work, expressive dance, dialogue, drawing, and group interaction—will be used to activate the senses and tap into the creative life force. Individual and group process will help to identify, explore, and express the archetypal forces—Creator, Destroyer, and Protector—in order to understand how our internal images and beliefs affect our health and behavior. PNI theory will create a context for more fully appreciating and cognitively understanding how we can take a more active role in our own healing.

No prior PNI/dance/drawing experience is necessary.

C.E. credit is available for nurses; see page 60.
C.E. credit for psychologists is pending.

$740

Healing the Heart

Julie Bowden & Richard Balaban

This workshop will be a journey into the tender part of the self that carries childhood preciousness and trauma. Feeling and integrating the pain and gifts of our past allows us to live more fully in relationship with ourselves and others, and helps us to acknowledge and nurture our inner voice. Affirming a more solid sense of self and experiencing a supportive community is a part of this work.

To help create an atmosphere of safety, care, and respect for core issues to emerge, participants are asked to forgo alcohol and other mood-altering, nonprescription drugs for these five days.

If you long to live beyond your past, discover your untapped strengths, and enhance your relationships, this workshop is designed for you.

C.E. credit is available for nurses; see page 60.

$740

Giving Voice to Bear: Shamanism and Bear Medicine

Carol Proudfoot-Edgar

All cultures in the Northern Hemisphere perceive Bear as a special teacher and relative to humans. There are Bear dreamers, Bear doc-

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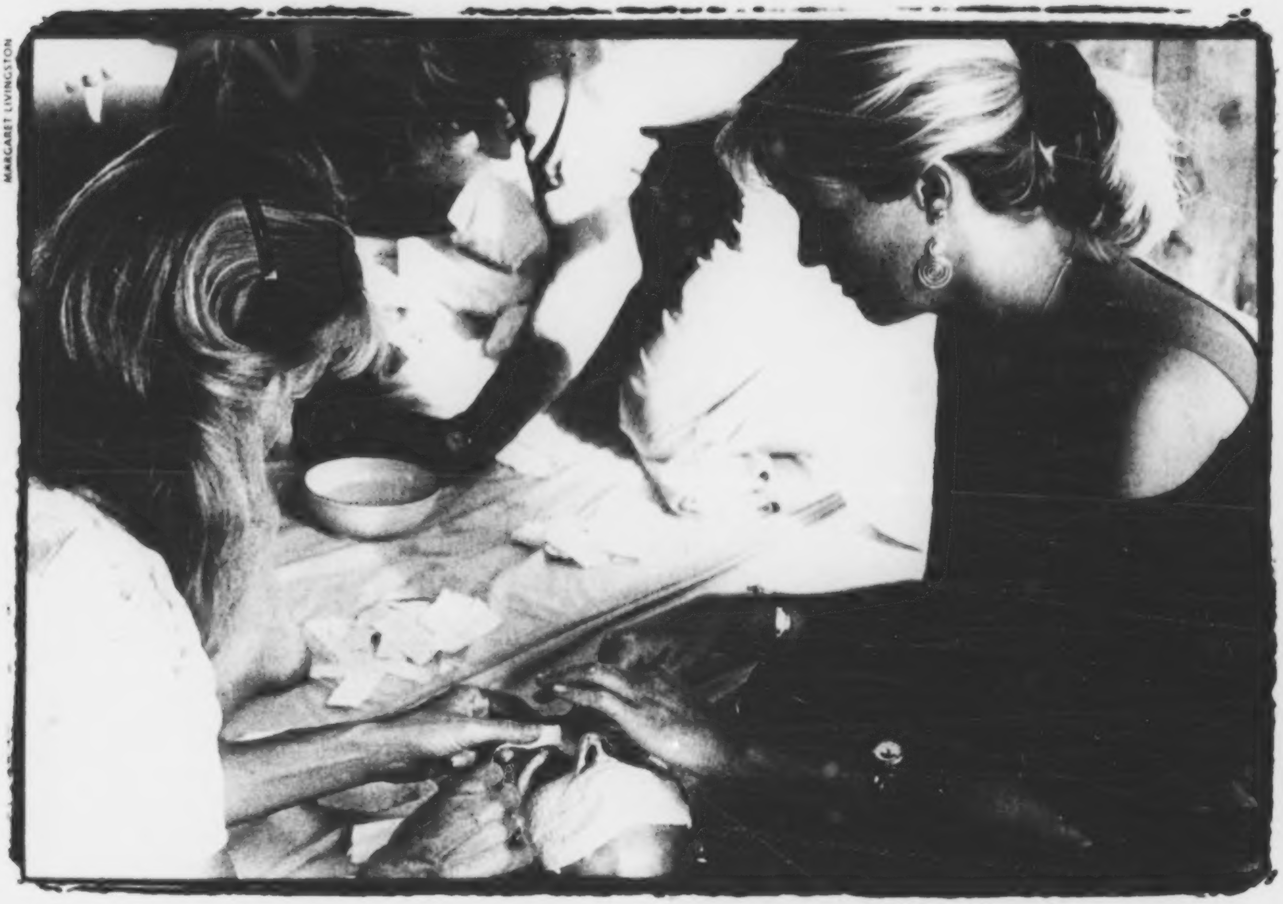

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tors, and Bear ceremonies. These ceremonies address a process of transformation which Bear both symbolizes and teaches. The basic process is that of a wheel of existence characterized by the principle of birth, growth, death, decay, and rebirth. Bear is the guiding spirit of the theme of renewal. This workshop will focus on Bear, and Bear's power to heal, protect, and teach us about our interior worlds and our relatedness to other beings of Earth.

Writes Carol Proudfoot-Edgar: "Early in the week, I will talk about Bear mythology, ceremonies, and practices so we can share a common knowledge regarding why this work is called 'Bear Medicine power.' We will work with the spirits in nature identified with Bear Medicine—water, stones, and trees. In our shamanic journeys, we will contact our ancient ancestors who were practitioners of Bear Medicine. We will explore primary activities of hibernating, dreaming, and healing touch. We will make leather-fringed Bear masks and other objects to assist us in bringing through the Spirit of Bear. We will forage to strengthen ourselves so our activities in the months ahead are fueled by a fat soul and nourished body."

Please bring a journal, a bandanna (to cover your eyes), and rattles (if you have them).

Please note: This workshop has a sequential structure. Each session builds on the previous one. Participants are requested to be present for all sessions. Please arrange for massages or other non-workshop activities between session breaks.

Recommended reading: Rockwell, *Giving Voice to Bear*; Engel, *Bear*.

C.E. credit is available for nurses; see page 60.

$740

(plus $6 materials fee paid directly to the leader)

Weekend of May 10-12

Weekend Massage Intensive

C.J. Bradbury & Char Pias

For workshop description see January 12-14.

C.E. credit is available for nurses; see page 60.

$380

From the Congo to Dreamtime

Titos Sompa & Ione

Titos Sompa, master dancer, choreographer, and percussionist from the Congo and psychotherapist/author/director Ione recently collaborated on Ione's internationally acclaimed play *Njinga the Queen King*, which premiered at the Brooklyn Academy of Music's Next Wave Festival, and was most recently performed at New York's Lincoln Center.

Together they have created a special workshop that teaches Congolese movement and rhythms while accessing participants' deepest dream themes. A vocabulary of ancient Congolese movement will be created to assist participants in expressing the most important aspects of their inner journeys, discovered through overnight dream incubations and shamanistic journeying.

The workshop is open to all levels of experience.

$380

Vipassana Meditation and the Teachings of Thich Nhat Hanh

Christopher Reed

How is it possible to live with the awareness of what is happening in our society and to our world? This is an extraordinary time to be alive on Earth. Either we destroy ourselves or we awaken together to our true nature, our profound interconnectedness—our *Interbeing*, as Thich Nhat Hanh calls it.

For many of us there is a deep grief, for many more a nagging malaise. We are destroying our environment, our own home, and neither denial nor activism can fully address the pain and discontent of it.

The practice of Buddhism is a way of transforming old notions of *self* and *self-interest* so that we may truly live. Vipassana means "looking deeply." When we truly look we see that we are a part of life, that it is ours, that we also belong to it. We have the capacity, the right, even the obligation to respond to its call, rather than to just react out of fear, anger, loneliness, compulsivity.

This practice is an invitation to engage with life, to break down notions of separation. The workshop will include instruction in sitting and walking meditation as well as interactive exercises and dialogue.

C.E. credit is available for nurses; see page 60.
$380

Nine Worldviews: The Enneagram at Work

Johanna Putnoi & Michael Goldberg

> *"I can see in the dark," boasted Nasrudin one day in the teahouse.*
>
> *"If that is so, why do we see you carrying a light through the streets?"*
>
> *"Only to prevent other people from colliding with me."*
>
> —IDRIES SHAH

The Enneagram is an elegant and now hugely popular approach to communication, character, and culture. Based on ancient sources (versions of the Enneagram appear in Chaucer, Dante, and HaKaballah), the Enneagram describes nine different worldviews: the ways that people think, act, feel, and, most especially, relate to one another. Each perspective has particular powers and abilities, and each generates foreseeable predicaments which, luckily, have appropriate interventions.

The Enneagram is meant to enchant: sophisticated yet exquisitely transparent, the system predicts how one style will get along with another, the nature of the difficulties they are likely to have, and the opportunities for partnership and co-creation. This workshop will explore the Enneagram as an open systems approach to management, relationships, and workteams, and will demonstrate how this insightful perspective integrates the best in current management thinking in a context that shows what works well where.

This workshop is for people who want to use the Enneagram as a practical tool. A complete introduction to the system will be presented including: videos, stories, live examples of type, and an explanation of how to determine Enneagram style. Experiential exercises will provide the sometimes startling adventure of seeing the world from the position of each of the nine.

Both beginning and experienced Enneagrammers are welcome.

C.E. credit is available for nurses; see page 60.
$380

The Return of the Mother

Andrew Harvey

Andrew Harvey will present his vision of the Sacred Feminine and the necessity for coming into contact with its nourishing connecting force. Harvey believes that unless the human race rediscovers the feminine face of God and enacts its understanding of interconnection, tolerance, and love of nature, the race will die out. He also believes that the Divine Mother is now offering everyone *direct* connection without intermediaries, priests, or gurus. He will devote a considerable part of this weekend to defining his vision of the Direct Path to the Mother and elucidating how it galvanizes and transforms. $380

Week of May 12-17

Playing the Edge

David Schiffman

For workshop description see February 18-23.
$740

Advanced Hypnosis: Practice and Applications

Marc Lehrer & Norman Katz

This specialized program will cover advanced practices in hypnotherapy suitable for therapists and practitioners who use hypnosis in their work. The format will include advanced inductions, direct and indirect metaphor and suggestion, pain control, regression and future orientation in time, plus other topics selected by the participants. Each participant is expected to have already had basic hypnosis training and practical experience in application of techniques. The workshop is also suitable for those who wish to review techniques from other hypnosis programs. There will be opportunity for supervised feedback as well as a goal for each participant to create a short hypnosis audio tape on a topic of her/his own choosing as a completion project.

C.E. credit is available for nurses; see page 60.
$740

Yoga: The Art of Living

Ganga White & Tracey Rich

Yoga is far more than a set of physical exercises, although that alone would make it an extraordinary practice. It is, moreover, an art of living, a process of reintegration and movement into wholeness. The beauty of Yoga is that it addresses all areas of our lives. These five days will be spent cultivating physical, mental, and spiritual rejuvenation. The goal will be to assist beginners as well as experienced Yoga students in finding the tools and the inspiration for learning a lifelong practice.

Days will begin with a flowing Hatha Yoga sequence combining asana (posture), pranayama (breath control), and meditation to condition the whole person and develop strength, flexibility, and vitality. Participants will be shown how to integrate this practice into their daily lives, making it practical and accessible as well as joyful and creative. There will also be group discussion and inquiry into such topics as: the latest principles of natural diet and nutrition, aligning and restructuring the body, awakening the body's intelligence, working with the breath and subtle energies, and freeing the mind from authoritarian gurus and sacred cows. The workshop will also look at the areas of meditation, love, freedom, and death.

All levels welcome, no previous experience needed. $740

The Visionary Life: The Quest of Your Life

Robert Maurer

In the past, psychology's usefulness has traditionally been limited by its focus on people with problems. Recent studies, however, have centered on those who have succeeded in the major challenges of life, from vocation to relationships. How did they achieve and sustain success? Current research has provided surprising insights into the pursuit of success.

This program explores one of the key attributes common to all successful people: vision—the clear sense of purpose that guides and sustains actions and emotions, particularly during times of crisis. During these challenging times, people of vision and commitment are extraordinary and essential. What are the skills of the visionary and how are these skills developed and maintained? This program will not only provide the remarkable research findings but will demonstrate these qualities in filmed and live interviews.

The quest for a visionary life is a journey that each of us is capable of. The focus of this workshop will be on creating vivid dreams, discovering the path to get there, and finding the courage to travel the road.

C.E. credit is available for nurses; see page 60.
C.E. credit for psychologists is pending.

$740

Intermediate Massage Intensive

Paméla Espinoza & Kathleen O'Shaughnessy

This workshop is directed toward individuals who have already had basic massage training and have been in practice for a while. It is for those who want to expand beyond their present edges into new territory and perhaps to add to what they are doing with specific complex areas such as the neck and low back. Part of the format will include the traditional Esalen style of long, integrative strokes and methods for deep contact with the recipient, which will then be focused down to detail. Another segment will have the flavor of a musician's open jam session with two lead players, thus eliciting a cross-pollination of ideas and approaches from all of the participants.

Personal centering through Zen practice, breathing methods, yoga postures, and dynamic movement will be juxtaposed with the hands-on work.

C.E. credit is available for nurses; see page 60.

$740

Weekend of May 17-19

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 19-21.

$380

Close Yet Free: Keeping a Good Relationship Alive

Gerald Smith

How can we be open and vulnerable in order to love another person, yet at the same time free in order to continue to grow as an individual? The balance of merging and still maintaining a strong sense of self is never completely worked out, because each partner is continually changing. But this dilemma of competing needs can be dealt with in ways that will add to the aliveness in the relationship.

Much of the participants' time during this weekend will be spent with their partners, separate from other couples. The workshop will use verbal, nonverbal, and written exercises to enhance openness, support, and affection, as well as skills to resolve differences in ways that do not produce "scar tissue." Also, since play is an essential part of keeping a relationship alive, there will be experiences to spark the imagination and willingness to play together.

Enrollment is limited to 12 couples. $380
per participant

The Embodied Life: Feldenkrais® Movement and Zen Meditation

Russell Delman

The embodied life refers to our natural condition when mind and body are unified. Moving beyond cliché, what does it mean to have body and mind functioning in coordination? How can the habits of both muscular tension and incessant internal chatter be worked with so that an essential unlearning and relearning can occur?

Moshe Feldenkrais created hundreds of ingenious movement experiments that allow us to rediscover the grace and ease inherent in a well-organized brain. Zen meditation offers a sophisticated, simple practice for the movement toward our "original nature." Together these approaches help us to more fully embody life.

The group will practice Awareness Through Movement® (ATM) lessons, mindfulness meditation, and mental imagery designed to connect the learning to everyday life. This workshop is valuable for both active, mobile people and those with injuries. Beginning and experienced explorers can learn at their own level.

C.E. credit is available for nurses; see page 60.

$380

Week of May 19-24

Soul Making

Alan Jones

Have you given up on your religious past, disowned your spiritual roots, or been crippled by a faith tradition which did not honor your

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experience? The soul dies and is reborn in the stories which seduce or attract it. What narrative dominates your life now and where did it come from?

The American/Western soul has been deformed by narratives of dominance and "happiness"—by a kind of psychological terrorism of impossible and unreasonable spiritual "entitlements." It has been further damaged by a flawed anthropology of a hyper-individualism turned sour. The wisdom of the soul knows that the most privileged access of spiritual power (grace) is through our greatest weakness, through what we dread. This workshop is informed by the Christian mystical tradition (both Eastern and Western)—especially the Desert Tradition, which serves as an antidote to the mean-spirited fundamentalisms of the modern era.

There will be opportunities for meditative and liturgical practice, group and individual spiritual direction, and a visit to the Immaculate Heart Benedictine Monastery just south of Esalen.

Recommended reading: Jones, *Soul Making*; Johnston, *Silent Music*. $740

The High-Performance Mind: Awakened Mind Brainwave Training

Anna Wise

Having a high-performance mind means being able to enter at will the state of consciousness most beneficial and desirable for any given circumstance—then understanding how to use that state. Through brainwave training, this workshop will teach you how to produce the components for an awakened mind, the brainwave pattern of peak experience, optimum creativity, and high spiritual awareness. Working with both the state and the content of consciousness, you can learn to use these brainwaves to develop a high-performance mind.

The high-performance mind is clearer, sharper, quicker, and more flexible. Emotions are more available, understandable, and easier to transform. Information flows more easily between the conscious, subconscious, and unconscious levels, increasing intuition, insight, and empathy. Participants will work with using these optimum states of consciousness for self-healing, dealing with emotional issues, increasing creativity, improving relationships, and developing greater self-knowledge and awareness.

Biofeedback monitoring combined with methods of meditation, visualization or "sensualization," and deep psychophysiological relaxation will help you learn how to master your own states of consciousness. The Mind Mirror EEG will be used to demonstrate brainwave patterns, and Electrical Skin Resistance Meters will be used to measure the depth of arousal and relaxation of your autonomic nervous system, illuminating the interrelationship between your body and your mind.

Recommended reading: Wise, *The High-Performance Mind: Mastering Brainwaves for Insight, Healing, and Creativity*.

C.E. credit is available for nurses; see page 60. $740

The Power of Growth

Seymour Carter

Everyone has unused capacities for further personal development. When these capacities are recognized and given attention, a natural force is released which, like a tide, can carry the individual to a higher level of ability and action. Fritz Perls taught how to recognize the force of avoided issues in dealing with blocked energies. When unfinished issues are confronted and assimilated, it is possible to feel potent and in charge of one's life.

In this workshop, participants will deal with these issues by examining the influence of the inner dialogue on thoughts and the nature of impasse, as well as tendencies within themselves toward psychological completion and well-being. The basis of this work is the gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, and aikido. Each participant's process of development will be honored, encouraged, and treated as unique. $740

Kalarippayattu: The Yoga-Based Martial Art

Phillip Zarrilli

Kalarippayattu is Kerala, India's yoga-based martial/meditational/healing art dating from the twelfth century. A form of moving meditation to actualize single-point focus, it uses graceful, fluid, yet powerful and dynamic *asana*-like animal poses and exercises to awaken the subtle body within. According to a Malayalam saying, the ideal practitioner is one for whom the "body becomes all eyes."

This workshop will begin and end with the breath, combining exercises from yoga and kalarippayattu as the foundation for body/mind integration and single-point focus. Participants will be introduced to kalarippayattu practices and principles including the animal poses, leg exercises, steps, kicks, and complete full-body forms of moving meditation.

Through videotapes and discussions, participants will also learn how kalarippayattu is part of Kerala culture and performing arts—such as the internationally known *kathakali* dance/drama—and how it shares common principles with yoga and ayurveda.

Advanced practitioners of yoga and diverse martial arts are welcome, as well as actors, dancers, and those with no previous experience. Please wear loose, comfortable clothing. $740

Weekend of May 24-26

Big Sur Wilderness Experience

Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. With this natural reserve as the primary teacher, the group will walk into the Los Padres National Forest. Drawing on various traditions, this wilderness experience will help participants develop the quality of their awareness and open to the natural world.

Weeklong workshops will venture out on five hikes (4-10 miles long). Weekend workshops will take two hikes (3-6 miles long). Using Esalen as a base camp, the group will explore the different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each hike will begin after breakfast and conclude in time to enjoy the hot springs and dinner each evening at Esalen. Basic outdoor skills such as map reading and minimum impact concepts will be practiced. Participants will be taught enough skills to begin exploring the wilderness on their own after these outings. More information will be sent upon registration. $380

Communication and Partnership

Mary Goldenson (Devarani)

Underlying all our relationships—husband, wife, lover, friend, daughter, son, mother, and father—is the need to communicate. Often we learn to express our needs through control, power struggles, addictions, dependency, guilt, denial, and unreasonableness.

This workshop is about healing the soul-wounds sustained in our attempts at partnership. The focus will be on:

- Exploring the possibilities of equal soul partnership
- Learning new ways to express our fear, sadness, grief, and love for each other
- Defining what we need to change in our relationships
- Learning the different language styles we can use to better connect with our partners
- Learning ways to heal, forgive, and move on to a mutually beneficial relationship

Come alone or with a partner. The workshop will provide a safe, supportive environment for participants to learn new techniques of breathwork, dyadic communication skills, movement, and Gestalt, making it easier to express one's truth and take responsibility for one's feelings and issues.

C.E. credit for psychologists is pending.

$380

African Dance: Expressions of Spiritual Energy

Yao Tamakloe & Sarah Abukutsa

Yao Tamakloe is a teacher of dance, drumming, and ethnology. He is a third-generation jazz performance artist and has danced and taught with Babatunde Olatunji and Katherine Durham for over ten years. Sarah Abukutsa, his wife, is one of Kenya's most celebrated singers, and has also studied West African dance. Together they will teach the exciting forms of African dances and the symbolic stories they tell.

Participants will experience the dynamics of war, harvest, and initiation dances, as well as the subtle healing funeral and recreational dances. The different movements that relate to various roles in society will be presented.

Live drumming will accompany this joyful marriage of power and fluidity inherent in dance. Drumming to accompany dances will be taught using Babatunde Olatunji's Gun GoDo PaTa method. Bring a drum if you can.

$380

Life's Little Midterm

Kathleen Riordan Speeth

"The middle of life is the very prime of life," writes Kathleen Speeth. "Can it be sweet when it is so often burdened with habit and duty? Heroes and saints have, we are told, found ways to live with intensity and meaning. Can we by self-examination burnish our own ways of being in the world? Any evaluation must be profoundly individual. We will dedicate this weekend to the contemplation of love and work, intimacy, integrity, and transcendence. Does my profession reflect my gifts? Is the success I have attained the success I value? Amid the daily bustle of details have I remembered who and what I really care for? When have I been heartblind, headnumb, or ethically flabby? When deeply myself? If, as Socrates suggested, happiness is living my very own life in such a way that I am unashamed, how to move toward that great gladness?

"In this sustained inward exploration we will have the help of philosophers and the succor of great music, but the weekend will be essentially experiential—and perhaps surprisingly transformative. Are you ready?"

C.E. credit for psychologists is pending.

$380

OpenMind Training: Innovations in Meditation and Mind/Body Healing

Ron Alexander

> *Learning to observe experience from a place of stillness enables one to relate to life without fear and clinging. One begins to accept pleasure and pain, fear and joy, and all aspects of life with increasing equanimity and balance. Life is seen as a constantly changing process.*
>
> — JACK KORNFIELD, *Seeking the Heart of Wisdom*

OpenMind Training provides instruction in the essential practice and understanding of meditation and mind/body healing from both a psychological and spiritual perspective. The focus is on the practice, experience, and benefits of meditation and self-healing in daily life.

Meditation helps to cultivate self-regulation through relaxation and the development of attentional skills. Training in mind/body healing facilitates awareness of the inner resources of trust, comfort, time, and curiosity for the activation of the healthy and creative aspects of the unconscious mind. Participants will be taught to develop a user-friendly relationship with the unconscious and to directly contact the resources of the core self. This promotes insight, wellness, and individuation.

Meditative techniques of the various Buddhist schools, particularly Tibetan and Zen, will be explored. Tibetan meditation uses mindfulness, insight, and visualization to activate physiological and psychological energies whose merger can produce powerful states of mind to penetrate into the reality of our being and experience.

Participants will meditate together and learn various forms of breathing, chanting, trance states, and mind/body healing exercises. This workshop can help participants acquire skills to calm the mind, regulate affect states, develop trust with the unconscious, explore inner healing resources, and enhance the creative activation of the unconscious. The workshop is designed for anyone from beginner to advanced.

Recommended reading: Goldstein & Kornfield, *Seeking the Heart of Wisdom*; Rossi, *The Psychobiology of Mind-Body Healing*.

C.E. credit is available for nurses; see page 60. C.E. credit for psychologists is pending.

$380

May 26-June 2

Cortical Reeducation® and the Feldenkrais Method®

Harriet Goslins

How a person sits, stands, or moves reflects patterns that are "wired in" to the nervous system. This information can be erased or changed. By reeducating the brain-muscle connection, restrictions in movement can be freed, freeing lifetime habits that have organized around that movement.

This work is a relearning of the ease and fluidity taken for granted as a child and lost somewhere along the way. Physical injury, emotional trauma, or ongoing stress all evoke a protective response from the body. These patterns remain when no longer needed, outside of awareness, and continue to cause discomfort and limitations. Freeing them results in relief of chronic pain or tightness and a higher energy level. By changing muscular holding patterns, the entire protective posture is altered, deeply affecting the body's habitual defense system. Thus, new movement possibilities mean new self-image possibilities.

Fears and anxieties have corresponding muscular habits. Verbal information or spiritual practice that fails to extinguish these habits may fail to eliminate the toxic behavior.

This workshop is for those who are physically active and fit and want to increase their skills while learning to reduce risk or injury; for the sedentary or those dealing with after-effects of injuries; for chronically tired and stressed individuals who want to learn how to take better care of their neck, shoulders, and back; and for those who want to improve their posture and breathing and live with more flexibility and comfort.

C.E. credit is available for nurses; see page 60.
$1110

Gestalt Practicum

Christine Stewart Price & Gail Stewart

This workshop is designed for people who would like to further explore the gestalt practice form in theory as well as through personal experience. It is especially appropriate for those in the helping professions, such as counselors, bodyworkers, and teachers, who are interested in integrating this approach into their current practice. The format will include open seat sessions with the leaders, structured exercises where participants work with each other, didactic presentation, and discussion.

The prerequisite for admission into the workshop is previous participation in a workshop specifically in gestalt practice led by one of the Esalen gestalt staff (Eric Erickson, Christine Price, or Joyce Lyke). Otherwise you may send a letter of application to Christine Price, 31 Onyx Street, Larkspur, CA 94939, and will be considered if there is space available.

Recommended reading: Perls, *The Gestalt Approach* and *Eyewitness to Therapy*; Heider, *The Tao of Leadership*; Ram Dass & Gorman, *How Can I Help?*.

C.E. credit is available for nurses; see page 60.
$1110

Developing a Fitness Regime for Optimal Well-Being

Carl Chase (C.C.) *& Deborah Anne Medow*

Everyone wants to feel more flexible, toned, and energized, stronger and more powerful. This workshop can help you develop and practice a daily fitness regime to achieve those goals.

This seven-day workshop will provide an opportunity to begin unlocking your health potential and develop the positive thoughts and attitudes that can create optimal well-being. The keys will be a combination of meditation, yoga, "ballistic" stretching, movement, dance, and a healthy diet.

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During the workshop, participants will practice the above activities to help establish a daily fitness routine—fitness on physical, mental, and spiritual levels. The group support will be especially helpful for those who have a difficult time keeping such a fitness practice going.

There will also be quiet time for reflection, integration, and the peaceful enjoyment of the beautiful Big Sur coast and Esalen grounds.

Please bring loose, comfortable clothing, tapes and CDs, even musical instruments, an open mind, a sense of humor, and a warm heart.

Please note: This workshop is not recommended for the seriously ill or the "faint of heart."
$1110

Week of May 26-31

Dreaming: The Magic Mirror that Never Lies

Jeremy Taylor

The basic language of dreams is symbol and metaphor. Dreams address everyone in essentially the same way, regardless of the uniqueness of our individual lives and circumstances.

Participants will share and work with their dreams, drawing on the mythological/archetypal images that shape our contemporary individual and collective lives. Although the focus will be dream interpretation in a collective context, the methods are designed to give participants the ability to engage in their own dreamwork upon returning home.

Everyone is welcome—those who are just beginning to explore the world of their dreams, as well as professionals who work with dreams. As the leader comments: "Only the dreamer can say with any certainty what meanings his or her dreams may hold, and dreamwork is one of the few activities that puts beginners and experts on an equal emotional footing from the outset."

Recommended reading: Taylor, *Dream Work* and *Where People Fly and Water Flows Uphill*.
$740

The Core Self: Return to Innocence and Choice

Ron Alexander

Resources for healing, such as spontaneity, curiosity, trust, creativity, innocence, and joy, are found in the Core Self. This workshop will assist participants—including health professionals—in accessing the resources of the Core Self to facilitate personal healing and to acquire new skills in the mind/body healing process. Participants will work toward cultivating a friendly relationship with the unconscious to heal dysfunctional patterns and resolve incompletions from the past in order to become more conscious in the present moment. This process can bring about the healing of pain, fear, grief, and loss, and thereby enable the creation of healthier pathways for living, loving, working, and relating.

The goals of this work are to enhance self-esteem, to become free of trauma and self-images of the past, to communicate more effectively, to become empowered as a leader, and to develop a cohesive personal vision. The tools will include gestalt open seat work, self psychology, insight meditation, breathing practices, dreamwork, accessing the creative unconscious, deep music, group process, and immersion into nature.

Recommended reading: Heider, *The Tao of Leadership*; Chopra, *Ageless Body, Timeless Mind*; Polster, *Every Person's Life is Worth a Novel*; Moore, *The Care of the Soul*.

C.E. credit is available for nurses; see page 60. $740

Weekend of May 31-June 2

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 19-21. $380

Forgiveness

Julie Bowden & Maria Nemeth

Every culture has its healing rituals, ways of letting go of old attachments to make way for new possibilities. An essential component is the practice of forgiveness.

As the years go by, many of us develop a history of incomplete relationships and unfulfilled expectations. As these experiences accumulate, our trust in others and ourselves diminishes, and our commitments in life become conditional. To release these burdens is to forgive the past.

This workshop will guide participants through exercises focusing on our judgments and characterizations, with emphasis on how these distorted perceptions affect us and interfere with our relationships. This work is preparation for a powerful forgiveness exercise, designed to facilitate letting go, allowing more joy and light into our lives. $380

June 2-8

Origins: A Rites-of-Passage Journey in the Ventana Wilderness

Little Bear Nason & David Schiffman

For workshop description see Wilderness Programs, page 65. $790

Week of June 2-7

Opening the Feelings

Dale Cummings

For workshop description see December 31-January 5.

C.E. credit is available for nurses; see page 60. $740

Singing in the African-American Tradition

Ysaye Barnwell & George Brandon

This workshop is designed to facilitate the development of a community through the vehicle of music from the African-American vocal tradition. Musical forms will include calls and chants, spirituals, ring shouts, hymns, gospels, songs of the civil rights movement, and songs of contemporary struggle. The historical, social, and political context will be provided as an introduction to the songs in each of these musical forms. Through participation in the songs and discussions of their context, the group will explore from an African-American worldview the values imbedded in the music, the role of cultural and spiritual traditions and rituals, how leadership emerges and can be shared among community members, the nature of cultural responses to and influences on political and social struggle, and, finally, the significance of a shared communal experience in one's personal life. $740

Zen and the Art of Anything

Hal French & Melody Schaper

There is a reservoir of creativity in each of us that often lies unexplored. For the curious, it holds a compelling, intriguing appeal. How do we find this place? How do we tap into its power?

Zen, both in its traditional expressions and through other meditative practices, may offer promising access routes to this realm and link these depths to a variety of creative pursuits. Meditation, then, may turn these pursuits into art forms. Participants are asked, by way of advance preparation, to consider one or two activities which they would like to refine through this process: "Zen and the Art of ______." Each fills in the blank, and seeks in the workshop to apply lessons learned.

Sessions will involve zazen (sitting meditation) and other seated exercises, but a strong emphasis will be on moving zen, or zen choreographed. Movement improvisation, visualization, and other sensitizing exercises will be employed, using the total Esalen setting, to enhance our capacity to become alert, alive, aware, awake.

Zen is not merely an esoteric pursuit for cloistered Asians, but may be adopted by Western laypersons and adapted to various pursuits, rendering us more adept in our practice of them.

Recommended reading: Suzuki, *Zen Mind, Beginner's Mind*. $740

Conflict Resolution Through Conscious Negotiations

Ron Luyet & Jim Tamm

Many business and personal relationships become adversarial simply through a lack of conflict resolution and negotiation skills. This workshop offers a combination of two powerful approaches, presenting the skills to transform conflict into collaborative problem-solving. The first is interest-based adversarial negotiations, well documented for dramatically reducing labor-management conflict. The second approach focuses on those behaviors and feelings that can block resolution of conflicted situations. Participants will be shown how their often unconscious emotional needs in the areas of inclusion, control, and openness impact their effectiveness when negotiating and dealing with conflict.

The workshop will provide immediately useful negotiating skills, and a model explaining the fundamental emotional undercurrents that go on between oneself and others during conflict. Small-group preparations, negotiating simulations, self-assessment instruments, and structured feedback will help participants discover rigidity or fears that can sabotage negotiations or undermine long-term relationships.

The workshop is *not* a series of techniques that promise "how to get yours and most of theirs, too." It is skill-building to develop negotiating relationships for long-term mutual gains. It is designed to be an exciting workshop for learning technical skills and self-awareness to greatly increase effectiveness in resolving personal or professional differences.

C.E. credit is available for nurses; see page 60. C.E. credit for psychologists is pending.

Approved for MCLE credit by the State Bar of California in the amount of 18 hours. This activity conforms to the standards for approved education activities prescribed by the rules and regualtions of the State Bar of California governing minimum continuing legal education.

$740

Facial Communication/ Facial Diagnosis

Lillian (Lesefko) Garnier

Your face is your identity, the external manifestation of your inner personality. It contains the primary clues for visual communication through the expressions it transmits, while being a topographical map of life experiences. Learning to interpret these clues can give you insight into your own psychological process as well as the health and character of others.

Based on the ancient science of Chinese facial analysis, derived from Chinese medicine, this workshop will combine Chinese medical wisdom with modern research and methods. Participants will learn about the health indicators of the face, the personality traits shown in the markings, the held emotional issues that block ch'i (life force energy) and create poor health, and how to read the changing quality of ch'i in the eyes.

Participants will learn to profile others and begin to understand the feelings that others are expressing facially. They will learn to recognize the psychological and emotional underlay of the disease process as seen from the face. Methods to unblock ch'i, move it, and focus it for optimum health and vitality will be discussed. Ultimately, participants can expand their self-knowledge by attempting to unmask their real selves.

C.E. credit is available for nurses; see page 60.

$740

Weekend of June 7-9

The Ultimate Yes

George Leonard

> *Life has one ultimate message, "Yes!",*
> *repeated in infinite number and variety.*
> *Human life, channeled for millennia by*
> *Civilization,*
> *is only just beginning to express*
> *the diversity and range of which it is easily*
> *capable.*
>
> — *Education and Ecstasy*

The ultimate "Yes" is to life itself in its every moment, whatever that moment might bring. The ultimate gift to any friend or loved one is to be totally present for him or her. This gentle June weekend will be dedicated to saying "Yes" to life and the present moment. Through breathing, chanting, meditation, imaging, and movement, this seminar will seek to affirm our oneness with nature, the cosmos, and one another, to remind ourselves of the brevity and vividness of the miracle of existence. Bring a friend or a loved one or come alone. All that is needed is a generous spirit and a willingness to participate wholeheartedly.

Recommended reading: Leonard, *Education and Ecstasy, The Silent Pulse*, and *The Transformation.*

$380

Disarming the Ogre: Recognizing and Transforming the Inner Critic

Sarah La Saulle

The Ogre—also known as the inner negative voice, the committee, the dark and hopeless perceptions, black-and-white thinking—is the voice of old belief systems. Many people experience their Ogre as a feeling of malaise or heaviness. Often it goes unrecognized by posing as the voice of reason, of ultimate reality. The Ogre judges. It counsels by criticism and continually re-inflicts wounds. The fundamental goal of the Ogre is to protect from pain and further loss. Unfortunately, the voice is cruel and distorted in its effort to preserve.

In this workshop, participants will catch their Ogre, illuminate him, and utilize various methods to transmute his negative influence. Writing, drawing, partnering, and group discussion will be used to deal with conscious and unconscious self-hatred.

$380

MARGARET LIVINGSTON

Rekindling the Spirit in Work

Howard Schecter & Barbara Lee

"Rekindling the Spirit in Work" is about reconnecting with yourself and the work you do. Through creative exercises and sharing with the group, you can gain clarity about your goals in work, the skills required to reach those goals, and a deeper awareness of your strengths. The process can help you to confront and dissolve major blocks to rewarding work and to integrate who you are with what you do. This process is far more effective than narrow vocational perspectives. The emphasis is on the question "Who is working?" By an identifying with our highest self, what we do can flow more easily and be a direct expression in the world of who we are inside.

This workshop is for people who are beginning new careers, in transition, dissatisfied, or simply bored with their work. Participants often come away with a sense of clarity and purpose, and seldom feel the need to make radical shifts in job or profession. Rather, the subtle inner adjustments of identity, attitude,

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and perspective create greater job satisfaction and offer direction for taking the next steps in work.

C.E. credit is available for nurses; see page 60.
$380

Practical Alchemy, Kabbalah, and Quantum Physics

Chris Carmines, Ovid Jacob & Mira Zussman

At the crossroads of magic, science, and religion, equivalent principles operate. Western alchemy, kabbalah, and quantum physics are rooted in the same fundamental concepts despite our thinking of them as distinctly different cosmologies.

This workshop will explore the theory and practice of these traditions as well as the intersections between them. Participants will enter into the four alchemical elements (fire, water, air, and earth), the Hebrew tetragrammaton (the four Hebrew letters that form the name of God), and the four fundamental physical forces (weak, electromagnetic, strong, and gravitational), thereby returning to the building blocks of Creation itself. The workshop will provide not only an introduction to these multiple ways of knowing, but also a way to integrate them in our understanding and experience of nature.

The workshop will be a lively mixture of discussion and experiential exercises. $380

Week of June 9-14

Five-Day Massage Intensive

Brita Ostrom & Oliver Bailey

This massage workshop explores the fundamental elements of bodywork: grounding, centering, breath awareness, touch sensitivity, and intention. A hands-on approach will combine a balance of long, integrative strokes with detailed attention to specific areas of the body. There will be emphasis on discussion and modeling of boundaries and trust with respect to the client's physical and emotional well-being. Meditation and movement will be included, as they enhance the connection between client and practitioner.

This workshop is for beginning bodyworkers and those interested in learning some new approaches to massage.

C.E. credit is available for nurses; see page 60.
$740

Meditation, the Living Body, and Creativity

Robert Hall

There is natural wisdom, inherently and joyously present, in the nature of all things. The deep understanding that comes from the experience of presence is constantly offered to us by plants, insects, animals, creatures of the sea, the human body, by the Earth, and certainly by the heavens. Our focused attention reveals that wisdom to us, as well as its close companion, compassion.

Spiritual practice—sitting meditation—is the age-old method of building awareness of presence and awakening to the realities of our existence. We learn to gradually discard the limitations that were placed on our ability to feel. We awaken to life itself as it is revealed within our bodies. The natural wisdom and compassion of our hearts becomes our common experience.

This workshop will make use of meditation, conscious movement, voice, sharing of the heart, and listening to silence as preparation for creative expression; each person will use whatever mediums of delivery seem appropriate, Participants will perform theater, compose poetry, create dance, and use visual arts to express to each other the experience of presence itself.

C.E. credit for psychologists is pending.
$740

Mountains and Waves: Wilderness and Continuum

Susan Harper & Steven Harper

Nature is a primary teacher of movement, creativity, and awareness. Being outdoors in the richness and beauty of the natural world awakens our outer senses. Continuum movement takes us inward, heightening the awareness of our inner senses. These five days will combine both practices, integrating the subtle inner explorations that Continuum movement inspires with the activity of day-hiking in the magnificent Big Sur backcountry.

The day-hikes will introduce participants to basic and increasingly refined awareness practices to enhance their sensitivity to all that wilderness and being out-of-doors offers. In so doing, not only will there be contact with the natural world, but it will be an opportunity to reawaken those elements of wilderness within.

In the indoor sessions, participants will explore movements which express and embody what they have taken in during their walks, enlivening their ability to feel what they see in nature, as well as their own inner nature. Engaging with this sensual environment, the group will play with movement, breath, sound, dreams, and ritual.

This will be a time for contact with nature and wilderness, inside and out. Participants need not have previous experience in hiking or dance. $740

Transition, Risk, and Renewal: Mastering the Art of Change

David Schiffman & Susan Kuttner

David Schiffman writes: "During the last twenty-five years I have had the privilege of being a midwife for an extraordinary variety of people facing major transitions in life. During this week I would like to share and explore those influences, inner resources, and natural rhythms that best support real, healthy, sustainable change. Our aim will be to cultivate the emotional poise, mental clarity, energetic flexibility, and stamina necessary to face life's inevitable challenges in a timely, graceful, and thoroughly effective manner. Participants will be encouraged to initiate attention and support for themselves, both in the group and upon returning home, in fresh and innovative ways that can minimize unnecessary suffering, fatigue, and wasted time.

"The methods used will be a blending of the old and the new, the tried and the true—tailor-made to fit the actual needs of the group. The only prerequisite for attending this seminar is an honest readiness to engage in a heartfelt adventure of exploration and risk-taking that could change your approach to life." $740

Old-Fashioned New Age Cooking

Dennis Marriott & Robin Burnside

Imagine homemade yogurt and granola for breakfast. A garden-fresh vegetable soup and French country loaves for midday. Fresh pasta with a sauce to make Mama proud, and savory focaccia. All made from scratch, by you!

Learn to recapture the old-fashioned goodness and flavor of Grandma's cooking while you discover cooking as a continuous practice in awareness and source of inspiration and joy.

Emphasis for this hands-on workshop will be on the flavor potential and nutritional value of the ingredients, stressing natural and organic eating and low/no-fat alternatives. Daily harvests from Esalen's organic garden/

farm will provide fresh herbs and produce.

There will also be ample time for reflection, integration, and the enjoyment of the Big Sur coast and Esalen's grounds. No prior cooking or baking experience is required, just a love for food—and life. $740

Weekend of June 14-16

Present at the Creation: Reawakening the Artist Within

Esalen Arts Center Staff

For workshop description see February 11-16. $380

The Parenting Process

Eileen & Thomas Paris

What we call dysfunction today has an obvious evolutionary trail, for in spite of the best intentions, parents tend to repeat injuries they vow they will never pass on. Therefore, in order to bring a psychological and spiritual change to our global society, we clearly must begin with a radical and substantive change in the way we parent.

This interactive workshop teaches communication skills based on the developmental themes of bonding, mirroring, and separating. Because these themes attend to what constitutes a healthy parent/child relationship, they are applicable to relationships with children of any age—from conception on.

The workshop will utilize experiential exercises to heighten awareness of negative family myths and relationship patterns, and will teach how to interrupt them. In addressing modern-day parenting concerns with a developmental focus, parents can raise kids with a "healthy sense of self"—a body experience which enables children to have the ability to live their own lives from the inside. This can enable them to live in a developmental continuum with the life of the planet.

The Parenting Process is designed for parents, whether new, experienced, or expectant, living together, single, divorced, or living in alternatively structured families. $380

Chaos and Complexity in Photography, Life, and Work

Lawrence Hudetz & Irene Sanders

This high-participation workshop explores new ways to see and think about the world. Photography is used to illuminate the concepts of chaos theory and complexity with special emphasis on fractals and strange attractors. Context—not technique—is the focus. Insights gained from photographic sessions will be applied to explore a new model for understanding and responding to chaos and the complexity in our life, work, and rapidly changing world.

The workshop will begin with a brief introduction to the new science, followed by a photographic session in which participants venture outside and shoot several rolls of film. The film will be processed and the resulting collection of natural images used to demonstrate the concepts of fractals, self-organization, and the interactions of linear and nonlinear formation. Then, weaving together the images and concepts, participants will be shown how to explore and influence their personal and professional futures by anticipating and responding to change in new ways.

Activities and discussions are designed to help participants see subtle connections, patterns, and emerging opportunities in their lives and work. Each session will be a unique and rich integration of art, science, and world events.

Please bring a 35mm camera and 3-4 rolls of 24 exposure film. $380

Practical Herbology: An Esalen Garden Workshop

Jeanine Pollak

This weekend workshop will present in-depth coverage of thirty useful plants growing fresh in the Esalen garden. It will include how to identify, prepare, and formulate these plants according to the medicinal, nutritional, and cosmetic aspects of each.

Using the garden as a classroom, participants will learn to make fresh tinctures, sun teas, herbal oils, and liniments. The workshop will cover herbal formulas for common colds, flus, sore throats, headaches, digestion, and respiration. It will draw from modern scientific research and herbal pharmacology, as well as from tradition and folklore, to explore the uses and energetics of each plant. Handouts, recipe sheets, and species lists will be included, plus a variety of homemade herbal products for sampling.

This workshop is designed to broaden herbal perspectives, to contact plants in many forms, and to provide a wide diversity of approaches to working with herbs.

C.E. credit is available for nurses; see page 60. $380

Ageless Vitality: The Body is Living Music

Elisa Lodge

> *The secret is to hear the music that is the body. The body becomes not a doomed machine but a glorious composition.*
>
> — Larry Dossey, M.D.

Ageless vitality arises when we feel a deep sense of trust for the intuitive wisdom in our bodies. When the body, its movements, breath, and speech become more musical, fluid, and vital—rather than mechanized, controlled, and predictable—responsiveness to the body's inherent knowledge and creative resources is more available.

The workshop will include individual and group exercises, Authentic Movement, and expressive arts to evoke natural vitality and energetic aliveness.

The focus will be on regaining the ability to:

- Tune into inner rhythms to flow with the heartbeat of our essential nature
- Redirect emotional buildup into aesthetic expression
- Sit, stand, and walk with fluent, vibrant aliveness
- Exercise energy to circulate more freely to the task at hand
- Develop powers of self-affirmation, bringing renewed vitality and joy into life and work

Time will be devoted to discovering how we deplete our natural ability to be self-healing and self-renewing, and how we can become "artists of being," utilizing our natural genius to re-create our lives into melodious and harmonious expression. $380

Week of June 16-21

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 24-26. $740

How to Feel as Good as You Can in Spite of Everything

Julie Henderson

Julie Henderson writes: "Our original state, forgotten between effort and collapse, is inherently pleasurable. To rejoin this ground—to let life live us, to trust the pulsation which is our aliveness—brings us inevitably into pleasure. Despite our expectations and habits, this is more easy than difficult, and relies more on play than work.

"If you are willing to 'get over your self'—to loosen your conviction that you *are* your limiting postures of body, energy, and mind—you can open the gate and walk through to well-being as your 'ordinary' state.

"The risks you take are humming, rocking, jiggling, and laughing, brought together in a meld of body awareness, skillful relationship, meditative presence, and humor."

Julie Henderson, somaticist, Vajrayana practitioner, and Ericksonian storyteller, has developed a form of work which emphasizes direct movement to well-being with only secondary attention to our habits of misery. She calls this work *Zapchen*, after the Tibetan word for a salubrious, mind-changing naughtiness.

$740

Relationships: Letting Go—Moving On

Mary Goldenson (Devarani)

> *For one human being to love another: that is perhaps the most difficult of all our tasks, the ultimate test and proof, the work for which all the other work is but preparation.*
>
> — Rilke

The fabric of our lives is made up of relationships. All of life's relationships will be the focus of this workshop: family, friends, lovers, co-workers, partners.

Often beliefs, defenses, fears, and emotions about past relationships continue into our present relationships and keep us from spontaneous feelings of love, trust, and joy. The goal of this workshop is to experience these patterns and create new ways to relate in the moment to ourselves, others, and our work. This workshop can help you:

- Find out how your relationships mirror you
- Get a clearer picture of what you want and how to get it
- Examine ways you sabotage yourself
- Learn more about how others see you
- Learn practical tools and knowledge that will help create empowered relationships

$740

Pilobolus: Collaborative Creativity Method

Michael Tracy

Pilobolus Dance Theatre, the company that pioneered a unique collaborative method of choreography, has performed worldwide for nearly twenty-five years and has taught in universities and institutes around the country.

This workshop, led by Pilobolus's co-Artistic Director Michael Tracy, will offer a rare opportunity to see behind the choreographic method of this innovative company, and to learn how to use this method to develop your own creative ideas.

The workshop will begin each day with an introduction to this collaborative method. A segment will then be devoted to guided movement experimentation: another portion will be dedicated to developing collaborative ideas into short choreographic pieces. The workshop will provide a supportive environment in which to develop your creative skills, and guidance and feedback as you refine your ideas into a more powerful dramatic form. There will be daily opportunities to create new work, and an interactive sharing of artistic ideas. By the end of the week, you may be surprised by your creative work.

This workshop is open to people of all ages and levels of experience. Come prepared to move. $740

Healing the Parent-Child Bond: For Parents and Their Adult Children

Phyllis Shankman

Relationships between parents and adult children are often the most complex, profound, and delicate relationships that we have in our lives. Through the years, as people's lives unfold and often unravel, through the celebrations, fights, laughter, disappointments, joy, and pain, these relationships endure internally. They continue to confront and impact us at every turn. Whether parents and children are intimate or distant in their daily lives does not change the significance of who we are to one another.

This is a workshop for parents and children over 18. The sessions will utilize awareness exercises, group discussions, and compassionate listening to create a supportive neutral space for open dialogue, appreciations, concerns, and "unfinished business." The intention is to open the door for more depth, mutual understanding, love, and acceptance.

Invite your parent or your adult child to join you, and spend some healing time together.

$740

Weekend of June 21-23

Introduction to Mindfulness Meditation

James Baraz

For workshop description see February 9-11.

C.E. credit is available for nurses; see page 60.

$380

Roots and Wings: Renewing Our Spirits, Living Our Dreams

David Schiffman

For workshop description see January 5-7.

$380

Reconnecting Business with its Soul

David Trickett, Bill Sechrest & Ron Loeb

Einstein asked the question, "Is the world a friendly place?" In this time of rapid global change and worldwide hostilities, executives, managers, and all stakeholders in our global business community may wonder why anyone would even pose the query. Yet an affirmative answer can shift our worldview from an inherited model based on scarcity and disconnection to a systems model grounded on abundance and interrelationship with the universe. This shift can provide renewed energy to conduct business in a manner that is values-based, socially responsible, and integrated with our surroundings. This view is a key not only to survival but also to success in the twenty-first century, wherein productivity, ethics, prosperity, growth, and spiritual wholeness all will be seen to emanate from the same creative source: the conscious human mind.

Participants will be guided through exercises using their own personal stories, selected brief readings, music, meditation, and dialogue, all aimed at a powerful awakening allowing them to see afresh the rich systems context in which business thrives. The workshop will seek to discover the key lying in each of us for answering Einstein's question in a way that can transform our businesses into global change agents capable of providing abundance for all their stakeholders. The workshop will provide practical tools for business leaders to be touched powerfully by Nobel Laureate Ilya Prigogene's insight that "the world is richer than it is possible to express in any single language." $380

Couples Massage Weekend

Ellen Watson & David Streeter

This weekend couples workshop is designed for those who would like to bring the benefits of massage into their everyday lives. The workshop will teach simple massage techniques, developed by Esalen massage practitioners, which have proven valuable to anyone who wants to help a partner, friend, or family member feel better. Techniques that help relieve pain, increase vitality, or simply soothe the nerves will be demonstrated briefly and practiced with lots of hands-on instruction by the leaders.

This workshop is especially helpful for loving couples, as Esalen massage is greatly beneficial in its connective and healing qualities.

$380
per participant

Making a Private-Pay Practice Work

Ofer Zur

Practicing psychotherapy as a private practitioner in the '90s is challenging. The takeover by managed care, cuts in federal funding, and a continuing increase in the number of practitioners all mean shrinking practices, a more competitive market, and fewer available resources to pay for therapy. In addition, the sharp increase in rules and laws has added to therapists' anxiety about being sued.

This workshop is for psychotherapists who wish to practice outside the managed care system. It is possible not only to survive the managed care tidal wave, but in fact to benefit from it. These are times in which creative, informed therapists can enjoy and thrive in private practice, relying exclusively on clients paying out-of-pocket.

Using displays, handouts, instruction, and discussion, the workshop will address all the elements that comprise a successful therapist. It will introduce participants to basic management issues, such as clinical forms, record keeping, and risk management. It will outline specific, creative ways to market oneself with integrity, dignity, even with fun. It will demonstrate the essentials of effective therapy that go beyond specific orientations or techniques and are based on engagement, flexibility, and attending to clients' needs.

The workshop is geared toward psychologists, counselors, psychiatrists, social workers, interns, and psychological assistants.

C.E. credit is available for nurses; see page 60.

$380

MARGARET LIVINGSTON

MARGARET LIVINGSTON

June 23-30

The Diamond Approach to the Lataif: Opening the Doors to Essence

Joyce Lyke & Sandra Maitri

Traveling the path of spiritual unfoldment both requires of us and calls forth from us particular qualities of our Essential or True Nature. These qualities of who we are, which reside beneath the surface of the personality, are characteristically the first ones to arise as one works with the Diamond Approach. They are also the qualities that we need throughout so that our Journey truly becomes one that leads to abiding in Being. Each quality is associated with a center of subtle consciousness in the body, a Sufi system known as the *lataif*. Through experientially contacting and understanding these centers and working with the psychodynamic issues that block each of them, the lataif become doors ushering us into the Essential realm.

The lataif will be introduced in this, the third of the series of workshops presenting the Diamond Approach at Esalen. The Diamond Approach is a contemporary spiritual path which arose in response to the needs of those living ordinary lives of work and family, and which utilizes traditional spiritual understandings and practices as well as those of depth psychology.

The format will include talks, exercises in self-inquiry, various traditional spiritual practices, music meditations, conscious physical activities, and guided personal exploration in small groups. Attendance at the previous workshops in the series is not necessary.

Please note: Registration requires completion of a questionnaire. For more information see Special Programs, page 58.

Recommended reading: Almaas, *Diamond Heart—Book One* and *Essence*. $1110

Week of June 23-28

The Upledger Institute's CranioSacral II

Suzanne Scurlock-Durana

This workshop, the second in a series given by the Upledger Institute, further explores the CranioSacral System and its function in relationship to other patho-physiological body systems. The course will begin with the study of cranial base dysfunctions as perceived, diagnosed, and treated by Dr. William Sutherland, the father of cranial osteopathy. In this course students will learn how to integrate Sutherland's techniques for identifying and evaluating lesions into our "10-step protocol" and how to apply individual correction treatments when needed.

Evaluation and treatment processes of the hard palate, the mandible, and temporomandibular joint will be presented and practiced to complete the exploration of the masticatory system. Emphasis will then be directed to whole body evaluation, as discussions will center on various "physiological phenomena" that occur within the body.

The SomatoEmotional Release process will also be introduced with discussion and demonstration of an "energy cyst." Before participating in this course, students must complete CranioSacral Therapy I, either at Esalen or elsewhere.

For further information see Special Programs, page 58.

C.E. credit is available for nurses; see page 60.
$740

Masks of Transformation: Moving from Personality to Essence

Charles Miedzinski

In order to survive, we develop masks of false personality and body armor with which we eventually identify, thereby forgetting our essence. This workshop uses powerful, yet simple art processes to facilitate a deep journey through layers of our defensive self-images and body armor to our essential nature.

The journey will begin with a slide presentation and discussion on the use of masks in other cultures and in our everyday world. Then, integrating the theories of Jung, Reich, and Almaas, the workshop will illuminate our understanding of how our masks function as both wombs and tombs.

Through the process of constructing and painting our masks, we can see both the defensive layers of our self- and body-images, as well as the radiance of our true nature. The workshop will also utilize movement, interactive exercises, full-body drawings of our armor and essence, and creative encounters with our shadows and personas as further ways of exploring the different faces and body postures we present to the world. The week will conclude with a sacred mask ritual in which each participant enacts his or her movement from personality to essence.

Recommended reading: C.S. Lewis, *Till We Have Faces*. $740
(plus $30 materials fee paid directly to the leader)

Ecopsychology, Addiction Recovery, and Gender Reconciliation

Jed Diamond

There have been four stages in the evolution of addiction recovery programs. The first stage began with the founding of Alcoholics Anonymous and focused on "individual" recovery. Then we recognized that individual recovery had to be supplemented by focus on "intimate relationships" and gender issues. Soon after, we added a focus on our addictive "social institutions." We are just entering the fourth stage as we expand to include ways in which the 10,000 year period we call "civilization" is rooted in violence, abuse, and addiction.

The core of our individual, interpersonal, and social addictions can be traced to the time we first became estranged from the earth. To find a cure for all our addictions we must recognize that for the last 10,000 years the whole of Western civilization has been suffering from post-traumatic stress disorder. If we are going to survive on the planet we must go back to the time of the original trauma when we went from the I-Thou connection of the gatherer-hunter culture to the I-It disconnection of the domesticator-dominator culture.

Drawing on the most recent information from addiction studies, ecopsychology, the women's and men's movements, and evolutionary biology, the workshop will offer a model of recovery that combines planetary, societal, gender, and individual healing.

C.E. credit is available for nurses; see page 60.
$740

Turning on the Light: A Choice to Live Consciously

Laura DeNuccio (Ma Prita) & Guest Leaders

> *In the sunlight of awareness, each thought and action becomes sacred.*
> — Thich Nhat Hanh

Laura DeNuccio writes: "To live fully in the present moment, deeply in touch with life, is a choice each individual can make—one breath at a time. This week we will honor, empower, and celebrate each person as we explore what it means to fully live moment to moment. Choices can emerge as we ask: What would you love to see in your life? In your world? What matters most to your heart? What is truly of value?

"Personal growth, self-care and integral practices for daily living will be offered primarily as a basic awareness practice for increasing mindfulness, self-knowledge, and responsibility. Through the creative use of breath, sound, movement, and visioning, we can awaken and remember what our spirit longs to express. Guided meditations will be introduced to increase body awareness and aliveness, to reduce stress, and to quiet, still, and expand the mind.

"Our time together will be grounded in mutual respect and understanding as we cultivate compassion and patience, come into alignment with our own personal truths, and enter into a harmonious relationship with nature. By taking gentle walks and light hikes, nature's inspiration can deepen our capacity to listen to our innate wisdom and intelligence, expanding our vision of possibilities for all concerned."

Recommended reading: Fields, et al., *Chop Wood, Carry Water*; Chopra, *Ageless Body, Timeless Mind*; Hanh, *The Miracle of Mindfulness.*

C.E. credit is available for nurses; see page 60.

$740

Weekend of June 28-30

Yoga Works: Tools for Well-Being

Chuck Miller & Maty Ezraty

Yoga is an ancient system that uses the body, breath, and mind to energize and transform all aspects of living. It is not only an excellent source of physical exercise, but a unique and powerful tool for self-realization. The practice of yoga can help release blocks that cause mental and physical pain and prevent us from knowing our divine nature. It is also a great way of dealing with the stress of daily living.

The invigorating effects of yoga become readily apparent as the body opens and stretches. Breath is the link between mind and body, and various breathing methods will be taught to help reduce tension and cleanse the system. The serenity and clarity that is the goal of yoga will be sought through meditation exercises that calm and focus the mind. Yoga philosophy and theory will be discussed, as well as nutrition and its role in overall physical health.

All levels are welcome and no prior experience is required, only an adventurous spirit. For further information contact the leaders at 310-393-5150. $380

Caring for the Dying: What Really Works?

Frank Ostaseski & Ryushin Paul Haller

This workshop explores a mindful and compassionate approach to caring for those with chronic or life-threatening illness. Drawing on the experience of the Zen Hospice Project, a nationally innovative model of conscious care, the aim is to demystify the care-giving process, investigate our response to suffering, and clarify our intention in service.

The leaders will introduce traditional meditation practices of awareness, impermanence, and forgiveness; provide exercises designed to explore accumulated grief; and discuss the importance of ritual and memorials. Through silence, writing, storytelling, and the collective wisdom of the group, participants will discover ways of encouraging our innate generosity and skillful means to stay present in difficult or impersonal care-giving situations.

The workshop offers renewal and a fresh perspective on service to professionals or individuals caring for friends or family. All are invited, but those caring for people with AIDS or cancer are particularly encouraged to attend. Wear comfortable clothing and please bring writing materials.

C.E. credit is available for nurses; see page 60. C.E. credit for psychologists is pending.

$380

Innocence: The Cancer That Kills Love

Judith Sherven & James Sniechowski

Why is it so hard to say, "I was wrong. I'm really sorry?" What causes us to insist it's all someone else's fault?

We live in an era of entitlement and self-righteous indignation. "I'm right. You're wrong" are the watchwords of the day. And they are destroying our relationships.

In loving partnership no one is ever purely "right" or solely "wrong." Both parties create their dance together.

Personal responsibility, co-created power-sharing, and the magic of differences are the cornerstones of this experiential workshop. Enhanced maturity, flexibility, and increased capacity for loving acceptance, compassion, and communion are the goals. The workshop will include guided meditations, role-playing vignettes to resolve conflict, and emotional "muscle testing." $380

Identity, Community, and Politics: The Ontogeny of Everyday Life

Andra Akers & Tim Kennedy

If there are many paradigms in this nonlinear, ever-shifting, postcultural world, how do we create ourselves, our social, political, and spiritual realities? How do we make meaning in this transition to a global human soul? What is the ground of being for a twenty-first century identity, the characteristics of a planetary citizen? What models will shape this new identity, both individual and global—and lead us to envision news ways to live and work?

In a cultural context, biological science is a potent vision of life's appreciation of itself, one way our species recognizes its participation in the embodiment of this living planet. We and all organisms are both ends and means. Molecular, cellular, organismal, and ecological insights point to our heritage, one shared with the rest of the living earth—a vivid story of being and becoming.

With biology as the blueprint and imagination as the engine, this workshop will explore with you a new kinship story, with identity as an ecosystem of ideas, in a creative commonwealth founded on diversity, and search for a new definition of power based on a strategy of inclusion.

Recommended reading: Abraham, *Chaos, Gaia, Eros*; Chomsky, *World Orders Old and New*; Kauffman, *At Home in the Universe.*

$380

SPECIAL PROGRAMS

The programs listed below are either longer than the standard Esalen workshop or part of an ongoing series. Prices quoted below for these programs are for standard accommodations as described in "Reservation Information," page 4. Sometimes bunk bed space is available at a reduced rate. Scholarships are also available; please see "Scholarship Information" on page 5.

MARGARET LIVINGSTON

The Diamond Approach: A Spiritual Teaching for Our Times

An Introductory Series of Classes

Teachers of the Ridhwan School are offering a series of introductory workshops in the Diamond Approach over the next year (see Soul as Living Presence, **February 11-16**, and Opening the Doors to Essence, **June 23-30**). The Diamond Approach is a spiritual teaching developed by A.H. Almaas (Hameed Ali) to meet the needs of those wishing to contact the depths of who they are while leading ordinary lives of work and family. In addressing these needs, the teaching bridges the traditional divisions between what is considered sacred and what is considered mundane. It utilizes elements from depth psychology and traditional spiritual knowledge and practices, creating a new method for engaging in the process of spiritual transformation.

The methodology of the Diamond Approach is open-ended inquiry into one's personal experience leading to an experiential understanding of it. The format includes meditation, awareness and movement practices, talks, exercises in self-inquiry, and personal processing within the group. As we inquire into and travel through our inner terrain, our identifications and beliefs shaped by our conditioning—the obscuring veils within—become more and more transparent, and we are able to contact dimensions of reality and the human potential traditionally accessible to only a few. As we gradually contact the depths of who we are, the personality becomes refined, and our lives progressively become embodiments and expressions of our true nature.

As in the case of many schools of spiritual work, spiritual development in the Diamond Approach, while noninvasive and nonconfrontational, does lead to addressing the defenses of the ego and the dissolution of its structures, and so is not appropriate for everyone. It is especially suited to those who have done a lot of spiritual and/or psychological work, and who still feel that something within has not been touched. Reading one or both of the books below is recommended to see if you resonate with this approach. Prospective participants will be sent a questionnaire to ascertain whether the work may be of personal benefit.

While each workshop provides a foundation for the next, each is complete on its own and so may be taken individually or as part of the series. For more information and to obtain a questionnaire contact Joyce Lyke at 408-375-9845.

Recommended reading: Almaas, *Essence* and *Diamond Heart – Book One*.

February 11-23

Advanced Training in Shamanism and Shamanic Healing

Michael Harner & Sandra Ingerman

Shamanism is the most ancient system known for using the mind, heart, and spirit to heal oneself and others, and to solve the problems of daily living. This 12-day intensive course emphasizes the universal methods of classic core shamanism, such as shamanic journeying, and their practical application to contemporary life.

Course prerequisite: a previous workshop with Michael Harner or other authorized faculty member of the Foundation for Shamanic Studies, either at Esalen or elsewhere.

Recommended reading: Harner, *The Way of the Shaman* and *Hallucinogens and Shamanism* .

For information, cost, and application, please contact Foundation for Shamanic Studies, PO Box 1939, Mill Valley, CA 94942; 415-380-8282. Early application is recommended.

Please note: C.E. credit is no longer available for nurses.

The Upledger Institute Series

The Upledger Institute was founded by John E. Upledger, who pioneered the field of CranioSacral Therapy nearly twenty-five years ago. Dr. Upledger is a Doctor of Science, an Academic Fellow of the British Society of Osteopathy, and a member of the Alternative Medicine Program Advisory Council of the National Institutes of Health.

From 1975 to 1983, Dr. Upledger served as clinical researcher and professor of biomechanics at Michigan State University. During those years he supervised a team of anatomists, physiologists, biophysicists, and bioengineers in experiments testing the existence and influence of the craniosacral system. The results of those studies explained the function of the craniosacral system and its use in treating malfunctions of the brain and spinal cord.

The Upledger Institute teaches noninvasive modalities such as CranioSacral Therapy to doctors and health care practitioners of all disciplines. Curricula range from the structural/functional anatomical perspective to approaches that explore the physical, emotional, mental, and spiritual origins of pain and dysfunction.

Esalen will be offering SomatoEmotional Release II (**March 3-8**) and CranioSacral II (**June 23-28**) during this catalog period. This work is sequential and each workshop requires completion of the previous course, either at Esalen or elsewhere.

Working With the Enneagram Types—A Three-Part Series

Esalen is offering a special three-part series on the Enneagram, led by Helen Palmer. The Enneagram is an ancient model of human development that links the unique and private world of personality type with the specific aspects of human essence. Essence is a permanent, as contrasted to accidental, element of being. Awareness of essence has been called higher consciousness, or spiritual attainment.

Using the Enneagram model as the solder between the psychological and spiritual aspects of being, the three workshops focus on the practices of body, heart, and mind that best support different types of people toward spiritual liberation. These workshops may be taken individually (see **March 3-8**) or as an entire series.

March 8-April 5

28-Day Massage Practitioner Certification Program

Peggy Horan, Dean Marson
& Esalen Massage Staff

The Esalen monthlong massage program provides comprehensive instruction in basic massage skills. This training includes anatomy, movement, meditation, gestalt awareness, ethics and business practices, and self-care. The daily lessons consist of lecture, demonstration, and supervised hands-on practice. Bodywork is studied as a pathway to well-being and transpersonal growth.

After the monthlong program, students wishing to fulfill certification requirements have six months to complete and document thirty massage sessions. Upon payment of a $50 processing fee, a California state-approved Certificate of Completion will be issued.

This is a professional training group with limited admission. Please request an application form when making reservations.

C.E. credit is available for nurses; see page 60.

Standard accommodations:	$3325
Bunk bed room, if available:	$2350

March 17-29

Emotional Healing: From Codependence to Aliveness

Terry Hunt & Miriam Kahn

Children who grow up in alcoholic, abusive, or otherwise unhealthy homes often develop disabilities that last a lifetime unless these disabilities are deliberately addressed. These difficulties can include: an inordinate need to control, an overdeveloped sense of responsibility, fear of authority figures, the inability to trust, difficulty having fun, compulsive behavior, fear of abandonment, and a chronic lack of self-esteem.

All addictions and codependency are diseases of denial. Sufferers of addictions and their offspring tell themselves that it really wasn't so bad, and they learn not to feel what they cannot tolerate. As they deny pain, they screen out joy, and their adult lives can be filled with depression and loneliness. These same individuals are also survivors, however, and most have emerged as successful-appearing adults. Yet they often spend so much energy managing and controlling work and relationships that they have little left for themselves and their own fulfillment.

A necessary part of healing is moving from being codependent toward a state of emotional sobriety. Through self-exploration, participants will have the opportunity to access, express, and release blocked emotions that they still carry from childhood, and to tap the aliveness that was sacrificed when they buried their anger, fear, and grief. Points of focus for this workshop will include:

- Emotional sobriety: Having a sense of balance and physical boundaries from which to find peace and a capacity for genuine sharing and pleasure
- Pleasure/addictions: Learning that true pleasure is a life-affirming, non-addictive experience
- Sexuality: Separating the unmet needs of the wounded child from adult intimate sexual relationships; learning tools for nurturing and sustaining healthy relationships
- Boundaries: Looking at the tendency to alternate between fusing with another and completely isolating oneself
- Spirituality: Learning to have faith despite the horror experienced in childhood
- Learning new behaviors: Identifying and overcoming old ways of reacting

Recommended reading: Hunt & Paine-Gernée, *Emotional Healing*; and *Secrets to Tell, Secrets to Keep*.

C.E. credit is available for nurses; see page 60.

Standard accommodations:	$1795
Bunk bed room, if available:	$1245

Healthspring Outreach and Education

The Healthspring Project offers education and information that extends Esalen's work in the healing arts and sciences to the outside world. It is an independent service-oriented program of Esalen teachers and their associates. Healthspring offers a global information network linking visitors to Esalen with centers, teachers, and health professionals in somatics and psychology located in their home area. Our listings are public information and are not meant to be an endorsement of any individual or institution. Some of our practitioners and teachers travel to New York, San Francisco, and Los Angeles and are available for private sessions and classes. If you are interested in being contacted, let us know.

The Healthspring library offers books on health and healing, bodywork, somatic studies, psychology, nutrition, and related studies, which may be borrowed by students for a given period while at Esalen. Donations of appropriate books are greatly appreciated.

For access to this program, write to Laurie Lioness Parizek at Esalen, c/o Healthspring.

CONTINUING EDUCATION PROGRAMS

FOR NURSES

The Board of Registered Nursing has approved Esalen as a provider of continuing education for registered nurses, provider number 01152. Only those programs listed below offer continuing education credit. Workshop leaders have the final decision in applying for C.E.U. eligibility. There is a $10 processing fee for C.E.U. certificates, payable at the end of the workshop when you turn in your evaluation form to the office. If you wish to receive a certificate, please notify the office at the time of registration.

Please note: *Two-day workshops offer 10 hours of C.E. credit and five-day or longer workshops offer 30 hours.*

If you need additional information on C.E. courses for nurses or future C.E. outreach programs, please contact Sherry Sanders Galloway, R.N., Continuing Education Coordinator, 408-667-3000.

December 31-January 5

- Adventures in Bodywork
- Opening the Feelings
- The Subtle Art of Meditation
- To Be Ready to Live, To Be Ripe to Die

January 5-7

- Psychoneuroimmunology and Its Implications
- Attention! Attention! Attention!

January 7-12

- Mending the Fragmented Self: Soul Retrieval and Shamanic Practices

January 12-14

- Weekend Massage Intensive
- The Enneagram in Personal Development and Therapy
- Understanding the Other Sex: Gender Training for Gender Trainers

January 14-19

- Sports Massage: Keeping the Players Playing

January 19-21

- Hanna Somatics: Mastery of Muscles and Emotions

January 21-26

- The Heartful Path to Mind Power: Geometrizing Mind Space

January 26-28

- When Success Is Not Enough
- Re-Solving Your Past, Remembering Who You Are: A Gestalt Process Workshop
- Religious and Spiritual Problems: A Paradigm Shift in Mental Health

January 28-February 2

- Facing Life's Challenges: Courage, Faith, and Self-Acceptance

February 2-4

- The Art of Leadership: Communication, Creativity, Vision

February 4-9

- Gestalt Practice
- Polarity Massage Intensive

February 9-11

- Introduction to Mindfulness Meditation
- Zero Balancing Open Forum

February 11-16

- Five-Day Massage Intensive

February 25-March 1

- Awakened Mind: Five-Day Brainwave Training Intensive
- Birth Experience: A Pathway to Life

March 3-8

- The Heart of the Shaman
- The Upledger Institute's SomatoEmotional Release II
- Working with the Enneagram Types—Part I: The Belly Center

March 8-April 5

- 28-Day Massage Practitioner Certification Program

March 10-15

- The Subtle Art of Meditation

March 15-17

- Taking Responsibility: Pathway to Personal Power
- Sensory Awareness

March 17-29

- Emotional Healing: From Codependence to Aliveness

MARGARET LIVINGSTON

March 24-29

- Healing from Trauma: A Bodywork Intensive

March 29-31

- A Celebration of the Body: A Self-Empowerment Weekend

March 31-April 7

- Reweaving the Web: Hypnotic Entailments—Conversation in a New Key

April 5-7

- Weekend Massage Intensive

April 7-12

- Making Crucial Life Choices and Major Life Changes

April 12-14

- How Successful People Succeed

April 14-19

- Soul Dramas: Past-Life Regression and Spiritual Healing for (Helping) Professionals
- Spiritual Healing: Laying-on-of-Hands
- The Path of Transformation through Meditation

April 19-21

- Holoenergetics®: The Art and Science of Conscious Healing
- The Healing Power of the Dream

April 21-26

- Chakra Integration: A Complete Approach to Health and Healing
- Awakening From Trauma: Healing Body Image and Sexuality

April 26-28

- You Don't Have to Be Good

April 28-May 3

- Continuum
- Facilitating Intuition
- Gender Talk: Communicating With the Opposite Sex... and Everyone Else

May 3-5

- Intuition and the Dance of Attention
- The Healing Power of Laughter and Play

May 5-10

- Embodying Images of Health: A Somatic/Expressive Approach to Psychoneuroimmunology
- Healing the Heart
- Giving Voice to Bear: Shamanism and Bear Medicine

May 10-12

- Weekend Massage Intensive
- Vipassana Meditation and the Teachings of Thich Nhat Hanh
- Nine Worldviews: The Enneagram at Work

May 12-17

- Advanced Hypnosis: Practice and Applications
- The Visionary Life: The Quest of Your Life
- Intermediate Massage Intensive

May 17-19

- The Embodied Life: Feldenkrais® Movement and Zen Meditation

May 19-24

- The High-Performance Mind: Awakened Mind Brainwave Training

May 24-26

- OpenMind Training: Innovations in Meditation and Mind/Body Healing

May 26-June 2

- Cortical Reeducation® and the Feldenkrais Method®
- Gestalt Practicum

May 26-31

- The Core Self: Return to Innocence and Choice

June 2-7

- Opening the Feelings
- Conflict Resolution Through Conscious Negotiations
- Facial Communication/ Facial Diagnosis

June 7-9

- Rekindling the Spirit in Work

June 9-14

- Five-Day Massage Intensive

June 14-16

- Practical Herbology: An Esalen Garden Workshop

June 21-23

- Introduction to Mindfulness Meditation
- Making a Private-Pay Practice Work

June 23-28

- The Upledger Institute's CranioSacral II
- Ecopsychology, Addiction Recovery, and Gender Reconciliation
- Turning on the Light: A Choice to Live Consciously

June 28-30

- Caring for the Dying: What Really Works?

FOR PSYCHOLOGISTS

Esalen has been approved as a provider of continuing education for psychologists in the State of California, accredited by the California Psychological Association, provider number ESA001. This recent approval came at Catalog publication time, too soon to have received specific approval for individual workshop applications. Those workshops for which C.E.U. applications have been filed are noted in the Seminars section. For questions or further up-to-the-minute information, contact Brita Ostrom at 408-667-3040.

Please note: *Two-day workshops will offer 10 hours of C.E. credit and five-day workshops will offer 26 hours.*

✱ WORK STUDY PROGRAM

The Work Study Program is for those interested in an intense and complete involvement with the Esalen environment. It is a work-oriented program, emotionally and physically, and only rarely is it restful. Participants work thirty-two hours per week in one of Esalen's departments (kitchen, garden, farm, housekeeping, maintenance, or grounds) and participate, along with staff and long-term students, in that department's program.

During most evenings and one weekend intensive, work students are together as a group exploring different practices and approaches available at Esalen, with specifically assigned leaders who will be with the group throughout the month, coordinating the study schedule and facilitating many of the evening sessions.

MARGARET LIVINGSTON

The selection of work students is done by Bette Dingman, the Work Study Coordinator, in consultation with department supervisors. Since this is a work program, preference is given to applicants who are open and willing to learn about themselves within the work context as well as within the evening and weekend study/process groups. Applicants with particular skills or physically limiting conditions are urged to mention them on the application. It is necessary for applicants to be able to speak and understand English.

First-month work students, in particular, are assigned to departments largely on the basis of community need. No work students will be assigned to the office until they have fulfilled a minimum of one month in one of the aforementioned departments, either during a current or a previous stay.

The study portion of the program is divided into two groups each month: each emphasizes one type of growth practice, such as gestalt, meditation, Reichian work, massage or somatics work, and so forth. Participants must be prepared to stay at Esalen for the full duration designated for that particular program, assuming that they meet the standards of the Work Study Program.

Please note: This program is designed to explore and apply human values and potentials in both the evening groups and the workplace. It is not intended as a substitute for therapy or as a "cure."

It is sometimes possible to receive college unit credit for participating in the Work Study Program. Please check with your college or university for eligibility requirements.

Work Study Programs scheduled for this catalog period are:

January 7-February 4

Using Esalen massage as the primary focus, **Peggy Horan** will lead a monthlong program exploring touch, sensing, feelings, and presencing, relating these areas to both bodywork and daily life. In support of the massage work, sessions in group process, gestalt, and movement will be offered.

The focus of a month with **David Schiffman** will be on the theme of transition. It is geared for people facing major changes who would like to create a time for sanctuary and a mood of mutual support. The intention will be to cultivate an individual style of approaching change that is heartfelt, open-minded, and resourceful in spirit.

February 4-March 3

Jo Smith Hollman will lead a month focusing on the intertwining paths of personal growth and community building. Using exercises for the body/mind/spirit, dance, storytelling, bodywork, meditation, and guided imagery, this will be an exploration into developing awareness and self-love, and how to expand this development into healthy relating. *"There is within us that which is within others..."*

Elaine Hughes will offer an intensive writing program which incorporates meditation, visualization, body awareness, sense perception, and evocative writing exercises, all designed to facilitate personal process work in addition to promoting fuller self-expression. Art, music, and movement will be used for deepening creativity and opening the imagination. Weekly gestalt open seats will be scheduled. Please bring a bound writing journal.

March 3-31

During this month **Julian & Cynthia Silverman's** program will provide a format for mindfulness in everyday life using the teachings of *A Course in Miracles*, meditation, movement, and massage.

Focusing on the theme of oneness and separateness, **Judy Blackstone** and **Zoran Josipovic** will provide ways to increase our capacity to love and our ability to be alone. Gestalt, movement, freeing the voice, communing with nature, and meditation will be incorporated to help develop healthy boundaries, spiritual awareness, and self-expression.

March 31-April 28

A month with **John Soper & Friends** will focus on ways to improve the quality of life for participants. Gestalt practice will be the vehicle for personal growth in a group setting. The group may also experience other practices, including games, to bring into focus those areas of our lives that are ripe for change.

Nina Wise will present a program of "Motion Training," a technique that utilizes sound, movement, language, and visual elements in the creation of spontaneous performances that arise from the inner life of the actor. This work enhances the ability to integrate language and movement, respond physically to emotional impulses, and give voice in sound and language to personal truths. In addition to performance work, there will be meditation, writing, and experiments with integrating spontaneity and play into daily life.

April 28-May 26

Joyce Frazee will invite the creative power of the dream and the dreamer to connect during this monthlong. Gestalt practice and dreamwork, meditation, drawing, storytelling, bioenergetics, and dancing will also be used to reveal that through our dreams we are connected to each other and to ourselves.

With an emphasis on the practice of massage, **David Streeter** will explore the inner power of the human being. He will combine the essence of Zen meditation with movement from the martial arts and yoga. These principles will be applied to the art of massage and the art of being in the world.

May 26-June 23

The basis of a month with **Seymour Carter** will be the gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, and aikido. Each participant's process of development will be honored, encouraged, and treated as unique.

Lenore & Mel (Rudra) Lefer will lead this program. Lenore will offer an exploration of the inner journey within the framework of psychosynthesis, using guided imagery, journal writing, dreams, ritual, storytelling, and nature to create a supportive environment in which healing and transformation can occur. Mel will teach all levels of Integral Yoga, including postures, progressive relaxation, breathing practices, meditation, and visualization.

June 23-July 21

Eduardo Elzner & Guests will lead a month concentrating on emotional release work and self-awareness, incorporating gestalt practice, group and individual process, rituals, movement, and bodywork.

Olga Luchakova will lead an integral mind-body-spirit training (raja and maha yoga) exploring the connection between subtle energy practices and self-realization. Meditation, special movement, work with chakras and meridians, psychospiritual exercises, and self-inquiry will be used to cultivate awareness and healing of the deepest layers of our mind-body system and to uncover the truth of who we really are. (It is suggested that participants follow an ovo-lacto-vegetarian diet—eggs and dairy allowed—during this training.)

Inasmuch as the Work Study Program is a complete program in itself, please do not plan to take regularly scheduled catalog workshops during your stay. Professional services, such as massage, are available at staff rates.

Fees: A deposit of $400 in U.S. currency is required with your application. The work scholar fee is $750 for the first month, $700 for the second month, and $650 for the third month. Work students may be invited to remain for a second or third month depending on space available and community needs. Occasionally it is possible to stay for a longer period of time as an Extended Student. There are no scholarships available for the Work Study Program.

Housing: Accommodations are shared (occasionally co-ed), with up to four people to a room, usually at South Coast Center, a staff complex located 1.5 miles north of Esalen.

For more information contact Bette Dingman: 408-667-3010.

Please note: Application is not registration in the program. Registration is made only after approval of application and upon receipt of deposit. The balance of the fee is due on arrival. Of the original deposit, $100 is nonrefundable and may be transferred to other programs within one year of receipt. Please return the application form (see next page) with your deposit to:

Work Study Program
Esalen Institute
Big Sur, CA 93920

Institute of Transpersonal Psychology Offers External Master's Degrees

WORK STUDENTS have the opportunity to integrate their work study experience at Esalen with the external degree program of the Institute of Transpersonal Psychology. The external degree format enables students to study at any location. Work students will be able to continue the dynamics of personal growth fostered at Esalen while earning master's degrees in transpersonal studies or in transpersonal psychology.

Inquiries and applications should be made directly to ITP. Contact:

Nancy Fagen
External Program
Institute of Transpersonal Psychology
744 San Antonio Road
Palo Alto, CA 94303
415-493-4430

WORK STUDY PROGRAM APPLICATION

Name ________________________ ☐ Male ☐ Female

Date of Birth ____________ Occupation ____________

Place of Employment ________________________

Daytime Phone (___) ____________ Home Address ____________

Evening Phone (___) ____________ City/State/Zip code ____________

Date of Application ____________ Country ____________

Do you have any physically limiting conditions which might affect your full participation in this program? ☐ Yes ☐ No

If yes, please be specific. ________________________

____

Are you currently taking any medications? ☐ Yes ☐ No If yes, please specify: ____________

Which program(s) are you interested in? Please list the leader's name. ____________

____

____

Please note: When focused programs continue with the same leader for more than one month, participants must be prepared to stay at Esalen for the full duration of that particular program.

The Work Study Program is for 28 days, beginning and ending on Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: ________ to ________ 2nd: ________ to ________ 3rd: ________ to ________

Work students may be invited to remain for a second or third month, depending on space available and the needs of the Esalen community. Please indicate your availability for such an invitation.

☐ No extension ☐ One-month extension ☐ Two-month extension

Assignments to departments are made according to community labor needs. However, if you have particular skills that you're willing to use, especially in food preparation, gardening, maintenance, mechanics, construction, or housecare, please mention them here.

____

____

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☐ Please check here if you have emergency medical skills (M.D., R.N., or E.M.T.) and are willing to use them during your stay.

Attach a personal statement about your interest in the Work Study Program and why you'd like to participate.

All applicants are required to sign a standard release from liability and assumption of risk form as a condition of participation in the Work Study Program.
Please Note: No pets allowed.

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The Esalen Wilderness Program refund policy reflects the fact that few of these expenses can be recovered.

To reserve a space in a wilderness workshop, a nonrefundable deposit of $200 is required. The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your nonrefundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your deposit is forfeited.

June 2-8

Origins: A Rites-of-Passage Journey in the Ventana Wilderness

Little Bear Nason & David Schiffman

We are initiated into authentic self-knowledge only by genuine challenges, experiences that test us, stretch us, and open us to the inner resources that we can rely on. This workshop is patterned after ancient tribal rites of passage used for awakening to the powerful healing influences of one's inner visions.

The journey begins with a gathering at the Esselen Tribe's ceremonial grounds high in the hills above Big Sur. Here participants will be initiated by tribal leaders into the sacredness of ceremony, dreamtime, and ritual in preparation for the rites of passage.

After hiking some of the most beautiful high ridge country in northern Big Sur, the group will arrive at an area used by generations of Esselen Indians for restoration and purification. From here each person will go off alone for two days and nights to his/her own sacred practice ground for the retrieval of the simple reverence for life and personal effectiveness that grows out of diligent cultivation of the soul.

Regathering after this solo time, participants will have the opportunity to share their stories. The practical application of the insights gained will be examined, marked, and celebrated.

This workshop is geared for people with a sincere interest in making real changes in their lives who are willing to take the time and receive the support necessary to make such changes.

Backpacking experience is not necessary. Be prepared for vigorous physical activity. The workshop begins on Sunday, July 16, at 6:30 p.m. at the Ventana Wilderness Ranch in Carmel Valley. Complete details and an equipment list will be sent upon registration.

$790

TOM GALLOWAY

AUDIO RECORDINGS

The Dolphin Tape Series

Each new tape list has a somewhat different emphasis in its selection of titles and speakers. In addition to the many well-known titles from familiar speakers included for the special attention of new customers, there are several additional tapes from some old favorites, the most recent recordings from others, and a few entirely new speakers, events, and subjects.

Dolphin Tapes has no complete catalog, just overlapping tape lists. When you place an order, let us know your field of interest or your favorite speakers. We may have more information on some of them. Many tapes are in stereo. Tape length is normally 1 to 1 1/2 hours.

Single-tape titles are $10:

Abraham/McKenna/Sheldrake: TRIALOGUES: *Preview and Sampler*, 1989-90
Abraham/Thompson: *Eccentric Sunday Morning: Chaos and Order*, 1993
Gregory Bateson: *The Limits of Science*, 1978
Robert Bly: *Six Powers of Poetry*, 1983
David Brower: *Breaking the Species Barrier*, 1971
Joseph Campbell at 80: *The Hero's Journey* (*Celebration*), 1984
Barry Commoner: *Human Meaning of Environmental Crisis*, 1971
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Richard Feynman: *Quantum Mechanical View of Reality*, 1983
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John Heider: *Living in the Tao*, 1987
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Al Huang & David Darling: *Dancing Cello, Dancing Tao*, 1989
Aldous Huxley: *Human Potentialities* (MIT Cambridge), 1961
Laura Huxley: *Recipes for Living and Loving* (Guided Imagery), 1963
Robert Johnson: *The Roots of Modern Masculinity*, 1990
Robert Johnson: *The Wounded Feeling Function*, 1993
Stanley Keleman: *Biological Roots of Human Experience* (Kairos), 1970
Jack Kornfield: *The Simplicity of Spiritual Practice*, 1982
Jack Kornfield: *On Buddhism: A Personal Story*, 1983
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Daniel Sheehan: *Philosophy of Christic Institute*, 1991
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Sheldrake/Pearce: *Resonant Fields of Heart and Brain*, 1993
John "Jay" Shelfer: *Taoist Chi Energy Breath Movement*, 1993
Julian Silverman: *A Lighthearted Course in Miracles*
Huston Smith: *The Nature of Reality* (Boston), 1970
David Steindl-Rast: *The Body, Sensuousness, and Spirituality*, 1990
Richard Tarnas: *The Passion of the Western Mind*, 1993
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BIOGRAPHICAL INFORMATION

A

Ralph Abraham, *known for his work in dynamics and chaos theory, is professor of mathematics at UCSC, and author of* Chaos, Gaia, Eros: The Orphic Trinity in Myth and Science, *and coauthor of* Trialogues at the Edge of the West. *p. 23*

Sarah Abukutsa *is a professional singer and dancer who trained in her native Kenya before working in Europe and the U.S. She has worked with Babatunde Olatunji and Quincy Jones. p. 48*

Andra Akers *is founder and president of the International Synergy Institute, an interdisciplinary think tank for new ideas in art, science, and social change. She is presently writing a book,* Conversations with the 21st Century. *p. 57*

Ronald Alexander *is a health psychologist in private practice in Santa Monica, Calif., and a clinical core faculty member at Ryokan College. He is a consultant to the entertainment industry, specializing in creativity and leadership skills. p. 22, 31, 48, 49*

Anne Armstrong *has been doing transpersonal counseling for more than thirty years and has trained professionals to use their intuitive abilities. p. 42*

Elliot Aronson, *teacher, scientist, and author, has been leading workshops on self-awareness and self-compassion for over twenty-five years. He is a member of the American Academy of Arts and Sciences. p. 22*

Vera Aronson *is a counselor and group leader who specializes in issues relating to the elderly. p. 22*

Angeles Arrien, *a native Basque, is an author, anthropologist, educator, and corporate consultant, whose teachings are based on the universality of values, ethics, and experiences revealed through cross-cultural myths, symbols, and the arts. p. 17*

B

Oliver Bailey *is a practitioner and instructor of Esalen massage. His background includes training in gestalt practice, neurolinguistic programming, intuitive work, and meditation. p. 52*

Richard Balaban *is a clinical psychologist in private practice in Bloomington, Indiana, who delights in leading groups. He affirms joyfulness and the creation of a sense of self and community. p. 43*

James Baraz *has taught vipassana insight meditation retreats since 1977 and is cofounder of Spirit Rock Meditation Center in Marin County, Calif. A licensed psychologist, he has a counseling practice in Berkeley. p. 23, 54*

Edmundo Barbosa *is a body-oriented psychologist from Sao Paulo, Brazil and the founder of Revida, a center for work with cancer patients. He is a senior research associate for the Institute for the Study of the* Afterdeath. *p. 14*

Ysaye Barnwell *has since 1979 performed, composed, and recorded with the internationally renowned a cappella quintet* Sweet Honey in the Rock. *She also holds a doctorate in speech pathology and a post-doctoral degree in public health. p. 50*

Ellen Bass *has supported, encouraged, and inspired women's writing for over twenty years. She has published a dozen books, including poetry, nonfiction, and children's stories. p. 23*

Brian Bergstrom *has been a structural bodywork practitioner since 1980. He has integrated his training with his passion for golf and works with golfers to help them maintain a swing free of physical restriction. p. 39*

Jeff Berner *has photographed worldwide, received two awards from Life magazine, and photo-illustrated* Uncarved Block, Unbleached Silk: The Mystery of Life, *by the late Alan Watts. p. 36*

Judith Blackstone *is a counselor, meditation teacher, author, and dancer. She is the founder of The Subtle Self Work, a method of realizing the natural integration of the body, authentic self, and spiritual consciousness. p. 63*

Julie Bowden, *pioneer in the children of alcoholics (COA) field, is cofounder of the* National Association of COAs. *She coauthored* Recovery: A Guide for Adult COAs and Genesis: Spirituality in Recovery. *p. 43, 50*

C.J. Bradbury *is a member of the Esalen massage staff and a teacher of t'ai chi ch'uan with an avid interest in brainwave training. He is the grandfather of Joshua and Jazzelyn. p. 16, 44*

Carolyn Braddock *is a body-centered therapist and consultant in private practice in Lakewood, Colo. She authored* Body Voices: Using the Power of Breath, Sound, and Movement to Heal and Create New Boundaries. *She trains professionals in post-traumatic stress disorder. p. 33, 40*

Devers Branden *is coauthor with her husband Nathaniel of* What Love Asks of Us. *She also works as a business consultant. p. 30*

Nathaniel Branden *is a psychotherapist, author, and lecturer who has been a pioneer in the field of self-esteem for over thirty-five years. He has a private practice in Los Angeles. p. 30*

George Brandon *has been playing music professionally for most of his life and has performed with Jimmy McGriff's Big Band, Sun Ra and his Arkestra, and The Mighty Sparrow. He is the recipient of an NEA grant to study theory and composition. p. 50*

Jessica Moore Britt, *gestalt and Reichian practitioner in the Bay Area, is a teacher of the Ridhwan Work School, which is dedicated to understanding personality and spiritual development. p. 25*

Michael Broder *is a psychologist involved with the human potential movement for over twenty-five years. He's the author of* The Art of Living Single *and* The Art of Staying Together, *as well as* Positive Attitude Training *on cassette. p. 36*

Daniel Brown *is director of a group private practice in Cambridge, Mass., and assistant professor at Harvard Medical School. He has spent nearly two decades investigating states of consciousness, and is a coauthor of* States of Consciousness. *p. 38, 39*

Mel Bucholtz *holds degrees in psychology, philosophy, and literature, and trained with Milton Erickson. For the past twenty-five years his work has involved bringing out individuals' unique skills, capacities for self-healing, and outstanding performance. p. 33*

Robin Burnside *is co-manager of the Esalen kitchen and former chef/owner of two successful restaurants. She has over twenty-five years of professional cooking experience. p. 28, 52*

C

Chris Carmines *writes on Western alchemy and practical Qabalah. Her book,* The Celluloid Warrior, *considers the application and misapplication of magic in film. She is president of Raven's Wolf Films. p. 52*

Seymour Carter, *longtime gestalt teacher at Esalen and in Europe, combines studies in family systems theory with Zen Buddhism, sensory awareness, aikido, and other body-oriented practices. p. 42, 47, 63*

Chamalu, *A Quechua Indian, has authored twenty-one books and given over 2,000 lectures. He founded the Universal Pachamama Movement in Bolivia, hosting a spiritual community and international conferences. p. 42*

Carl Chase (C.C.) *is a bodyworker who specializes in cross-fiber friction and deep tissue methods. He has also studied sports massage and soft-tissue manipulation. p. 13, 35, 49*

Kenn Chase *has taught traditional Yang style T'ai Chi Ch'uan for twenty-five years. He has studied with several T'ai Chi masters and has taught internationally. He is the founder of MindBody Technologies, a corporate training company. p. 37*

Randy Cherner *conducts a three-year apprenticeship training program for practitioners in the field of somatic education. He is founder of a somatics center in Corte Madera, Calif. p. 42*

Dan Clurman, *a licensed MFCC, teaches critical thinking at Golden Gate University and is in private practice in Oakland, Calif. He is the co-editor of* Conversations With Critical Thinkers. *p. 42*

Ricci Coddington *is a certified practitioner of Holotropic Breathwork with over thirty years' experience in deep healing work. She completed a three-year training program in transpersonal psychology with Stanislav and Christina Grof. p. 20*

Stephen Cohen, *gestalt practitioner and longtime golf hacker, is founder and president of* The Shivas Irons Society, *a nonprofit organization dedicated to enhancing golf's beauties and virtues. p. 39*

Emilie Conrad-Da'oud *is the founder of* Continuum. *Her innovative approach to movement has enhanced the creativity of artists in many fields and has led to new insights in the healing process. p. 41*

Dale Cummings, *certified Radix® teacher and marriage and family counselor in West Los Angeles, Santa Cruz, and San Francisco, is director of training for the Radix® Institute. p. 14, 50*

Rabbi William Cutter *was trained in the Ford-Esalen project in confluent education. He is a professor of modern literature and education at Hebrew Union College in Los Angeles. p. 33*

D

David Daniels *is a clinical professor of psychiatry at Stanford and an Enneagram teacher with Helen Palmer. Twenty-five years in private practice, he incorporates individual and group process, couples therapy, and clinical applications of the* Enneagram. *p. 17, 28*

David Darling *is a maverick cellist, composer, conductor, and teacher. He is cofounder of Music for People, an organization that humanizes the learning process of creating music. His latest recordings are* Cello, Dark Wood, *and* 8-String Religion. *p. 13*

Lama Surya Das *is a Buddhist scholar, poet, and translator of Tibetan texts. He is founder of the Dzogchen Foundation of America and author of* The Snow Lion's Turquoise Mane: 150 Wisdom Tales from Tibet. *p. 25*

Bernie DeKoven, *groupware pioneer and author, has designed business games for Sun Microsystems and Apple Computer, computer games for Children's Television Workshop, and community celebrations for hundreds of thousands of people. p. 43*

Russell Delman *was one of the first people chosen to lead authorized professional training programs in the Feldenkrais® Method. He has maintained a Zen meditation practice since 1971. p. 46*

Laura DeNuccio (Ma Prita), longtime Esalen group leader, has over twenty years' experience worldwide guiding people in breathwork, gestalt, vision improvement, movement, and meditation. Her current interest is swimming with wild dolphins in Hawaii. p. 57

Jed Diamond is a psychotherapist specializing in addiction recovery and gender reconciliation. He is the author of The Warrior's Journey Home: Healing Men, Healing the Planet and Looking for Love in All the Wrong Places: Overcoming Romantic and Sexual Addictions. p. 56

E

Donna Eden is the developer of Energy Kinesiology, based on an ability to see and work with the body's energies in a systematic manner. She has been practicing energy balancing for nearly two decades and teaches worldwide. p. 41

Eduardo Eizner, a licensed psychologist from Belgrano University in Argentina, is an Esalen staff member and director of Gazebo School Park. p. 63

Eric Erickson is a long-term student of gestalt and Eastern philosophical traditions. p. 18

Paméla Espinoza is an Esalen massage practitioner who integrates spiral patterning and movement with the interconnective relationships of the body. Her interests include llamas, wilderness explorations, dance, and the Medicine Wheel. p. 46

Caroline Estes is a cofounder of Alpha Farm, an Oregon intentional community (founded in 1972) which uses consensus in all its decision making. p. 19

Maty Ezraty is a founder and director of Yoga Works in Santa Monica, Calif. She has been teaching and promoting yoga for the past ten years. p. 57

F

Warren Farrell author of Why Men Are The Way They Are and The Liberated Man, has been a pioneer in both the women's and men's movement, and has appeared on over 1,000 television and radio shows. p. 17

David Feinstein, a clinical psychologist, is coauthor of Personal Mythology and Rituals for Living and Dying. He has taught at The Johns Hopkins University School of Medicine. p. 27

Barbara Findeisen is a researcher and lecturer on pre- and perinatal psychology and creator of the film Journey to be Born. She founded Pocket Ranch Institute. p. 27

Jerry Fletcher is president and founder of High Performance Dynamics, a management consulting and training company based in San Anselmo, Calif. p. 40

Lilias Folan continues to share yoga through her PBS series "Lilias!," her books, and award-winning videos and audio tapes. She conducts seminars internationally and has taught yoga and meditation in Russia. p. 40

Joyce Frazee, a gestalt practitioner in private practice, is the senior supervisor of the Gestalt Training Institute of Vancouver, Canada. She gives dream workshops in the U.S., Canada, and Europe. p. 38, 39, 63

Hal French has received multiple teaching awards at the University of South Carolina, and has authored several books on Asian religion. He lectures and leads study tours internationally. p. 50

G

Sherry Sanders Galloway is an Esalen massage staff practitioner and teacher whose focus is sports massage, balanced with Esalen bodywork. A practicing R.N., she specializes in emergency medicine and psychiatric intervention. p. 17

Lillian (Lesefko) Garnier is an expert on facial communication. She studied facial analysis with her Chinese grandmother and has researched Chinese texts and Western studies that correlate this ancient science with modern psychology and medicine. p. 51

Glenna Gerard is cofounder of The Dialogue Group, specializing in interpersonal communication, leadership, and group facilitation. Her passion is integrating spiritual practice and conscious learning in personal and professional life. p. 21

Marushka Glissen is a clinical social worker on the staff of Mt. Auburn Hospital in Cambridge, Mass. She specializes in psychotherapy, hypnotherapy, and couples treatment. p. 39

Michael Goldberg, a management consultant specializing in workteam dynamics, is the author of the soon-to-be-released The Enneagram at Work. He consults using the Enneagram to a wide range of companies including Motorola and the CIA. p. 45

Mary Goldenson (Devarani) is a clinical psychologist, chiropractor, and certified Radix® teacher in Los Angeles. She has a private practice specializing in relationship therapy and transitions. p. 16, 21, 27, 29, 36, 38, 47, 54

Harriet Goslins is the originator of Cortical Reeducation®. She is a Feldenkrais® practitioner with a background in psychosynthesis, applied kinesiology, craniosacral work, and social anthropology. p. 48

Stanislav Grof is a psychiatrist, author, and researcher of psychotherapy and nonordinary states of consciousness. He is codeveloper of Holotropic Breathwork, and conducts workshops and trainings worldwide. p. 32

H

Robert Hall is a physician of the body/mind, psychiatrist, poet, and meditation teacher. He is cofounder of the Lomi School and the Lomi Community Clinic in Santa Rosa, and on the teaching staff of Spirit Rock Meditation Center. p. 52

Ryushin Paul Haller, Zen priest, is spiritual director of the San Francisco Zen Center and a member of the Board of Directors of the Zen Hospice Project. He coleads volunteer trainings and provides spiritual counseling to the dying and their caregivers. p. 57

Eleanor Criswell Hanna, professor of psychology at Sonoma State University, is editor of Somatics, director of the Novato Institute for Somatic Research and Training, and author of How Yoga Works. p. 17

Michael Harner has practiced shamanism and shamanic healing for more than thirty-five years and pioneered their return to contemporary life. His books include The Way of the Shaman; The Jivaro; and Hallucinogens and Shamanism. p. 24, 58

Steven Harper coordinates Esalen's Wilderness Programs. He has led both traditional and experimental expeditions internationally for nearly twenty years. His work focuses on wild nature as a vehicle for awakening. p. 37, 47, 52, 53

Susan Harper teaches Continuum Dance Meditation workshops in Los Angeles and San Francisco, leads Dance the River trips on wild rivers, and has presented at the Joy-Spangler Asilomar Conference. p. 52

John Harris is a bodyworker and somatic therapist with fifteen years' experience treating physical and emotional pain. He specializes in sports massage and has worked extensively with post-traumatic stress disorder. p. 17

Andrew Harvey, born and raised in South India and educated at Oxford, was the youngest ever professor of All Souls College. Scholar, educator, and author, his twenty-two books include novels, poems, and translations. p. 45

David Hawkins, a psychiatrist in private practice, has trained group therapists at Duke University and throughout the U.S. He is past president of the American Academy of Psychotherapists. p. 30

Julie Henderson, has studied mind-as-body/body-as-mind for twenty years in both Tibetan and Western traditions. She is the author of The Lover Within and the forthcoming How to Feel as Good as You Can in Spite of Everything. p. 53

Christian Hendricks is an Aston Patterner®, Ju Jutsu instructor, and licensed massage therapist. He is in private practice in Seattle, Wash., specializing in increasing performance, rehabilitating injuries, ergonomic consultation, and movement education. p. 33

Harville Hendrix is founder/president of the Institute for Relationship in New York and author of Getting the Love You Want: A Guide for Couples and Keeping the Love You Find: A Guide for Singles. He is the originator of Imago Relationship Therapy. p. 36

Jo Smith Hollman is a therapist and professor of sociology in Jackson, Miss. She is the author of The Healthy Personality: Being and Doing, and has been leading workshops on self and community for over twenty-five years. p. 62

Maria Lucia Sauer Holloman has practiced spiritual healing in Brazil and the U.S. since 1982. She has been a resident student and teacher at Esalen and conducts trainings and seminars internationally. p. 37

Peggy Horan has been practicing and teaching massage at Esalen for twenty-five years. She is a student of childbirth, dance, and movement. p. 29, 59, 62

Chungliang Al Huang teaches Tai Ji philosophy, East/West synthesis, and the art of movement meditation. He is the founder-president of the Living Tao Foundation, and the director of Lan Ting Institute in the Sacred Mountains of China. p. 13, 14, 15, 33

Lawrence Hudetz is both artist and scientist. From electrical engineering he moved into photography emphasizing science and art in synergy. His work is exhibited at the International Center of Photography and the Art Institute of Chicago. p. 53

Elaine Hughes, author of Writing from the Inner Self and several other books on writing, has been combining meditation with writing exercises in her teaching for over twenty years. p. 62

Dorothy S. Hunt has been practicing psychotherapy since 1967 and is the founder of the San Francisco Center for Meditation and Psychotherapy. She is the editor of Love: A Fruit Always in Season. p. 21

Helen Hunt is the founder of the New York Women's Foundation and the Dallas Women's Foundation. She is also founder and president of the Sister Fund and a board member of the MS Foundation. p. 36

Terry Hunt is a licensed psychologist and a certified bioenergetic therapist specializing in addictive disorders and adults from dysfunctional families. He is coauthor of Emotional Healing and Secrets to Tell, Secrets to Keep. p. 31, 59

Leigh Hyams is a painter/teaching-artist at UC Berkeley Extension, adjunct professor at JFK University, and teacher at Atsitsa in Greece. A Fulbright Scholar whose work has been exhibited internationally, she leads art tours for museums and universities. p. 43

I

Sandra Ingerman is an international faculty member of Michael Harner's Foundation for Shamanic Studies. She is the author of Soul Retrieval: Mending the Fragmented Self. p. 15, 24, 58

Ione is a writer, director, and playwright, author of the memoir Pride of Family: Four Generations of American Women of Color. She is also a psychotherapist who facilitates access to dreams, myths, and ancestral memories. p. 44

J

Ovid Jacob is a particle physicist and research associate at the Stanford Linear Accelerator Center. He has written and performed on quantum physics and its relation to alchemical and kabbalistic models. p. 52

Linda Jacobson is a professional artist who teaches transformational art at UCLA and internationally. Her teaching reflects her involvement with Tibetan Buddhism, Jungian concepts, and shamanism. p. 23

Alan Jones trained for the priesthood in England, taught the Christian mystical tradition in New York for twelve years, and in 1985 became dean of Grace Cathedral, San Francisco. He is the author of Soul Making and The Soul's Journey. p. 46

Zoran Josipovic is a counselor, meditation teacher, and co-director of Realization School in Marin County, Calif., and Woodstock, N.Y. He is a longtime student of Eastern contemplative traditions and coauthor of Zen for Beginners. p. 63

K

Miriam Kahn is a licensed clinical social worker and trained bioenergetics therapist in private practice in Cambridge, Mass. Her areas of expertise include gender and sexuality as well as recovery from psychological trauma. p. 31, 59

Norman Katz is a director of the Milton Erickson Institute of Hypnosis and the Behavioral Sciences of New Mexico. He teaches in Albuquerque and Santa Fe. p. 45

Sam Keen is the author of eleven books, including The Passionate Life, Faces of the Enemy, and, most recently, Hymns to an Unknown God. p. 25

Margaret Kemeny is trained in behavioral science and immunology. She conducts psychoneuroimmunologic research at the UCLA School of Medicine on individuals infected with the HIV virus. p. 14

Tim Kennedy is a molecular neurobiologist whose work focuses on the characterization of molecular mechanisms which guide the development of the nervous system. Popular accounts of his work can be found in Discover, Nature, and Science. p. 57

Paul Krassner is editor of The Realist—"the best satirical periodical published in America" (Library Journal). He is an award-winning stand-up comedian —"the last live Lenny Bruce" (Groucho Marx). p. 40

Stanley Krippner is professor of psychology at Saybrook Institute and California Institute of Integral Studies, and coauthor of Personal Mythology, Dreamworking, Dream Telepathy, and Realms of Healing. p. 27

Susan Kuttner is a marketing and communications consultant, both in business and the healing arts. Her focus is on assisting her clients in becoming more effective, more powerful, more heartful, and more successful in their efforts. p. 52

L

Stephen LaBerge is a scientist dedicated to the transformation of human consciousness. He teaches and researches conscious or "lucid" dreaming at Stanford University. p. 19

Sarah La Saulle is a counselor and teacher who specializes in healing blocks to self-love and creativity. She is in private practice in Santa Monica, Calif. p. 51

Leonard Laskow is a Fellow of the American College of Obstetrics and Gynecology and former chief of OB-GYN at Community Hospital of the Monterey Peninsula. He teaches internationally at medical centers, universities, and holistic institutes. p. 38

Barbara Lee is a circlemaker who has worked with groups for the past fifteen years. She focuses on "heart-centered" remembrance of the Divine. p. 39, 51

Lenore Lefer is a psychotherapist in San Francisco who teaches and leads professional training in psychosynthesis in the U.S. and Russia. She also facilitates retreats for women and for people with heart disease and cancer. p. 18, 63

Mel Lefer has been a research participant and teacher at Dr. Dean Ornish's Preventive Medicine Research Institute for nine years, and has shown reversal of his own heart disease without surgery. He has practiced and taught Integral Yoga for nine years. p. 18, 63

Marc Lehrer teaches clinical hypnosis and biofeedback internationally. He studied hypnosis with Milton Erickson and John Grinder, and resides in Santa Cruz, Calif. p. 45

George Leonard is the author of Mastery; The Silent Pulse; and The Transformation. He is a fourth-degree black belt in aikido and founder of Leonard Energy Training (LET). p. 26, 51

Elisa Lodge is an expressive arts therapist with thirty years' experience teaching body/mind practices. She is a professional actress and performing artist. p. 19, 53

Ron Loeb is a corporate lawyer who focuses on corporate governance and responsibility. He is a member of The Jefferson Circle, a learning group for senior corporate executives drawn to the issues of individual and corporate renewal. p. 54

Paul Lounsbury, a founding member of the New York Forum for Psychotherapy Cybernetics, studied hypnosis and psychotherapy with Milton Erickson. He is in private practice in New York and specializes in the innovative use of hypnosis. p. 34

Francis Lu is a clinical professor of psychiatry at UCSF and deputy chief for inpatient psychiatry at San Francisco General Hospital. He has conducted seminars at Esalen on film and transpersonal psychology. p. 20

Olga Luchakova is a spiritual teacher with an extensive background in Christian mysticism, Advaita-Vedanta, Raja yoga, Buddhism, and Slavic paganism. She is an adjunct professor at the California Institute of Integral Studies. p. 63

David Lukoff is a professor of psychology at Saybrook Institute and a psychologist at the San Francisco VA Day Treatment Center. He has published articles on the spiritual and religious dimensions of clinical practice. p. 20

Nancy Kaye Lunney, formerly a vocal coach and accompanist, is the originator of Singing Gestalt, which utilizes lyrics and songs as a means of self-expression. She is director of programming at Esalen. p. 26

Ron Luyet is a psychotherapist, group facilitator, and organizational development consultant. His work is based on openness, responsibility, and compassion, as detailed in his recent book, Where Freedom Begins, coauthored with Marion Pastor. p. 50

Kathryn Lydecker, licensed marriage and family therapist, is a senior associate of the Lomi School. She is in private practice in Taos, N.M., and Amarillo, Texas. p. 43

Joyce Lyke is a teacher in the Ridhwan Work School, which is dedicated to understanding the relationship between personality and being. She has been part of the Esalen Gestalt staff for many years. p. 25, 56

M

Sandra Maitri is a teacher of the Ridhwan School, home of the Diamond Approach. She has been involved in spiritual and psychological work for the last twenty-five years. p. 56

Helen Jerene Malcolm, artist, consultant, and teacher, works with a visionary consulting team designing long-range vision paintings for individual clients and Fortune 500 corporations. p. 15, 35

Noel Mapstead is a local fine artist and potter. He has studied and exhibited extensively in New York and is now at home with Big Sur clays using traditional firing techniques. p. 28

Jena Marcovicci is a former touring professional tennis player (1972-1976) who competed against Borg and Vilas. He has a doctorate in counseling and psychology, and a private sports psychology practice in Richmond, Mass. p. 27

Peller Marion is a psychologist, writer, and organizational management consultant. She is president of Peller Marion Associates, Inc., an outplacement and executive development coaching corporation in San Francisco. p. 19

Dennis Marriott is a graduate of the New England Culinary Institute and co-manager of the Esalen kitchen. p. 28, 52

Dean Marson is a practitioner and instructor of Esalen massage who uses self-care techniques as a means of introducing people to the pleasure and potential of human touch. p. 29, 59

Robert Maurer is Director of Behavioral Sciences for the Family Practice Residency Program at Santa Monica Hospital and a faculty member at the UCLA School of Medicine. He works with theatrical companies and writers on the challenges of creativity. p. 37, 45

Kim McCourt is a licensed marriage and family counselor and a senior associate at the Lomi School. Her bodywork practice incorporates craniosacral, intuitive hands-on energy work, orthopedic massage, and shiatsu. p. 40

Jamie McHugh is a Registered Somatic Movement Therapist, AIDS activist, and performance artist. He is assistant professor at John F. Kennedy University and adjunct faculty at Tamalpa Institute. p. 43

Terence McKenna has spent twenty-five years studying the ontological foundations of shamanism and the ethnopharmacology of spiritual transformation. He is the author of True Hallucinations; The Archaic Revival; and Food of the Gods. p. 22, 29

Margot McLean is a painter who lives in NYC. Her work is informed by environmental concerns as well as the importance of place and beauty, urban and wild. With psychologist James Hillman, she is coauthor of a forthcoming book on animals. p. 34

Deborah Anne Medow, Esalen workshop leader and bodywork practitioner since 1969, teaches ashtanga yoga, massage, creative movement, gestalt awareness, and related healing disciplines throughout the U.S. and Europe. p. 13, 23, 31, 49

Deena Metzger is a novelist, poet, playwright, and essayist. Her most recent books are Writing For Your Life, the novel Looking For the Faces of God, and a book of poetry, A Sabbath Among the Ruins. p. 39

Charles Miedzinski is a cofounder of the Arts and Consciousness graduate program at JFK University. He has taught courses and workshops on masks and transformative and sacred arts at numerous universities for twenty-five years. p. 56

Chuck Miller has been practicing yoga for twenty-one years and is an advanced Ashtanga student and teacher. His teaching reflects his deep commitment to yoga as a way of life. p. 57

Sukie Miller, former director of education at Esalen, founded the Institute for the Study of the Afterdeath. She has worked extensively with dying patients and has visited and studied over thirty afterdeath systems worldwide. p. 14

Beverly Kitaen Morse is a marriage and family counselor in private practice in Santa Monica and a senior instructor at the Rosenberg-Rand Institute for Integrative Body Psychotherapy. p. 29

Caroline Muir has been a yoga practitioner for over twenty years. She is a Tantric Sex expert who specializes in sexual healing and awakening the goddess energy in women. p. 36

Charles Muir, a professional yoga instructor for twenty-five years, is director of the Source Schools of Tantra Yoga in Hawaii and California. He is coauthor (with his wife) of Tantra: The Art of Conscious Loving. p. 36

Arthur Munyer, a member of the Esalen massage crew since 1975, is a trigger point specialist and longtime bodywork practitioner trained by Dub Leigh, Fritz Smith, and Lauren Berry. p. 25

Michael Murphy founded Esalen Institute (with Richard Price) in 1962, and helped initiate Esalen's Soviet American Exchange Program. He is the author of Golf in the Kingdom; Jacob Atabet; and The Future of the Body. p. 26

Paula Murphy is a psychotherapist, educator, and workshop leader in private practice in Denver, Colo. She has developed curricula on "Human Sexuality" and "Education for Human Loving." p. 40

N

Claudio Naranjo, growth disciplines theorist and former Esalen resident, introduced meditation as an adjunct to therapy and was first to teach the enneagram as personality map in the U.S. He has given the opening address at all the International Gestalt Conferences. p. 26

Little Bear Nason is the seventh generation spiritual leader of the Esselen Indian Tribe of Big Sur. His life is an apprenticeship to the Earth. p. 50, 65

Maria Nemeth, a clinical psychologist, has been leading seminars for twenty-five years emphasizing successful communication and the development of excellence with ease. p. 50

Mudita Nisker is an MFCC who directs Communication Options and has conducted communication trainings nationally since 1978. A clinical supervisor at the California Institute of Integral Studies, she has a private practice in Oakland, Calif. p. 42

Wes "Scoop" Nisker is considered the dean of new radio journalism and is editor of Inquiring Mind, a journal of the Vipassana Buddhist community. He is the author of Crazy Wisdom. p. 40

O

Heather Maycock Ogilvy, a psychologist in Menlo Park, Calif., has been in private practice for eighteen years, working with adults and children. She is a longtime Esalen group leader. p. 29

Babatunde Olatunji, master percussionist from Nigeria, has performed internationally for thirty-five years and is known for his album Drums of Passion. He is an authority on African religion. p. 26, 27

Kelle Olwyler is vice president of High Performance Dynamics. She leads groups focused on turning individual insight into outstanding personal action. p. 40

Kathleen O'Shaughnessy has an extensive background in Soto Zen, the major psychotherapies, movement therapy, nutritional healing, shamanic states, bodywork, and the practicalities of transpersonal crisis. p. 46

Frank Ostaseski is founding director of the Zen Hospice Project. He has seventeen years of Buddhist practice and has studied a variety of psychotherapeutic methods. He gives professional trainings on compassionate care of the dying. p. 57

Brita Ostrom has led massage and other workshops at Esalen for twenty-one years. She is trained in gestalt awareness work and participated in Esalen's two-year somatics education project. She is a licensed MFCC. p. 18, 52

P

Helen Palmer has for the past twenty-one years directed CITI, a training center that unites psychological work with the agendas of sacred tradition. She has authored The Enneagram and The Enneagram in Love and Work. p. 28, 59

Eileen Paris, coauthor of I'll Never Do To My Kids What My Parents Did to Me!, grew up on Neill, Reich, and Jung. Her focus is giving parents new self-abilities they can hand on to their children. p. 53

Thomas Paris, coauthor of I'll Never Do To My Kids What My Parents Did to Me!, is a body psychotherapist whose focus is on pre- and perinatal psychology and body therapy to help parents further the evolution of consciousness. p. 53

Laurie Lioness Parizek blends traditional and innovative ways of healing, and works with the chakras and the energy body. She pilots the Healthspring Project, extending Esalen's work in the healing arts and sciences to the rest of the world. p. 25, 39

Donna Dreyer Pérez-Venero studied the shamanic tradition of the Hmong hill tribes in Thailand. She is a transpersonal psychiatrist and serves on the faculty of the University of Maryland Medical School. p. 28

Richard Yensen Pérez-Venero studied the shamanic tradition with Carlos Castaneda and Maria Sabina. A psychologist, he has served on the faculties of Harvard Medical School and Johns Hopkins University. p. 28

Char D. Pias, Esalen Massage Staff member since 1980, is a facilitator and founding member of the Esalen Arts Center. She is a licensed graduate and minister of the Center for Spiritual Healing, Tiburon, Calif. p. 44

Susan Pinto, a certified SomatoEmotional Release instructor since 1992, previously taught college-level developmental psychology/childhood development and Feldenkrais movement in addition to maintaining a private practice. p. 19

Jeanine Pollak is the founder of Botanic Adventures, a wilderness adventure-travel company. She has eighteen years' experience lecturing, consulting, and formulating herbal products, and teaches at UC Santa Cruz and throughout Northern California. p. 53

Christine Stewart Price is a teacher and ongoing student of gestalt practice and other approaches to developing awareness. p. 23, 24, 49

Carol Proudfoot-Edgar, leads workshops on integrating shamanic methods and Native American teachings, with a special interest in Bear Medicine. She is a certified shamanic counselor and teaches for Michael Harner's Foundation for Shamanic Studies. p. 15, 43

Johanna Putnoi, a somatic educator and communications consultant, teaches the Enneagram to bodyworkers, screenwriters, women inmates, and in corporations throughout the U.S. and Europe. She is a senior associate of the Lomi School. p. 43, 45

R

Yvonne Rand is a Buddhist meditation teacher and a lay Bodhisattva priest in the Soto Zen tradition. She brings deep interest and training in psychology and the arts to her consideration of ways to live a spiritual life. p. 20

Paul Rebillot, a group leader at Esalen for nineteen years, combines gestalt methodology with theater and ritual. He teaches in Europe and throughout the U.S. p. 30

Christopher Reed has been practicing meditation since 1970, teaching since 1981, and has received Dharmacarya transmission as a teacher from Thich Nhat Hanh. He is cofounder and resident teacher at Ordinary Dharma and Manzanita Village Meditation Centers. p. 45

Tracey Rich has earned the title of "Yoga Acharya" and is the associate director of the White Lotus Foundation in Santa Barbara, Calif. She trains teachers and students and leads seminars nationally. p. 45

David Richo has a doctorate in clinical psychology and is the author of How To Be An Adult. He emphasizes Jungian active imagination techniques to integrate psychological and spiritual work. p. 42

Mary Rocamora is the director of the Rocamora School, a nonprofit educational organization to optimize the developmental potential of gifted adults. She has been counseling gifted adults for over twenty-four years. p. 15

Nancy Rosanoff works as a psychic, teacher, counselor, and corporate consultant based in New York. She is the author of Intuition Workout. p. 41

Jack Rosenberg, a psychologist and director of the Rosenberg-Rand Institute of Integrative Body Psychotherapy in Venice, Calif., is the author of Body, Self, and Soul. p. 29

Douglas Rushkoff, author of four books and many computer programs and CD ROMs, is media editor for the Whole Earth Catalogue. He has taught film, media, and theory and lectured on computers and spirituality. p. 26

S

Stephano Sabetti, founder of the Life Energy Process, has a doctorate in psychology and trains therapists internationally. He is also an organizational consultant. p. 18

Barbara Sachs trained as a psychotherapist and Ridhwan teacher and was clinical director of counseling at JFK University. She raised her two children as a single parent, integrating her passions: parenting, spiritual life, and psychology. p. 16

Yoshi Sakuyama, a sixth-degree black belt of Shorinji Kempo, a Japanese martial art rooted in Zen Buddhism, is also a movement artist and teacher of Ryukido, a total movement training system. p. 18

Irene Sanders is author of the forthcoming Chaos, Complexity, and Change: A Context for Strategic Thinking, which explains the dynamics of change and how to link one's intuitive sense with one's intellectual understanding by learning to think in pictures. p. 53

Robert Sanoff, a senior associate of the Lomi School, has led workshops and trainings in personal growth for fifteen years. He has been in private practice since 1976, currently in Santa Rosa, Calif. p. 43

Audrey Savage, gestalt practitioner and body therapist, works with women's issues, sexuality and spirituality, and the tarot. She is the author of The Fourth Woman and Twice Raped. p. 30

Melody Schaper is a movement artist and teacher. A Laban Movement Analyst and teacher of the Alexander Technique, she focuses on awakening, clarifying, and enhancing expression through the body. p. 50

Howard Schechter focuses his work on spiritual and emotional growth. His teaching integrates the insights and practices of a variety of Eastern and Western psychological and spiritual traditions. He is the author of Rekindling the Spirit in Work. p. 39, 51

David Schiffman is a longtime group leader at Esalen. His primary interest is in facilitating people who are in transition toward a more heartful, unstrained existence. p. 15, 25, 28, 32, 36, 45, 50, 52, 54, 62, 65

Laurie Schutz, senior Esalen massage practitioner and teacher, integrates her degree in body awareness psychology with a nonintrusive massage approach to maximize the release of both mind and body tension. p. 35

Will Schutz, founder of the Antioch holistic studies department, is the creator of The Human Element, a set of training materials for organizations. He is the author of Joy and Profound Simplicity. p. 15

Suzanne Scurlock-Durana, a certified instructor of CranioSacral Therapy for the Upledger Institute since 1986, has a private wholistic body therapy practice in Reston, Va. p. 56

Bill Sechrest, a past board member of Esalen, is Vice Chairman (U.S.) of the World Business Academy and president of

CDAC, *a Dallas-based charitable corporation that focuses on neighborhoods, communities, and cities as organic systems.* p. 54

Joanne Segel *has been a registered movement and transformational therapist for over twenty-five years. She is an affiliate of the Gestalt Institute and integrates Jungian concepts into her work.* p. 23

Charlotte Selver, *student of Elsa Gindler, introduced sensory awareness in the U.S., and has been closely connected with Esalen and the San Francisco Zen Center since their beginnings.* p. 31

Laura Sewall *has a doctorate in visual psychology and teaches ecopsychology at Prescott College. She is writing a book titled* Re-visioning Earth: Landscape Perception and Love p. 34

Phyllis Shankman *is a licensed counselor in Santa Monica and has led groups at Esalen for eighteen years. She is founder and director of The Mountains AIDS Foundation, which offers retreats and groups for people living with HIV/AIDS.* p. 21, 54

Paula Shaw, *a professional actress and acting teacher for over twenty years, conducts workshops in expanding self-expression, well-being, and creativity for non-actors across the United States and Canada.* p. 34, 35

Judith Sherven, *psychologist, and husband James Sniechowski are relationship specialists who teach internationally. They are authors of the forthcoming book,* Loving the Differences: The Secret to Fulfilling Relationships. p. 57

Fred Shoemaker, *an inner game teacher and golf professional, is founder of The School for Extraordinary Golf. He has taught seminars for the U.S., Canadian, and Japanese P.G.A.s, and often writes about the inner game.* p. 39

Cynthia Silverman *has been an Advanced Rolfer and teacher of bodywork for sixteen years. A longtime student of* A Course in Miracles, *she also teaches meditation and body awareness.* p. 63

Julian Silverman, *a former director and president of Esalen Institute, is a psychologist and educator. His work focuses on the integration of psychotherapeutic and spiritual practices in community setting.* p. 18, 20, 63

Fritz Smith *is a physician, cranial osteopath, certified acupuncturist, and founder of Zero Balancing. He is the author of* Inner Bridges: A Guide to Energy Movement and Body Structure. p. 24

Gerald Smith *is a licensed psychologist in private practice in San Mateo, Calif. He has authored two books on relationships,* Couple Therapy *and* Hidden Meanings, *and has led workshops at Esalen for twenty-nine years.* p. 46

Ray Gwyn Smith *is a poet and artist from the mountains of North Wales. She brings together her bardic heritage with insights from her ongoing solo experience with the wild.* p. 23

James Sniechowski *is founder and director of the Menswork Center in Los Angeles. He and wife Judith Sherven have appeared on numerous television and radio shows, and have conducted over 2500 relationship and gender reconciliation workshops.* p. 57

George Solomon, *physician and professor of psychiatry at UCLA, is a pioneer in the field of psychoneuroimmunology. His current research concerns psychoneuroimmunologic aspects of AIDS and of aging.* p. 14, 43

Robert Solomon *is a professor at the University of Texas and has been giving seminars at Esalen for twelve years. He is the author of many books, including* The Passions *and* About Love. p. 29

Titos Sompa *is a dancer, choreographer, and percussionist who specializes in the cultural arts of the Congo and Zaire. He is the artistic director of Mbongi Dance Theatre Project in Santa Cruz, and teaches and performs worldwide.* p. 44

John Soper *is a gestalt practitioner with a background in international business. He is deeply aware of the need to improve the environment.* p. 63

Kathleen Riordan Speeth, *is a psychologist in private practice who, though trained in Buddhist, Sufi, and Hindu methods, prefers to emphasize Western perspectives. She is author of* The Gurdjieff Work, *a lover of Bach, Rilke, and roses, and a closet creative writer.* p. 14, 48

Brother David Steindl-Rast, *Benedictine monk, psychologist, and author, has lectured on five continents. He is Spiritual Teacher-in-Residence at Esalen, concerned with the unique challenges and opportunities of our time.* p. 15, 16

Margaret Stevens *is a senior member of the Esalen massage staff and a student of yoga, dance, and voice.* p. 16

Gail Stewart *directs reSource, a bodywork training and continuing education program in Berkeley, Calif. She teaches and practices massage, Trager, and Reichian approaches.* p. 49

David Streeter, *a certified sports massage practitioner on the Esalen massage staff, has taught yoga and anatomy and worked as an athletic trainer. Before joining the Esalen faculty, he lived as a Camaldolese monk.* p. 13, 30 55, 63

Keiko Suga *is a ceramic artist whose focus is on traditional pottery-making techniques using local clays.* p. 28

T

Yao Tamakloe *studied African dance, music, and literature at the University of Ghana and at UCLA. He dances with the Drums of Passion Dancers.* p. 48

Jim Tamm *is an administrative law judge dealing with labor-management disputes. Over the past twenty-five years he has conducted over 1000 settlement conferences, many involving highly emotional strike situations.* p. 50

Richard Tarnas, *former director of programs at Esalen, is professor of philosophy and psychology at the California Institute of Integral Studies, and author of* The Passion of the Western Mind. p. 32

Jeremy Taylor *has taught dream work for over twenty-five years. He is president of the Association for the Study of Dreams and author of* Dream Work *and* Where People Fly and Water Runs Uphill. p. 49

Linda Teurfs *is an organizational consultant and cofounder of The Dialogue Group. She specializes in leadership, self-organizing/managing teams, interpersonal communications, and integration of dialogue into a wide variety of settings.* p. 21

Michael Tracy *has been an artistic director of Pilobolus Dance Theatre since 1974, and served as touring artistic director from 1981-1987. He has taught at many colleges and universities, most recently Trinity College and Yale University.* p. 54

David Trickett, *president of the World Business Academy, has worked in business, government, and education. He has degrees in history, ethics, and worldwide spiritual traditions, and a doctorate focusing on values in compiex human systems.* p. 54

Robert Turner *is an assistant clinical professor of psychiatry at UCSF and in private practice in San Francisco. He was the director of a training/certification program in spiritual emergence syndromes.* p. 20

Stuart Twemlow, *physician, psychoanalyst, advanced karate black-belt, and Zen student, is clinical professor of psychiatry at the University of Kansas School of Medicine, and consultant on violence and peace to the government of Jamaica.* p. 31

V

Jean-Claude van Itallie, *renowned off-off Broadway playwright (*America Hurrah, The Serpent, *widely produced versions of Chekhov), is also a longtime Tibetan Buddhist and Sufi dancer.* p. 21

W

Ellen Watson *practices and teaches at Esalen where she has studied since 1984. Her bodywork style reflects her training in yoga, dance, Reichian and holotropic breathwork, hypnosis, and spiritual healing.* p. 55

Stephanie Waxman *is the head of the speech department at Hebrew Union College. She is a founding member of the Wims, an all-female improvisation ensemble, and We Tell Stories, a children's theater company. She has authored two children's books.* p. 33

Laurie Weaver *is a teacher, counselor, and certified practitioner of Holotropic Breathwork with a private practice in San Francisco. She was an original member of the Grof Transpersonal Training staff.* p. 20

Matt Weinstein *is the founder and Emperor of Playfair, Inc., an international management consulting and team-building organization based in Berkeley, Calif. He is the author of* Managing to Have Fun. p. 43

Ganga White, *Yogi, author, and teacher, has practiced and taught internationally for thirty years. Founder of the White Lotus Foundation in Santa Barbara, Calif., he trains teachers and holds the titles of "Yoga Acharya" and "Yogiraj."* p. 45

Nancy Winston *is a counselor in New York City who has studied with Milton Erickson and has taught and trained clinicians in the use of hypnosis and counseling.* p. 34

Anna Wise *has been using EEGs to measure and train brainwaves for high performance and meditative states for the past twenty years. A member of the Academy of Certified Neurotherapists, she leads workshops internationally.* p. 26, 47

Nina Wise *is a performance artist who creates autobiographical and fictional pieces. Her multimedia works have been honored with seven Bay Area Critics' Circle awards and numerous grants and fellowships.* p. 30, 63

Roger Woolger *is a Jungian analyst who brings Buddhist meditation and body release work to his regression process and spiritual healing. Author of* Other Lives, Other Selves, *and* The Goddess Within, *he trains therapists in Europe and America.* p. 37

Y

Anne Yeomans, *a psychotherapist in Concord, Mass., has used psychosynthesis as the central framework for her work for over twenty years. She has worked with women's groups in the U.S., Canada, Russia, and Lithuania.* p. 18

Z

Phillip Zarrilli *has studied* kalarippayattu *with Gurukkal Govindankutty Nayar in Kerala since 1977. Professor at California State University, Los Angeles, he also teaches t'ai chi ch'uan and yoga, and has authored/edited five books.* p. 47

Ofer Zur *is a psychotherapist, author, and teacher who focuses on effective therapy, the psychology of the caregiver, and integrative ways of healing. He practices in Sonoma, Calif.* p. 55

Mira Zussman *is associate professor of comparative religion and coordinator of Middle East Studies at San Jose State University. She is currently working on her second book,* The Feminine Roots of Kabbalah. p. 52

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Esalen Institute is a center to encourage work in the humanities and sciences that promotes human values and potentials. Its activities consist of public seminars, residential work-study programs, invitational conferences, research, and semi-autonomous projects.

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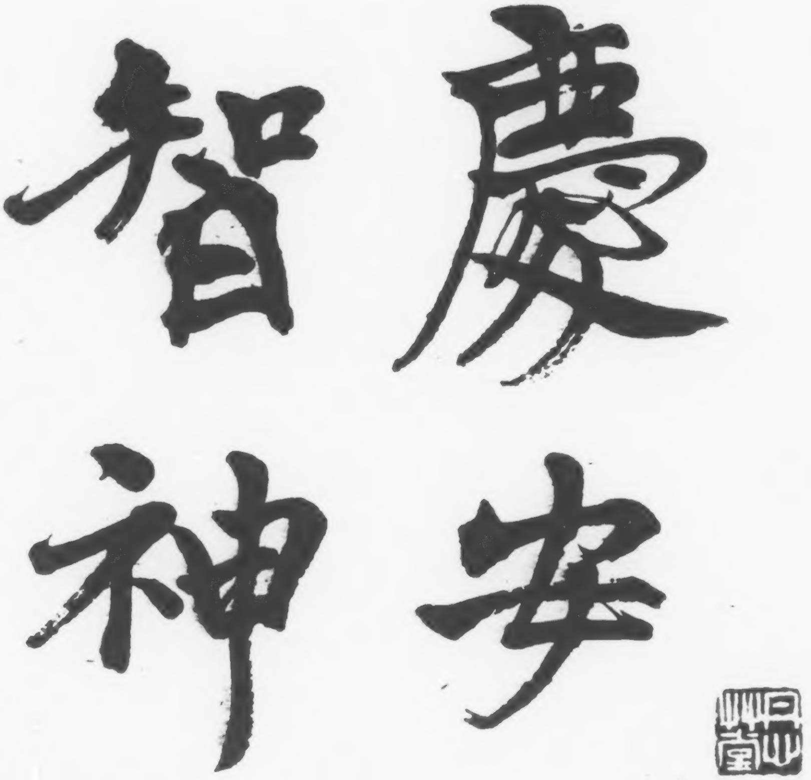
The Esalen Catalog
May–October 1996



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Esalen Institute is a center to explore work
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The Institute exists to sponsor, encourage, and attempt evaluation of work in these areas,
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research, and semi-autonomous projects.

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social transformation, Esalen offers those who join us the chance
to explore more deeply the world and themselves.

Welcome to Esalen.

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The Esalen Catalog is published triannually by the Esalen Institute, Big Sur, California 93920-9616. Printed on recycled paper.

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Subscription Information:
Subscription cost for one year is $15 for the United States, $17 for Canada and Mexico, $22 for Europe and South America, and $25 for all other countries.

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COVER CHINESE CALLIGRAPHY BY TERRY LOUIE

WISDOM	*CELEBRATE*
SPIRIT	*PEACE*

GENERAL INFORMATION

Esalen was founded in 1962 as an educational center devoted to the exploration of unrealized human capacities. It became known for its blend of East/West philosophies, its experiential/didactic workshops, the steady influx of philosophers, psychologists, artists, and religious thinkers, and its breathtaking grounds blessed with natural hot springs. Once home to a Native American tribe known as the Esselen, Esalen is situated on 27 acres of spectacular Big Sur coastline with the Santa Lucia Mountains rising sharply behind.

There are various ways to experience Esalen, ranging from an overnight visit to a long-term stay as a seminarian. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen. The "Experiencing Esalen" workshops, scheduled periodically, offer an introduction to practices such as gestalt, massage, sensory awareness, and meditation. From such a sampling, participants can then choose those approaches they are most attracted to and pursue them in subsequent seminars.

Another way of being at Esalen which allows a greater involvement at a lower expense is the Work Study Program, an intensive twenty-eight day work-oriented program for individuals who want to make a directed, personal commitment to self-exploration and growth, and a contribution to the Esalen community. For a full description of the Work Study Program, please turn to page 62.

For those who wish an extended stay, there are periodic long-term programs which involve didactic seminars or professional trainings as well as experiential workshops. Please see Special Programs.

Finally, there are other events that enrich life at Esalen. There are occasional forums in which writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights there may be lectures, films, dance performances, or other events. Bodywork of various kinds is available by appointment with individual practitioners. There is also a community event schedule offered. Please check the bulletin board when you arrive.

Esalen is a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute, By Reservation Only.

Catalog Subscriptions

If you would like to receive the Esalen Catalog, please refer to page 2 for subscription rates and send your check or money order (U.S. currency) in the enclosed subscription envelope, or mail it to: *Subscriptions*, Esalen Institute, Big Sur, CA 93920 (see Income Tax Regulation 1.162-5).

The Hot Springs at Esalen

We would like those people who are planning their first visit to Esalen to know that swimsuits are optional, and nudity common, in the hot springs, massage area, and swimming pool. We encourage each individual to choose what is most comfortable, either wearing a swimsuit or not, and emphasize that the environment we strive for at Esalen is one of personal sanctuary and respect for the human body.

In addition to around-the-clock availability for Esalen guests, the hot springs are open to the general public by reservation only from 1 AM to 3 AM. There is a $10 fee. To make a reservation, please call 408-667-3047.

Please note: We are planning to begin upgrading our bath facilities in the fall of 1996. During this time, the baths will remain open with limited access. Massages will be available in alternate locations.

Accreditation

Many formal educational institutions recognize the time spent at Esalen as being worthy of credit in their own curricula; check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs. Please submit a written request to the office supervisor.

Continuing Education at Esalen

Esalen is a provider of continuing education credits for both nurses and psychologists.

Approved workshops for nurses are noted in the Seminars section of this catalog as well as listed separately in the Continuing Education section, page 60. There is a $10 fee for each certificate of completion.

Workshops approved for psychologists are noted in the Seminars section and listed in the Continuing Education section. Those workshops for which C.E.U. applications have been filed and approval is pending are noted in the Seminars section only. For current status information, please phone Brita Ostrom at 408-667-3040.

Disabled Access

Esalen now provides a means of transportation to the baths for those with physical limitations which prevent them from walking. A vehicle was purchased, in part, through the generosity of Dr. John W. Harris, who believes, as we do, that those among us who are aged, infirm, or handicapped should also be able to enjoy the hot springs.

If you are disabled and would like to plan a visit to Esalen or participate in a workshop, please give the office as much advance notice as possible. While disabled access to some parts of the property is difficult, with enough planning, arrangements can be made for access to most of our facilities.

Recommended Reading and Mail Order Books

Most books listed as recommended reading for workshops are available through Esalen's bookstore. Other merchandise is also available. For ordering information please call 408-667-3049.

Ongoing Residence Program

Offered beginning mid-September and ending mid-June, the Ongoing Residence Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A Residence Program stay is 26 days (four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay with weekends free to enjoy room and board. Occasionally workshops are cancelled, so second choices are advised.

The cost is $3195 per 26-day period for standard accommodations and $2520 for bunk bed rooms.

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✳ RESERVATION INFORMATION

Making Contact with Us

Mail or Fax: The most efficient way to register for a workshop at Esalen is to fax or mail your reservation. If you fax your reservation, be sure to include accurate credit card information.

Esalen's Fax: 408-667-2724
(Our fax line is exclusively for reservations—no personal correspondence, please).

Phone: If you prefer to make your reservation by phone, please be prepared with your completed reservation form, workshop dates and leaders, and your credit card. We know that all calls to Esalen are long-distance and will try to be as efficient as possible.

General Information: 408-667-3000

Express Reservations: 408-644-8477
(This is only for those who have previously taken a workshop at Esalen and know the workshop, date, and leader of the workshop for which they are registering.)

All Other Reservations:
408-667-3005

Catalog Requests: 408-644-8476

Phone Reservation Hours:*

Mon., Tues., Thur.:	10 AM to 7 PM
Wednesday:	10 AM to 12 NOON
Friday:	10 AM to 5 PM
Saturday:	10 AM to 3 PM
Sunday:	12 NOON to 5 PM

**The reservation office is closed on Christmas and New Year's Day*

World Wide Web:
http://www.esalen.org

Fees

Fees and Reservations: Preregistration, by fax, mail, or phone, is required prior to arrival. A registration form is provided on page 72. Since workshops fill quickly, it is advisable to sign up as early as possible. In order to reserve a space in any workshop, we require full payment or the following deposits:

Weekend:	$150	19 to 21 days:	$450
5 to 7 days:	$250	More than 21 days:	$600
12 to 14 days:	$350		

Deposits are payable in U.S. currency only. Overseas residents must pay by checks drawn on U.S. banks or use a credit card. Balance of payment is due on arrival. (Please see page 5 for information on discounts and reduced rate options.)

Please indicate your second choice for a workshop in case your first choice is cancelled and we are unable to reach you.

Esalen Institute reserves the right to cancel any program at any time.

Workshop Accommodations

Please Note: Workshop fees cover tuition, food, and lodging.

Standard Accommodations: This is shared housing with two or three persons per room. In some cases, bathrooms are shared. Couples will always be housed together. The rates listed with the workshop descriptions throughout the catalog refer to these shared standard accommodations.

7-Day Rate, per person	5-Day Rate, per person	Weekend Rate, per person
$1110	$740	$380

Bunk Bed Rooms: Bunk beds are available for seminar participants who are willing to share a room with three or more persons. There are a limited number of these spaces, which are reserved on a first-come, first-served basis.

$845	$550	$300

Sleeping Bags: Meeting rooms are sometimes used as shared sleeping bag space and may be available for workshop participants. Sleeping baggers do not have unlimited access during the day, as these meeting rooms are frequently in use. Please inquire when you make your reservations.

$570	$375	$200

Own Accommodations: If you are staying off the property the following rates apply:

$660	$425	$235

Camping on the grounds, either in tents or campers, is prohibited. We do not have parking space to accommodate RVs.

We would like to remind you that scholarship assistance is available; refer to "Scholarship Information" as well as "Reduced Rate Options and Discounts" for other economical ways of staying at Esalen.

Room and Board

Occasionally, when beds aren't needed for seminarians, room and board is available. This gives visitors the opportunity to enjoy the grounds, the baths, and massage without participating in a workshop. Accommodations are standard (2 or 3 per room) or bunk bed (4 or more per room). Not all rooms have private baths. Room and board rates include dinner on the day of arrival and breakfast and lunch on the following day. We require full payment at the time of reservation. This payment is nonrefundable and nontransferable.

Note: Room and Board reservations must be made with a reservation specialist by phone, not by fax machine.

For a room and board stay between Sunday and Thursday, please call us no earlier than the Thursday before for room availability. For a Friday or Saturday night stay, please call no earlier than the Sunday before. The following rates are per person, per day.*

Weekend (Friday and Saturday nights)	Weekday (Sunday through Thursday nights)	(Two or more weekdays)
Standard Accommodations (2 or 3 per room):		
$125	$105	$90
Bunk Bed (4 or more per room):		
$85	$80	$70

**Off-season rates are in effect from October 1 through March 31, holidays excepted.*

Cancellation Policy

Cancellation and Refund Policy: If you cancel or change any part of your reservation at least five full days before the start of your workshop(s), your nonrefundable deposit, less a $30-per-workshop processing fee, will be transferred to a credit account to be used within one year. If you cancel with less than five days' notice, you forfeit your entire deposit. If you have prepaid your entire reservation fee, we will retain the deposit, as above, less the $30 processing fee, and return the balance to you. (*Please note:* Wilderness Programs has a different cancellation and refund policy.)

If you have applied for a scholarship and we are unable to give you any assistance, we will, at your request, refund your deposit in full if you cancel your reservation at least five full days prior to the start of your workshop.

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Scholarship Information

Esalen is able to provide some scholarship assistance to workshop participants in exchange for a work commitment (usually in the kitchen). Approved scholarship recipients will receive their work schedules upon arrival at Esalen.

	Assistance	Work
Weekend	$ 50	4 hours
5-9 days	$100	8 hours
12-14 days	$200	16 hours
14+ days	$300	24 hours

If additional scholarship assistance is required, please send a letter of explanation to ATTN: Scholarships at Esalen. Due to the number of requests we receive, we can only provide one scholarship per person per year, and only in cases of financial hardship.

Reduced Rate Options and Discounts

If you pay in full at the time you make your reservation, you will receive a $10 prepayment discount per workshop and be eligible for express check-in upon arrival. This discount does not apply to scholarship recipients or sleeping bag accommodations.

Senior Citizen Discount: Esalen offers a special discount to individuals over 60 years of age. The discount for a weekend workshop is $25; for a five-day or longer workshop, it's $50. Please request this discount at the time of registration. When you complete the reservation form on page 72, please indicate the discounts for which you qualify. If you qualify, and you make your reservation by phone, be sure to ask for this discount. (Please note: Senior discounts are not available for the Work Study Program.)

Accommodations for Families: Two full-paying adults housed in standard accommodations may have their children in the room for a meal charge of $19 per child per day ($9 for children under six). **Note:** If children are enrolled in Gazebo School Park or an Esalen workshop, additional fees are required. Contact the Gazebo, 408-667-3026, for information regarding their fees.

Workshops for Families: Participating families will pay full workshop rates for the first two participants (adult or child). Each additional participant will pay the following rate:

2-day workshop	*3-day*	*4-day*	*5-day*
$115	$165	$210	$245

Additional sleeping mats and bedding will be provided for each room.

The Gazebo School Park Early Childhood Program

The Gazebo School Park is a unique educational experience for children one to six years. It is open year-round and has an average of 15 to 20 children in attendance each day.

The Early Childhood Program is available to seminarians who would like child care at Esalen. Child care is provided during workshop hours only. Daytime activities for the children include gardening, pony rides, learning about animal care, exploring nature, a real boat, the magic castle, and an Indian tepee. Evenings are spent with a teacher in the Gazebo Farmhouse, engaged in activities that are age appropriate, such as reading, learning and playing with the computer, baking, arts and crafts, or building-block play.

Reservations should be made at least a month in advance. Call the Gazebo Farmhouse, 408-667-3026, for more information and reservations.

Weekend	$200
Week	$400

Internship Program: This is a three-month program for those who wish to have intense exposure to life at the Gazebo School Park and its unique educational resources. The Internship Program offers experience with children, the Gazebo environment, and its teaching philosophy. Applicants must have completed at least three work scholar months at Esalen before being considered for this program.

Call the Gazebo Farmhouse, 408-667-3026, for more information or reservations.

First month	$400
Second month	$350
Third month	$300

Seminarians as Volunteers

Seminarians in residence at Esalen are invited to contribute one or two hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out.

Transportation to Esalen

Van Service: On Fridays and Sundays we have van service from the Monterey Greyhound stop leaving at approximately 3:45 p.m. and from the Monterey Airport at approximately 4 p.m. If you plan to use this service, please inform the Esalen office at least 24 hours prior to your arrival. The $30 one-way fee (subject to change) is payable to the Esalen office when you check in. Return reservations may be made at that time. The only departing van service from Esalen is on Fridays and Sundays at approximately 5:30 p.m.

Checking In

Check-in and Meals: Rooms become available at 4 p.m.; however, guests are welcome to arrive anytime after 2 p.m. Weekend programs begin with dinner on Friday and end with brunch on Sunday. Five-day and longer programs begin with dinner on Friday or Sunday and end with lunch on Friday or Sunday. Check-out time is noon on departure day.

F. Y. I.

Health Services: There are no medical services or pharmaceutical supplies available at Esalen. If you will require medical attention or supplies during your stay, please come prepared to administer to your own needs. Esalen is 45 miles from the nearest medical facility or pharmacy.

For Your Safety: Please bring a flashlight for use at night while walking on the grounds.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Lost and Found: To inquire about items left behind from your Esalen visit, call 408-667-3019.

Guests: Seminarians are not allowed guests on the property during their stay.

Pets: No pets are allowed on the property.

Smoking: Smoking is not permitted in any of our accommodations or meeting rooms.

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The Life We Are Given

Editor's Note: *What follows has been excerpted from* The Life We Are Given, *Michael Murphy and George Leonard's latest collaboration which describes Integral Transformative Practice (ITP) – a pioneering program for transforming body, mind, heart, and spirit through balanced and comprehensive long-term practice. Their book includes stories of ITP students that emphasize the tremendous capacity for growth we all possess. It is a testament to the joy and transformation possible through long-term, committed practice.*

FOR YEARS, the two of us had wanted to try our ideas about the realization of extraordinary human abilities, to see if people with busy lives could change themselves for the better through long-term practice. We had long held a vision of human evolution and the transformation of human societies. Separately and together, we had worked for most of our adult lives inspired by the belief that all of us possess a vast, untapped potential to learn, to love, to feel deeply, to create, and that there are few tragedies so pervasive, so difficult to justify, as the waste of that potential.

Michael Murphy and George Leonard

Novelist James Agee wrote, "I believe that every human being is potentially capable, within his 'limits,' of fully 'realizing' his potentialities; that this, his being cheated and choked of it, is infinitely the ghastliest, commonest, and most inclusive of all the crimes of which the human world can accuse itself....I know only that murder is being done against nearly every individual on the planet."

We are haunted by Agee's words. They bring to mind the victims of war, famine, and disease, of ignorance, poverty, and injustice. They point to the dogmatism that inhibits thought, numbs the feelings, and twists the perceptions of entire cultures. But the crime of which Agee speaks is not a distant phenomenon, not something "out there." It touches the lives not only of those trapped by injustice or material deprivation, but also of those considered fortunate: our parents and children, our friends and sisters and brothers, ourselves. It is hard to imagine words more heart-wrenching than those of a close friend or relative who at the approach of death is heard to say, "I realize now I've wasted my life." Against the backdrop of the billions of years it took to give us our life and the brief time we have to experience it here, the dimensions of such waste are beyond our calculation.

And this isn't just a private matter. It's hard to say how much of the world's neurosis, drug abuse, illness, crime, and general unhappiness can be traced to our failure to develop our God-given abilities. But surely people who are deeply involved in lifelong learning, in practices that encourage community, good health, and a sense of oneness with the spirit of the universe, would be unlikely to sink into the despair, unrest, and cynicism that lead to so many individual and societal ills.

Early in 1992 sustained by our faith in the human potential, we convened an experimental class in what we called Integral Transformative Practice (ITP). The experiment lasted for two years and provided material and inspiration for this book. But it isn't just this one class that informs our words, but rather the gleanings of a long journey, a lifetime's quest.

* * *

When the Berlin Wall came down in November, 1989 and the entire Eastern Bloc began cracking apart like ice in a thaw, many expert observers found themselves struggling to conceal their astonishment. Just a few years earlier, most would have rated the probability of such a shift in the foreseeable future as close to zero. In hindsight, however, we can see that the process was underway before 1989. The Wall had been coming down for a long time before men and women, East and West, began hammering and ripping it apart.

Today another process is underway throughout much of the world, a grassroots understanding that spirit and body are joined, that mind can somehow influence matter, that lives can radically change, that the further evolution of humankind is possible. The evidence of this process is all around us, in books that come out of nowhere to top the national bestseller lists, in polls on spiritual matters, in sometimes sensational images in the popular media of angels among us, of contacts with alien civilizations.

Some might say that these are merely symptoms of end-of-the-millennium anxieties. And yet we meet with physicists who see similarities between certain implications of quantum mechanics and the great spiritual traditions, with electronic engineers who invoke connections between the mental and the material. We find more and more people, including some scientists, willing to entertain the notion that our science itself, wondrous as it is, has not yet adequately addressed every significant realm of the knowable. Again and again, in different guises, in words and metaphors that often seem to clash, in forms both trivial and profound, the same essential understanding quietly spreads around the world: The reductive, purely materialistic interpretation of reality is not the whole picture. Unfathomed possibilities exist in consciousness and the flesh. Our evolution has not reached a dead end. Despite our frailties and flaws and the seemingly overwhelming horrors of the time, the human species has immense possibilities for advance.

The programs described in this book have proven to be of significant value to most of those who have participated in it, with extraordinary outcomes for some. There's no doubt in our minds that a regular, long-term practice which involves body, mind, heart, and soul, and which aims at good health and the cultivation of our untapped potentials, can enhance individual lives and contribute to the social good. There are some who would say, "Yes, but you can never get many people to devote themselves to a long-term practice." But how are we to know unless we try?

In the transformations that emerge from an integral practice, the matter of social support is particularly important. It is difficult even to discuss such transformation if everyone around us stands ready to prejudge and invalidate. On the other hand, there is the danger of cultic pressure to see things that don't exist. The nonauthoritarian program we have championed...along with objective reality checks wherever possible, can help us safely past this pitfall. We feel that as the number of people engaged in the quest for transformation increases, the number of successes will increase even faster. If a significant minority of a society's people consciously and constructively engage in such a quest, we could see something new on this planet: one of those events that cannot be adequately predicted by what has gone before.

* * *

Throughout our practice, we have taken care to remind ourselves of the stupendous miracle of existence, the ultimate value of every life. We have celebrated our connectedness with all living things and with the stuff of the inorganic world. We have viewed every step in the cosmic journey, from the birth of the universe to the ever-flowing present moment, as our genealogy, and have experienced ourselves as a part of, not apart from, all that we behold or ever could behold. Many who have practiced with us have found the aliveness that has come from our practice to be transformative in and of itself.

To awaken can be painful, for it opens us to a poignant awareness of the pervasive waste of life around us and in us. But the eventual rewards are great. We no longer need horrors to jolt us awake. To see a sunrise is enough. To look into a friend's or lover's eyes, to truly see another human being, is enough. To hear a distant strain of music, or a child's laughter, is enough. With this awakening, this renewed aliveness, there generally comes a love for others, a love that asks nothing in return. Such love doesn't imply the denial of evil; the world is a dangerous place and awakening also means being aware of those dangers and standing ready to take centered action to confront wrong when necessary. But the ego-transcending love remains, and it spreads in concentric circles like ripples on a pond, kindling similar feelings in more of those it touches than we might imagine.

There are many powerful forces in the world, and some of them—cynicism, greed, ethnic hatred, heedless ambition, armies, and huge, impersonal organizations, to name a few—have a particular power to destroy. But a love that asks nothing in return is perhaps even more powerful, for it seeks to create, not destroy. Only a long series of close calls has given us this life. Again and again, over eons of time, often against long odds, Eros has finally won the day. Are we willing to consider the possibility of a society in which love prevails?

To learn is to change. Our destiny is to learn and keep learning for as long as we live.

—G. LEONARD

We believe that by the very nature of things, each of us carries a spark of divinity in every cell and that we have the potential to manifest powers of body, mind, heart, and soul beyond our present ability to imagine. We believe that a society could find no better primary intention, no more appropriate compass course for its programs and policies, than the realization of every citizen's positive potential. We mean the potential inherent in every aspect of our lives, from the most commonplace to the most extraordinary, the hidden capabilities that wait to be summoned forth, not just in the mind but also in the body, heart, and soul. Such a compass course might create clarity where there is now confusion and bring the human psyche into harmony with nature and the cosmos. At best, it could open the way to the ultimate adventure, during which much of what has been metanormal would become normal, and some who read these pages would be privileged to share the next stage in the world's unfolding splendor. ✱

The Life We Are Given *can be ordered through the Esalen Bookstore at 408 667-3049.*

As a companion to the book, George Leonard has designed a video, **The Tao of Practice**, *that consists of a series of exercises called a kata, after the Japanese word for form. It is a 40-minute practice for people with busy lives, and combines elements of hatha yoga, the martial arts, modern exercise physiology, Progressive Relaxation, visualization research, and meditation. Leonard leads you through a full session as described in* **The Life We Are Given**. *Also available through the Esalen bookstore.*

ESALEN NOTES

Esalen's New Personnel Manager

Pat Lewine was recently appointed to the newly-created position of Esalen personnel manager. Pat has lived and worked at Esalen since 1984. She has been a Work Scholar in both the office and kitchen, office supervisor, and, most recently, programs manager. She brings to the job her longterm gestalt studies, her sense of humor, and years of experience as mother and coach.

The Esalen Catalog via Internet

We are pleased to announce that the Esalen Catalog is now availabe on-line. In addition to updated workshop availability and information on ways of being at Esalen, the new World Wide Web site also includes announcements of upcoming special events as well as history and feature stories from Esalen. To access the site, set your web browser to:

http://www.esalen.org

For more information or comments on the Esalen site, send e-mail to:

ghs@esalen.org

Scheduling Private Conferences at Esalen

It is possible to arrange for your group or organization to hold its conferences at Esalen. We can accommodate large groups (up to 100) on a space-available basis.

Smaller groups may schedule private conferences in our renovated Big House. This facility is available for individuals who work together and would like to design their own Esalen program, drawing on our leaders and other resources. Ten bedrooms, nine bathrooms, a kitchen, dining room, and meeting room make it possible to house group members together, thereby enhancing the retreat environment.

We schedule all conferences a year in advance. To schedule or discuss possible formats, please contact conference coordinator Kasia Zajac at 408-667-3038.

MARGARET LIVINGSTON

THE FRIENDS OF ESALEN

Membership in Friends of Esalen supports the scholarship fund to allow financial aid for those who wish to attend our workshops but cannot otherwise afford them. A membership gift also provides additional funding for our pioneering work in health, education, the environment, and the humanities. With annual membership, Friends of Esalen receive the Esalen Catalog as well as a special newsletter.

Members at the Supporting level or above receive an autographed copy of Michael Murphy's book *The Future of the Body.* At the Sustaining Member level, gifts are also acknowledged in the newsletter, unless the donor wishes to remain anonymous. Benefactors receive all of the aforementioned along with an individual gift from Esalen.

Group 2000 is composed of individuals committed to assisting Esalen in building the long-term financial capability to fulfill its mission into the year 2000 and beyond. The Group 2000 meets together and with staff members at Esalen every year. Members of the Founders Circle are invited to meet individually with our CEO.

We deeply appreciate the generosity and interest of the Friends of Esalen. You are invited to join us in extending the experience of Esalen into the lives of more people. For more information, or if you would like us to call you to discuss your gift, please contact us at 408-667-3007 or via e-mail at *friends@esalen.org*

☐ Basic member	$35	☐ Sustaining member	$500-950
☐ Student/Senior	$25	☐ Benefactor	$1000
☐ Joint member	$50	☐ Group 2000	$2000
☐ Supporting member	$100-450	☐ Founders Circle	$5000

Name ______________________ Phone ____________

Address ______________________ E-mail ____________

City ________________ State ______ Zip ________

Please make checks payable to Esalen Institute, in U.S. currency only, or use one of the charge cards listed below:

☐ MasterCard ☐ Visa ☐ American Express

Card No. ______________________ Exp. ____________

Authorizing signature ______________________________

Please complete this form or the inside flap of the envelope insert included in the catalog and return with your gift. Check the box on the outside of the envelope marked "Friends of Esalen." Thank you for your support.

Esalen Institute is a nonprofit public charity corporation, exempt from income tax under IRC section 501(c)(3). Contributions are tax-deductible to the extent allowable by law.

GUIDE TO WORKSHOPS

This is a guide to the workshops offered in this catalog. Although many of them could be cross-referenced—and some resist easy categorization—most are listed only in their main subject area. We recommend that you read the workshop description before deciding to register. If you have never been to Esalen or taken an Esalen workshop, you might want to consider the "Experiencing Esalen" workshop scheduled throughout the catalog and listed in the Integral Practices section of this directory. Please call the Esalen office if you have questions concerning a workshop.

THE ARTS / CREATIVITY

May 3-5 • Freeing the Poetic Imagination: Poetry Writing at Esalen
May 3-5 • The Healing Power of Laughter and Play
May 5-10 • Expressive Painting
May 10-12 • From the Congo to Dreamtime
May 24-26 • African Dance: Expressions of Spiritual Energy
June 2-7 • Singing in the African-American Tradition
June 9-14 • Meditation, the Living Body, and Creativity
June 9-14 • Old-Fashioned New Age Cooking
June 14-16 • Reawakening the Artist Within
June 14-16 • Chaos and Complexity in Photography, Life, and Work
June 14-16 • Ageless Vitality: The Body is Living Music
June 16-21 • Pilobolus: Collaborative Creativity Method
June 23-28 • Masks of Transformation: Moving from Personality to Essence
June 30-July 5 • African Percussion, Chanting, and Dance
June 30-July 5 • The Story of Your Life: Becoming the Author of Your Experience
July 5-7 • Language of the Drums: Intermediate Level
July 5-7 • Wearable Art: A Fimo Clay Workshop for Families
July 7-12 • Massage Mbunde
July 7-12 • A Potter's View of the Universe: Big Sur Clay
July 19-21 • Jewish Humor
July 21-26 • The Singing Cure
July 21-26 • Drawing on the Right Side of the Brain
July 26-28 • Improvisational Wisdom: Finding the Robin Williams Within
July 26-28 • From Father's Daughter to Creative Woman
July 28-August 2 • Stretching the Limits of Your Self-Expression
August 4-9 • Living Dance: A Moving Way
August 9-11 • When Drummers Were Women
August 16-18 • At the Turning Point: Poems Can Help us in Crisis
August 18-23 • The Inner and Outer Landscape in Film
August 25-30 • Music and Miracles: Tone, Sound, and Chant
August 30-September 1 • Creating From Spirit
September 1-6 • The Writer's Way: Freeing the Authentic Voice
September 6-8 • The Art of the Actor for Everyday Life
September 8-13 • The Soul's Theatre: The Practice of Improvisation
September 13-15 • Poetry Workshop: Writing New Poems
September 13-15 • Vision Painting
September 15-20 • The Naked Soul: A Ritual Theatre Lab
September 20-22 • The 21 Praises of Tara: A Sacred Dance Practice
September 27-29 • Singing Gestalt
October 4-6 • TA KE TI NA: The Forgotten Power of Rhythm
October 4-6 • Reawakening the Artist Within
October 13-18 • Esalen Arts Festival
October 20-25 • Writing the Natural Way
October 25-27 • Imagination, Presence, and Joy: A Performing Arts Workshop
October 27-November 1• Vocal Awareness: Empowerment Through Voice

BIOFEEDBACK / HYPNOSIS / INTUITIVE DEVELOPMENT

May 3-5 • Intuition and the Dance of Attention
May 12-17 • Advanced Hypnosis: Practice and Applications
May 19-24 • The High-Performance Mind: Awakened Mind Brainwave Training
August 16-18 • Innovative Hypnotherapeutic Approaches to Mind-Body Healing
August 18-25 • Constructing Psychotherapy Hypnotically
September 8-13 • Intuition and the Dance of Attention
September 20-22 • Awakened Mind II: Advanced Brainwave Training and Transcendent States

BUSINESS / WORKPLACE / SOCIAL RESPONSIBILITY

May 10-12 • Nine Worldviews: The Enneagram at Work
May 12-17 • The Visionary Life: The Quest of Your Life
June 2-7 • Conflict Resolution Through Conscious Negotiations
June 7-9 • Rekindling the Spirit in Work
June 21-23 • Reconnecting Business with its Soul
August 30-September 1 • Realizing the New Political Paradigm in Our Time
September 1-6 • Managing with Heart
September 13-15 • Essential Peacemaking: Women and Men
September 20-22 • The Art of Leadership
October 4-6 • Dialogue
October 20-25 • Facing Each Other, Facing Ourselves

CHILDREN / FAMILIES / EDUCATION

June 14-16 • The Parenting Process
June 16-21 • Healing the Parent-Child Bond: For Parents and Their Adult Children
June 30-July 5 • Creativity and Community: A Workshop for Children
July 5-7 • Replenishing the Vision: A Retreat for Educators
July 5-7: Wearable Art: A Fimo Clay Workshop for Families
July 7-12: Art, Acting, Music, and Fun: A Children's Festival
July 14-19 • Lego-Mania

CONTEMPLATIVE / SPIRITUAL & RELIGIOUS STUDIES

May 10-12 • Vipassana Meditation and the Teachings of Thich Nhat Hanh
May 10-12 • The Return of the Mother
May 19-24 • Soul Making

MARGARET LIVINGSTON

May 24-26 • OpenMind Training: Innovations in Meditation and Mind/Body Healing
June 2-7 • Zen and the Art of Anything
June 9-14 • Meditation, the Living Body, and Creativity
June 21-23 • Introduction to Mindfulness Meditation
June 23-30 • The Diamond Approach to the Lataif: Opening the Doors to Essence
July 5-7 • No, You're Not Crazy: Understanding Our Spiritual Awakenings
July 19-21 • A Taste of the Diamond Approach
July 21-26 • The Subtle Art of Meditation
July 28-August 2 • The Enneagram and Self-Realization
August 9-11 • The Sound of the Self
August 23-25 • The Subtle Self
August 25-30 • Earth Underfoot, Listening Heart
August 25-30 • Contemplating the Mystic Light of Nature
September 1-6 • Dzogchen–Awakening the Buddha Within
September 6-8 • Light Upon Light: Rumi Today
September 8-13 • Spiritual Journeys, Sacred Lives
September 13-15 • The Meditation Hall and Everyday Life
October 6-11 • A Course in Miracles
October 11-13 • A Weekend with Marianne Williamson

DREAMS

May 10-12 • From the Congo to Dreamtime
May 26-31 • Dreaming: The Magic Mirror that Never Lies
August 4-9 • The Dream Master: Dreams and Fantasies
September 29-October 4 • Conscious Dreaming: The Path of the Shaman in Everyday Life

HEALTH / HEALING

May 5-10 • Embodying Images of Health: A Somatic/Expressive Approach to Psychoneuroimmunology
May 26-June 2 • Developing a Fitness Regime for Optimal Well-Being
June 14-16 • Practical Herbology: An Esalen Garden Workshop
June 23-28 • Ecopsychology, Addiction Recovery, and Gender Reconciliation
June 28-30 • Caring for the Dying: What Really Works?
July 5-7 • Healthy Back, Healthy Mind: User-Friendly Yoga for Backs and Stress
July 7-12 • Taoist Chi Kung: Enhancing Vitality
July 26-28 • The Uses of Non-Ordinary Reality in Healing
August 18-23 • Reducing Stress, Managing Your Heart, Restoring Intimacy to Your Life
August 30-September 1 • Chi Kung/Nei Gung
September 1-6 • Spiritual Healing: Laying-on-of-Hands
September 22-27 • Healing Without Medicines: Qigong and the Medical Knowledge of Yin-Style Bagua
October 27-November 1 • Starting to Heal Yourself

INTEGRAL PRACTICES

May 17-19 • Experiencing Esalen
May 17-19 • The Embodied Life: Feldenkrais® Movement and Zen Meditation
May 31-June 2 • Experiencing Esalen
June 7-9 • The Ultimate Yes
June 16-21 • How to Feel as Good as You Can in Spite of Everything
June 23-28 • Turning On the Light: A Choice to Live Consciously

July 12-14 • Experiencing Esalen
July 21-26 • You Don't Have to Be Good
July 26-28 • The Body Tells the Truth: The Rubenfeld Synergy® Method
July 28-August 2 • Healing the Emotional/Spiritual Body: The Rubenfeld Synergy® Method
August 16-18 • Experiencing Esalen
September 1-6 • Life Energy Process
September 20-22 • Experiencing Esalen
September 22-27 • Turning on the Light: A Choice to Live Consciously
September 27-29 • The Tao of Practice
October 25-27 • Experiencing Esalen

MARTIAL ARTS / YOGA / SPORT

May 12-17 • Yoga: The Art of Living
May 19-24 • Kalarippayattu: The Yoga-Based Martial Art
June 28-30 • Yoga Works: Tools for Well-Being
July 5-7 • Healthy Back Healthy Mind: User-Friendly Yoga for Backs and Stress
July 7-12 • Taoist Chi Kung: Enhancing Vitality
August 30-September 1 • Chi Kung/Nei Gung
September 6-8 • Sabetti Sphurana Yoga: The Yoga of Inner Vibration
October 6-11 • Golf in the Kingdom
October 20-25 • Celestial Bodies: Archetypal Astrology and Transformative Yoga

MYTH / RITUAL / SHAMANISM / ANTHROPOLOGY

May 3-5 • From the Heart of the Andes: Andean Wisdom, Indian Mysticism
May 5-10 • Giving Voice to Bear: Shamanism and Bear Medicine
June 30-July 5 • Spirit in Nature: Learning from Other Species and Other Cultures
July 7-12 • Kinship with All Life
September 20-22 • Beyond Gender Language: The Union of The Sun and The Moon
September 22-27 • Evocation of the Deceased in a Latter-Day Psychomanteum
September 29-October 4 • Conscious Dreaming: The Path of the Shaman in Everyday Life

PHILOSOPHICAL INQUIRY / INTELLECTUAL PLAY

June 7-9 • Practical Alchemy, Kabbalah, and Quantum Physics
June 14-16 • Chaos and Complexity in Photography, Life, and Work
June 28-30 • Identity, Community, and Politics: The Ontogeny of Everyday Life
August 2-4 • A Weekend with Terence McKenna
October 20-25 • Celestial Bodies: Archetypal Astrology and Transformative Yoga

PROFESSIONAL GROWTH / TRAINING

May 12-17 • Advanced Hypnosis: Practice and Applications
May 26-June 2 • Gestalt Practicum
June 21-23 • Making a Private-Pay Practice Work
July 12-14 • Refilling the Chalice: Time Out for Healers
July 19-21 • Narcissism and Intimacy: Love That Wounds, Love That Heals
July 28-August 2 • Psychosynthesis for Professionals
August 9-11 • Survival Tools for Service Professionals
August 16-18 • Innovative Hypnotherapeutic Approaches to Mind-Body Healing
August 18-25 • Constructing Psychotherapy Hypnotically
October 25-27 • Pandora's Gifts: On Secrets, Health, and Healing

PSYCHOLOGICAL / TRANSPERSONAL PROCESS

May 3-5 • The Sources of Growth
May 5-10 • Healing the Heart
May 12-17 • Playing the Edge
May 12-17 • The Visionary Life: The Quest of Your Life
May 19-24 • The Power of Growth
May 24-26 • Life's Little Midterm
May 26-June 2 • Gestalt Practicum
May 26-31 • The Core Self: Return to Innocence and Choice
May 31-June 2 • Forgiveness
June 2-7 • Opening the Feelings
June 7-9 • Disarming the Ogre: Recognizing and Transforming the Inner Critic
June 9-14 • Transition, Risk, and Renewal: Mastering the Art of Change
June 21-23 • Roots and Wings: Renewing our Spirits, Living our Dreams
June 30-July 5 • Dancing with the Shadow
July 14-19 • Gestalt Practice
July 14-19 • Adventures in Death: Riding Your Transitions to Power and Freedom
July 14-19 • La Trama de Nuestras Relaciones
July 19-21 • Mothers and Daughter: Communication, Identity, and Self-Esteem
July 28-August 2 • Friendship and Intimacy: The Dance of Caring and Conflict
August 2-4 • Choosing Aliveness
August 4-11 • Creating Exact Moment of Healing
August 4-9 • The Power of Growth
August 9-11 • Psychosynthesis: Personal and Transpersonal Growth
August 11-16 • Completions and Transitions
August 18-23 • The Transformational Enneagram
August 18-23 • Experiencing the Celestine Prophecy: Connecting to Your Life Purpose
August 23-25 • Generativity
August 23-25 • 'Tis a Gift to Be Simple
August 25-30 • When a Romantic Relationship Ends: From Grief to Growth

MARGARET LIVINGSTON

September 6-8 • Time Shifting: Creating Time for Your Life
September 8-13 • The Practical Art of Creative Risk-Taking
September 15-20 • Gestalt Practice
September 20-22 • Beyond Gender Language: The Union of The Sun and The Moon
September 22-27 • Letting Go—Moving On
October 4-6 • Self Empowerment and Purification: The Farther Reaches of Gestalt
October 6-11 • Treasure Maps to the Soul
October 18-20 • Emotional Resiliency
October 20-25 • Opening to Ourselves and Others
October 25-27 • Forgiveness: The Key to Intimacy
October 25-27 • Pandora's Gifts: On Secrets, Health, and Healing
October 27-November 1 • Playing the Edge

RELATIONSHIP / COMMUNICATION

May 17-19 • Close Yet Free: Keeping a Good Relationship Alive
May 24-26 • Communication and Partnership
June 2-7 • Conflict Resolution Through Conscious Negotiation
June 16-21 • Relationships: Letting Go—Moving On
June 21-23 • Couples Massage Weekend
June 28-30 • "Innocence": The Cancer that Kills Love
July 7-12 • A Longing for Wholeness: Embracing the Shadow in Relationship
July 21-26 • Relationship Intensive
July 26-28 • How We Choose Who to Fall in Love With
August 2-4 • Intimate Connections
August 2-4 • Rekindling the Flame: For Lesbian and Gay Couples
August 11-18 • Bonding: The Heart of Dialogue
August 16-18 • Intimate Relationships: Keeping the Spark Alive
August 30-September 1 • A Return to Intimacy and Passion
September 13-15 • Essential Peacemaking: Women and Men
October 6-11 • Tantra: The Art of Conscious Loving

SOMATICS

May 5-10 • Lomi Somatic Intensive: An Active Exploration of Presence
May 10-12 • Weekend Massage Intensive
May 12-17 • Intermediate Massage Intensive
May 17-19 • The Embodied Life: Feldenkrais® Movement and Zen Meditation
May 26-June 2 • Cortical Reeducation® and the Feldenkrais Method®
June 2-7 • Facial Communication/Facial Diagnosis
June 9-14 • Five-Day Massage Intensive
June 9-14 • Mountains and Waves: Wilderness and Continuum
June 21-23 • Couples Massage Weekend
June 23-28 • The Upledger Institute's CranioSacral II
July 7-12 • Massage Mbunde
July 12-14 • Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach
July 14-19 • The Upledger Institute's CranioSacral I
July 19-21 • Weekend Massage Intensive
August 4-9 • Five-Day Massage Intensive
August 11-16 • Core Zero Balancing: Basic I and II
August 11-16 • Advanced Cortical Reeducation® and the Feldenkrais Method®
August 23-25 • Breema Bodywork: The Nonjudgmental Treatment
August 25-30 • Movement, Touch, and the Healing Process
August 30-September 1 • Weekend Massage Intensive
September 8-13 • The Upledger Institute's SomatoEmotional Release I
September 13-15 • Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach
September 29-October 4 • The Heart of Sports Massage
October 20-25 • Continuum
October 25-27 • Reflexology—Foot Compression Massage
October 27-November 3 • Cortical Reeducation® and the Feldenkrais Method®
October 27-November 1 • Five-Day Massage Intensive

WILDERNESS / ECOPSYCHOLOGY

May 24-26 • Big Sur Wilderness Experience
June 2-8 • Origins: A Rites-of-Passage Journey in the Ventana Wilderness
June 9-14 • Mountains and Waves: Wilderness and Continuum
June 16-21 • Big Sur Wilderness Experience
July 12-14 • Big Sur Wilderness Experience
August 11-16 • Big Sur Wilderness Experience
August 25-30 • Earth Underfoot, Listening Heart
August 25-30 • Contemplating the Mystic Light of Nature
September 6-8 • Big Sur Wilderness Experience
October 20-25 • Apprenticeship to the Earth: A Return to Sacred Ground

WOMEN'S / MEN'S STUDIES

July 12-14 • Why Men Are the Way They Are
July 14-19 • Women's Wisdom
July 19-21 • Mothers and Daughters: Communication, Identity, and Self-Esteem
July 26-28 • Daughters of Saturn: From Father's Daughter to Creative Woman
August 9-11 • When Drummers Were Women
October 4-6 • Joy, Inspiration, and Hope: A Retreat for Gay Men

ESALEN SEMINARS

MARGARET LIVINGSTON

Weekend of May 3-5

The Sources of Growth

Seymour Carter

Many potential sources of our growth reside in our unfinished issues, the developmental processes that we have failed to recognize and assimilate because of distressing life experiences or the inability to learn about them. "Unfinished issues" refers to normal phases of development which have been bypassed or ignored. It is unfortunate but true that most families emphasize some of our attributes and ignore or discourage others. These unclaimed potential talents, tendencies, and traits are a powerful reservoir within us waiting to be tapped.

Using a primarily gestalt-oriented process, supported by the tools of family systems theory, practices of introspection, and body-oriented intervention strategies, participants can begin to discover and utilize capacities in themselves for new possibilities in their lives. Each participant's process of development will be honored, encouraged, and treated as unique. $380

Freeing the Poetic Imagination: Poetry Writing at Esalen

David Richo

Since ancient times, poetry has been associated with healing and intuitive wisdom. Poetry remains the soul's language: everyone is capable of speaking it. It has the power to render immediate feelings in compelling rhythms of the imagination.

In this workshop, Jungian active imagination exercises will be used to find personal metaphors and to visit the unopened rooms of the psyche. You will work with images that visualize—not words that conceptualize—to access the full spectrum of inner colors. As these images are fashioned into a poetic diction faithful to unique needs, visions, and goals, you can come to see how your story—especially its present chapter—fits into a vaster volume of destiny. As Jung wrote: "Whoever speaks in primordial images evokes the beneficent forces... behind them."

No experience is necessary. Bring ample paper. Your journal or dream journal may be helpful as a resource. No one will be obliged to share what he/she has written, but everyone will be welcomed to do so. This will be a time of writing together, reading aloud, receiving feedback, and, most of all, following one's poet guide. $380

Intuition and the Dance of Attention

Anne Armstrong & Randy Cherner

> *At the still point of the turning world,*
> *Neither flesh nor fleshless;*
> *Neither from nor towards, at the still*
> *point, there the dance is,*
> *But neither arrest nor movement. And*
> *do not call it fixity,*
> *Where past and future are gathered.*
> *Neither movement from nor towards,*
> *Neither ascent nor decline. Except for*
> *the point, the still point,*
> *There would be no dance, and there is*
> *only the dance.*
>
> – T. S. ELIOT, *The Four Quartets*

Intuition is a gift that everyone possesses. It takes many forms. The foundation for intuitive practice is the process of shifting one's attention in very precise ways to lead to enhanced awareness. Anne Armstrong's intuitive opening came through the psychic intuitive process, Randy Cherner's through movement and touch.

The aim of this workshop is for participants to reclaim their intuitive powers in all areas of their lives—personal, professional, and spiritual. Group members will learn to develop their intuitive styles through meditations, sensing practices, refined touch, aikido, and Feldenkrais exercises. This workshop is unique in its attention to intuitive style in both its psychic and somatic dimensions.

C.E. credit is available for nurses; see page 60.
$380

From the Heart of the Andes: Andean Wisdom, Indian Mysticism

Chamalu

Chamalu is a Bolivian Indian mystic who teaches Andean shamanism. His teachings, based on Andean cosmology, encourage individuals to live without wasting time, to work according to their dreams while having fun, and to live life with purpose.

Through presentation and experiential exercises, participants will learn about the spirituality and life of the indigenous people of the Andes, their ceremonial music and dance, how to rediscover nature as a source of power, and how to reconnect with the plant and animal world. The workshop will end with a ceremony to heal the earth, "Magic Ecology."

Chamalu founded the Janajpacha community in Bolivia. *Janajpacha* is the Quechua word for paradise. His goal is to help people live this paradise in the present. Working to unite the tribe of love—Indians of All Colors—his teachings are based on humility, service, and living life as a continuous opening of joy, learning, love, and earth healing. $380

The Healing Power of Laughter and Play

Matt Weinstein & Bernie DeKoven

The language of Play is a universal language that all of us spoke fluently in childhood, and which most of us have forgotten in adulthood. But, like any lost language, the language of Playfulness comes back amazingly quickly once you take a few moments to practice, to turn off your everyday mind, and to allow yourself to be swept away in childlike excitement and the pleasure of membership in a supportive team.

In this workshop, you will learn to play (and design) scores of noncompetitive games that can be used to build support and community, and explore the differences between game rules and ground rules, competition and cooperation, enjoyment and enlightenment. You can discover how to nurture grown-up, healing, loving fun, and how to turn work into play.

Come prepared to take a serious look at fun!

Recommended reading: Weinstein, *Managing to Have Fun* and *Playfair: Everybody's Guide to Noncompetitive Play*.

C.E. credit is available for nurses; see page 60.
$380

Week of May 5-10

Lomi Somatic Intensive: An Active Exploration of Presence

Kathryn Lydecker, Johanna Putnoi & Robert Sanoff

> *You have slept for millions and millions of years.*
> *Why not wake up this morning?*
>
> —Kabir

"The awareness we bring to each moment is the key to our deep freedom," write the leaders. "Most of us get stuck in habits of body, heart, and mind. These habits are unconsciously formed in our family of origin and become etched onto our essential infrastructure. This matrix imprints on our body language, our emotional climate, and our state of mind, ultimately creating our worldview. Unexamined belief clouds the reality of each moment, and we become prisoners in a body/mind cell.

"In this workshop, awareness, presence, and practice will be our lanterns. We will use meditation, conscious movement, breath awareness, informed touch, and principles from aikido and gestalt as ways to experience ourselves richly and to participate with integrity, courage, and gentleness.

"The Esalen environment will be a laboratory in which to practice interrupting our habits and expanding our capacity to tolerate deep feeling. The greater our commitment to the process, the more intrinsic the change. The real challenge will be to discover how to take our embodied insights back home with us."

The leaders have been teaching together for more than a dozen years and bring their sense of community and affection for one another to the group process. $740

Expressive Painting

Leigh Hyams

Artwork comes straight through an open mind and an adventurous spirit. With it come clarity of vision, increased self-awareness, and a deepening understanding of the meaning of art in one's life.

Without freedom one cannot respond fully to the experience of painting. Leigh Hyams's teaching methods help students to work freely, exuberantly, and sensitively from the very first session. Participants will work from Esalen's natural landscape, still lifes, models, dreams, myths, and memories. Discussions, demonstrations, and slides of art from many cultures will be used to expand understanding of visual language. Participants will complete portfolios of their own paintings and may discover, in the process, a new sense of themselves as artistic, creative human beings.

This is a workshop for people who want to revitalize their connection with art—to develop fresh eyes. No previous experience is necessary. The only prerequisites are curiosity about the creative process and a willingness to explore the rich possibilities inherent in the act of painting. $740

(plus $55 materials fee paid directly to the leader)

Embodying Images of Health: A Somatic/Expressive Approach to Psychoneuroimmunology

Jamie McHugh & George Solomon

This workshop is an experiential and intellectual journey into the body, focusing on the embodiment of our personal and collective images as they relate to the immune system. Ordinarily, we see our immune systems as a scientific construct distant from our experience, something that cannot be sensed. In this workshop, participants can experience the immune system as tangible, alive, and available to our influence.

The workshop will explore connections between the Western medical view of the body, the Eastern archetypal perspective, and contemporary psychoneuroimmunologic (PNI) theory. It will apply a body-based expressive arts approach—movement meditations, breath/sound work, expressive dance, dialogue, drawing, and group interaction—to activate the senses and tap into the creative life force. Individual and group process will be used to help identify, explore, and express the archetypal forces—Creator, Destroyer, and Protector—in order to understand how our internal images and beliefs affect our health and behavior. PNI theory will create the context for more fully appreciating and cognitively understanding how we can take a more active role in our own healing.

No prior PNI/dance/drawing experience is necessary.

C.E. credit is available for nurses; see page 60.
$740

Healing the Heart

Julie Bowden & Richard Balaban

This workshop will be a journey into the tender part of the self that carries childhood preciousness and trauma. Feeling and integrating the pain and gifts of our past allows us to live more fully in relationship with ourselves and others, and helps us to acknowledge and nurture our inner voice. Affirming a more solid sense of self and experiencing a supportive community is a part of this work.

If you long to live beyond your past, discover your untapped strengths, and enhance your relationships, this workshop is designed for you.

Please note: To help create an atmosphere of safety, care, and respect for core issues to emerge, participants are asked to forgo alcohol and other mood-altering, nonprescription drugs for these five days.

C.E. credit is available for nurses; see page 60.
$740

Giving Voice to Bear: Shamanism and Bear Medicine

Carol Proudfoot-Edgar

All cultures in the Northern Hemisphere perceive Bear as a special teacher and relative to humans. There are Bear dreamers, Bear doctors, and Bear ceremonies, which address a process of transformation which Bear both symbolizes and teaches. That process is a wheel of existence characterized by the principle of birth, growth, death, decay, and rebirth. Bear is the guiding spirit of renewal. This workshop will focus on Bear's power to heal, protect, and teach us about our interior worlds and our relatedness to other beings of Earth.

Writes Carol Proudfoot-Edgar: "Early in the week, I will talk about Bear mythology, ceremonies, and practices so we can share a common knowledge about why this work is called 'Bear Medicine power.' We will work with the spirits in nature identified with Bear Medicine—water, stones, and trees. In our shamanic journeys, we will contact our ancient ancestors who were practitioners of Bear Medicine. We will explore primary activities of hibernating, dreaming, and healing touch. We will make leather-fringed Bear masks and other objects to assist us in bringing through the Spirit of Bear. We will forage to strengthen ourselves so our activities in the months ahead are fueled by a fat soul and nourished body."

Please bring a journal, a bandanna (to cover your eyes), and rattles (if you have them).

Please note: This workshop has a sequential structure. Participants are requested to be present for all sessions. Please arrange for massages or other non-workshop activities between session breaks.

Recommended reading: Rockwell, *Giving Voice to Bear*; Engel, *Bear*.

C.E. credit is available for nurses; see page 60.
$740
(plus $6 materials fee paid directly to the leader)

Weekend of May 10-12

Weekend Massage Intensive

C.J. Bradbury & Margaret Stevens

In this workshop, the basics of Esalen massage will be demonstrated and practiced, as well as simple techniques of "floor massage." Fundamental elements of bodywork, such as breath awareness, grounding, movement, quality of touch, and stress reduction, will be introduced.

It will be a weekend of reconnecting with the natural, inherent human familiarity with touch, in a safe, supportive environment. Please wear loose, comfortable clothing to the opening session.

Recommended reading: Suzuki, *Zen Mind, Beginner's Mind*.

C.E. credit is available for nurses; see page 60.
$380

From the Congo to Dreamtime

Titos Sompa & Ione

Titos Sompa, master dancer, choreographer, and percussionist from the Congo and psychotherapist/author/director Ione recently collaborated on Ione's internationally acclaimed play *Njinga the Queen King*, which premiered at the Brooklyn Academy of Music's Next Wave Festival, and was most recently performed at New York's Lincoln Center.

Together they have created a special workshop that teaches Congolese movement and rhythms while accessing participants' deepest dream themes. A vocabulary of ancient Congolese movement will be created to assist participants in expressing the most important aspects of their inner journeys, discovered through overnight dream incubations and shamanistic journeying.

The workshop is open to all levels of experience.
$380

Vipassana Meditation and the Teachings of Thich Nhat Hanh

Christopher Reed

How is it possible to live with the awareness of what is happening in our society and to our world? This is an extraordinary time to be alive on Earth. Either we destroy ourselves or we awaken together to our true nature, our profound interconnectedness—our *Interbeing*, as Thich Nhat Hanh calls it.

For many of us there is a deep grief, for many more a nagging malaise. We are destroying our environment, our own home, and neither denial nor activism can fully address the pain and discontent of it.

The practice of Buddhism is a way of transforming old notions of *self* and *self-interest* so that we may truly live. Vipassana means "looking deeply." When we truly look we see that we are a part of life, that it is ours, that we also belong to it. We have the capacity, the right, even the obligation to respond to its call, rather than to just react out of fear, anger, loneliness, compulsivity.

This practice is an invitation to engage with life, to break down notions of separation. The workshop will include instruction in sitting and walking meditation as well as interactive exercises and dialogue.

C.E. credit is available for nurses; see page 60.
$380

Nine Worldviews: The Enneagram at Work

Johanna Putnoi & Michael Goldberg

> *"I can see in the dark," boasted Nasrudin one day in the teahouse.*
>
> *"If that is so, why do we see you carrying a light through the streets?"*
>
> *"Only to prevent other people from colliding with me."*
>
> — Idries Shah

The Enneagram is an elegant and increasingly popular approach to communication, character, and culture. Based on ancient sources (versions of the Enneagram appear in Chaucer, Dante, and HaKaballah), the Enneagram describes nine different worldviews: the ways that people think, act, feel, and, most especially, relate to one another. Each perspective has particular powers and abilities, and each generates foreseeable predicaments which, luckily, have appropriate interventions.

The Enneagram is meant to enchant: sophisticated yet exquisitely transparent, the system predicts how one style will get along with another, the nature of the difficulties they are likely to have, and the opportunities for partnership and co-creation. This workshop will explore the Enneagram as an open systems approach to management, relationships, and work teams, and will demonstrate how this insightful perspective integrates the best in current management thinking to show what works well where.

This workshop is for people who want to use the Enneagram as a practical tool. A complete introduction to the system will be presented, including videos, stories, live examples of type, and an explanation of how to determine Enneagram style. Experiential exercises will provide the sometimes startling adventure of seeing the world from the position of each of the nine.

Both beginning and experienced Enneagrammers are welcome.

C.E. credit is available for nurses; see page 60.

$380

The Return of the Mother

Andrew Harvey

Andrew Harvey will present his vision of the Sacred Feminine and the necessity for coming into contact with its nourishing connecting force. Harvey believes that unless the human race rediscovers the feminine face of God and enacts its understanding of interconnection, tolerance, and love of nature, the race will die out. He also believes that the Divine Mother is now offering everyone *direct* connection without intermediaries, priests, or gurus. He will devote a considerable part of this weekend to defining his vision of the Direct Path to the Mother and elucidating how it galvanizes and transforms. $380

Week of May 12-17

Playing the Edge

David Schiffman

In the early stages of growth, success seems to be its own reward. Excitement, vitality, and the willingness to face life boldly are characteristics of those who are involved in new and successful ventures. To keep this spirit alive is not easy. Enormous pressures, grinding routines, and demands of involvement can dispirit even the healthiest people. To listen to one's heart requires the courage to pause. In this willingness to stop and listen to the deeper self live the true resources that guide and protect us.

The purpose of this week is to create a mood of sanctuary for people in transition considering major changes in career, relationship, or matters of the spirit; those in need of a break from stressful responsibilities; and individuals interested in breaking new ground in the areas of self-nurturance, intuitive functioning, and problem solving.

The process will be gently restorative, illuminating, and enlivening. The intention will be to create a community based on trust and goodwill with emphasis on individual freedom. Traditional methods of self-inquiry (gestalt practice, bioenergetics, psychosynthesis) will be combined with innovative methods using music, meditation, poetry, ritual, and prayer to foster this spirit of living fully.

$740

Advanced Hypnosis: Practice and Applications

Marc Lehrer & Norman Katz

This specialized program will cover advanced hypnotherapy practices suitable for therapists and practitioners who use hypnosis in their work. The format will include advanced inductions, direct and indirect metaphor and suggestion, pain control, regression and future orientation in time, plus other topics selected by the participants. There will be opportunity for supervised feedback as well as a goal for each participant to create a short hypnosis audio tape on a topic of her/his own choosing as a completion project. Each participant is expected to have already had basic hypnosis training and practical experience in application of techniques. The workshop is also suitable for those who wish to review techniques from other hypnosis programs.

C.E. credit is available for nurses; see page 60.

$740

Yoga: The Art of Living

Ganga White & Tracey Rich

Yoga is far more than a set of physical exercises, although that alone would make it an extraordinary practice. It is an art of living, a process of reintegration and movement into wholeness. The beauty of Yoga is that it addresses all areas of our lives. These five days will be spent cultivating physical, mental, and spiritual rejuvenation. The goal will be to assist beginners as well as experienced Yoga students in finding the tools and the inspiration for learning a lifelong practice.

Days will begin with a flowing Hatha Yoga sequence combining asana (posture), pranayama (breath control), and meditation to condition the whole person and develop strength, flexibility, and vitality. Participants will be shown how to integrate this practice into their daily lives, making it practical and accessible as well as joyful and creative. There will be discussion and inquiry into the latest principles of natural diet and nutrition, aligning and restructuring the body, working with the breath and subtle energies, and freeing the mind from authoritarian gurus and sacred cows. The workshop will also address the areas of meditation, love, freedom, and death.

$740

The Visionary Life: The Quest of Your Life

Robert Maurer

Psychology's usefulness has traditionally been limited by its focus on people with problems. Recent studies, however, have centered on those who have succeeded in the major challenges of life, from vocation to relationships, and provide surprising insights into the pursuit of success.

This program explores one of the key attributes common to all successful people: vision—the clear sense of purpose that guides and sustains actions and emotions, particularly during times of crisis. During these challenging times, people of vision and commitment are extraordinary and essential. What are the skills of the visionary and how are these skills developed and maintained? This program will not only provide remarkable research findings but will demonstrate these qualities in filmed and live interviews.

The quest for a visionary life is a journey that each of us is capable of. The focus of this workshop will be on creating vivid dreams, discovering the path to get there, and finding the courage to travel the road.

C.E. credit is available for nurses; see page 60.

$740

Intermediate Massage Intensive

Paméla Espinoza & Kathleen O'Shaughnessy

This workshop is designed for individuals who have already had basic massage training and have been in practice for a while. It is for those who want to expand into new territory and add to what they are doing with specific complex areas such as the neck and low back.

Part of the format will include the traditional Esalen style of long, integrative strokes and methods for deep contact with the recipient, which will then be focused down to detail. Another segment will have the flavor of a musician's open jam session with two lead players, eliciting a cross-pollination of ideas and approaches from all of the participants.

Personal centering through Zen practice, breathing methods, yoga postures, and dynamic movement will be interwoven with the hands-on work.

C.E. credit is available for nurses; see page 60.
$740

Weekend of May 17-19

Experiencing Esalen

Experiencing Esalen Staff

> *Contact is the appreciation of differences.*
> — Fritz Perls
>
> *...and the recognition of similarities.*
> — Richard Price

This workshop is designed to introduce the various practices of Esalen to first-time participants or to those renewing their acquaintance with Esalen. Emphasis will be on finding those approaches to self-awareness that work most effectively for each participant. Sessions may include: meditation, sensory awareness, gestalt practice, group process, art, movement, and massage. There will also be time to explore the magnificence of the Big Sur coast.
$380

Close Yet Free: Keeping a Good Relationship Alive

Gerald Smith

How can we be open and vulnerable in order to love another person, yet at the same time free in order to continue to grow as an individual? The balance of merging and still maintaining a strong sense of self is never completely worked out, because each partner is continually changing. But this dilemma of competing needs can be dealt with in ways that add to the aliveness in the relationship.

Much of the participants' time during this weekend will be spent with their partners, separate from other couples. The workshop will use verbal, nonverbal, and written exercises to enhance openness, support, and affection, as well as skills to resolve differences in ways that do not produce "scar tissue." Also, since play is an essential part of keeping a relationship alive, there will be experiences to spark the imagination and willingness to play together.

Enrollment is limited to 12 couples.
$380 per participant

The Embodied Life: Feldenkrais® Movement and Zen Meditation

Russell Delman

The embodied life refers to our natural condition when mind and body are unified. What exactly does it mean to have body and mind functioning in coordination? How can the habits of both muscular tension and incessant internal chatter be worked with so that an essential unlearning and relearning can occur?

Moshe Feldenkrais created hundreds of ingenious movement experiments that allow us to rediscover the grace and ease inherent in a well-organized brain. Zen meditation offers a sophisticated, simple practice for the movement toward our "original nature." Together these approaches help us to more fully embody life.

The group will practice Awareness Through Movement® (ATM) lessons, mindfulness meditation, and mental imagery designed to connect the learning to everyday life. This workshop is valuable for both active, mobile people and those with injuries. Beginning and experienced explorers can learn at their own level.

C.E. credit is available for nurses; see page 60.
$380

Week of May 19-24

Soul Making

Alan Jones

Have you given up on your religious past, disowned your spiritual roots, or been crippled by a faith tradition which did not honor your experience? The soul dies and is reborn in the stories which seduce or attract it. What narrative dominates your life now and where did it come from?

The American/Western soul has been deformed by narratives of dominance and "happiness"—by a kind of psychological terrorism of impossible and unreasonable spiritual "entitlements." It has been further damaged by a flawed anthropology of a hyper-individualism turned sour. The wisdom of the soul knows that the most privileged access of spiritual power (grace) is through our greatest weakness, through what we dread. This workshop is informed by the Christian mystical tradition (both Eastern and Western)—especially the Desert Tradition, which serves as an antidote to the mean-spirited fundamentalisms of the modern era.

There will be opportunities for meditative and liturgical practice, group and individual spiritual direction, and a visit to the Immaculate Heart Benedictine Monastery just south of Esalen.

Recommended reading: Jones, *Soul Making*; Johnston, *Silent Music*.
$740

The High-Performance Mind: Awakened Mind Brainwave Training

Anna Wise

The high-performance mind is clearer, sharper, and more flexible. Emotions are more available and easier to transform. Information flows more easily between the conscious, subconscious, and unconscious levels, increasing intuition, insight, and empathy.

Having a high-performance mind means being able to enter at will the state of consciousness most beneficial for any given circumstance—then understanding how to use that state. Through brainwave training, this workshop will teach you how to produce the components for an awakened mind, the brainwave pattern of peak experience, optimum creativity, and high spiritual awareness. Working with both the state and the content of consciousness, you can learn to use these brainwaves to develop a high-performance mind for self-healing, dealing with emotional issues, increasing creativity, improving relationships, and developing greater self-knowledge and awareness.

Biofeedback monitoring combined with meditation, visualization, and deep psychophysiological relaxation will help you learn how to master your own states of consciousness. The Mind Mirror EEG will be used to demonstrate brainwave patterns, and Electrical Skin

Resistance Meters to measure the depth of arousal and relaxation of your autonomic nervous system, illuminating the interrelationship between your body and your mind.

Recommended reading: Wise, *The High-Performance Mind: Mastering Brainwaves for Insight, Healing, and Creativity.*

C.E. credit is available for nurses; see page 60.
$740

The Power of Growth

Seymour Carter

Everyone has unused capacities for further personal development. When these capacities are recognized and given attention, a natural force is released which, like a tide, can carry the individual to a higher level of ability and action. Fritz Perls taught how to recognize the force of avoided issues in dealing with blocked energies. When unfinished issues are confronted and assimilated, it is possible to feel potent and in charge of one's life.

In this workshop, participants will deal with these issues by examining the influence of the inner dialogue on thoughts and the nature of impasse, as well as tendencies within themselves toward psychological completion and well-being. The basis of this work is the gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, and aikido. Each participant's process of development will be honored, encouraged, and treated as unique.
$740

Kalarippayattu: The Yoga-Based Martial Art

Phillip Zarrilli

Kalarippayattu is Kerala, India's yoga-based martial/meditational/healing art dating from the twelfth century. A form of moving meditation to actualize single-point focus, it uses graceful, fluid, yet powerful and dynamic asana-like animal poses and exercises to awaken the subtle body within. According to a Malayalam saying, the ideal practitioner is one for whom the "body becomes all eyes."

The workshop will begin and end with breath, combining exercises from yoga and kalarippayattu as the foundation for body/mind integration and single-point focus. Kalarippayattu practices and principles will be introduced, including the animal poses, leg exercises, steps, kicks, and complete full-body forms of moving meditation. Through videotapes and discussions, participants will also learn how kalarippayattu is part of Kerala culture and performing arts—such as the internationally known *kathakali* dance/drama—and how it shares common principles with yoga and ayurveda.

Beginners are welcome, as well as actors, dancers, and advanced practitioners of yoga and diverse martial arts. Please wear loose, comfortable clothing.
$740

Weekend of May 24-26

Big Sur Wilderness Experience

Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. Using this natural reserve as the primary teacher, the group will walk into the Los Padres National Forest. Drawing on various traditions, this wilderness experience will help participants develop the quality of their awareness and open to the natural world.

Weeklong workshops will venture out on five hikes (4-10 miles long). Weekend workshops will take two hikes (3-6 miles long). Using Esalen as a base camp, the group will explore the different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each hike will begin after breakfast and conclude in time to enjoy the hot springs and dinner each evening at Esalen. Basic outdoor skills such as map reading and minimum impact concepts will be practiced. Participants will be taught enough skills to begin exploring the wilderness on their own after these outings. More information will be sent upon registration.
$380

Communication and Partnership

Mary Goldenson (Devarani)

Underlying all our relationships—husband, wife, lover, friend, daughter, son, mother, and father—is the need to communicate. Often we learn to express our needs through control, power struggles, addictions, dependency, guilt, denial, and unreasonableness.

This workshop is about healing the deep wounds sustained in our attempts at partnership. The focus will be on:

- Exploring the possibilities of equal soul-partnership
- Learning new ways to express our fear, sadness, grief, and love for each other
- Defining what we need to change in our relationships
- Learning different language styles to better connect with our partners
- Learning ways to heal, forgive, and move on to a mutually beneficial relationship

Come alone or with a partner. The workshop will provide a safe, supportive environment to learn new practices of breathwork, dyadic communication skills, movement, and Gestalt, making it easier to express your truth and take responsibility for your feelings and issues.

C.E. credit is available for psychologists; see page 61.
$380

African Dance: Expressions of Spiritual Energy

Yao Tamakloe & Sarah Abukutsa

Yao Tamakloe is a teacher of dance, drumming, and ethnology. A third-generation jazz performance artist, he has danced and taught with Babatunde Olatunji and Katherine Durham for over ten years. Sarah Abukutsa, his wife, is one of Kenya's most celebrated singers, and has also studied West African dance. Together they will teach the exciting forms of African dances and the symbolic stories they tell.

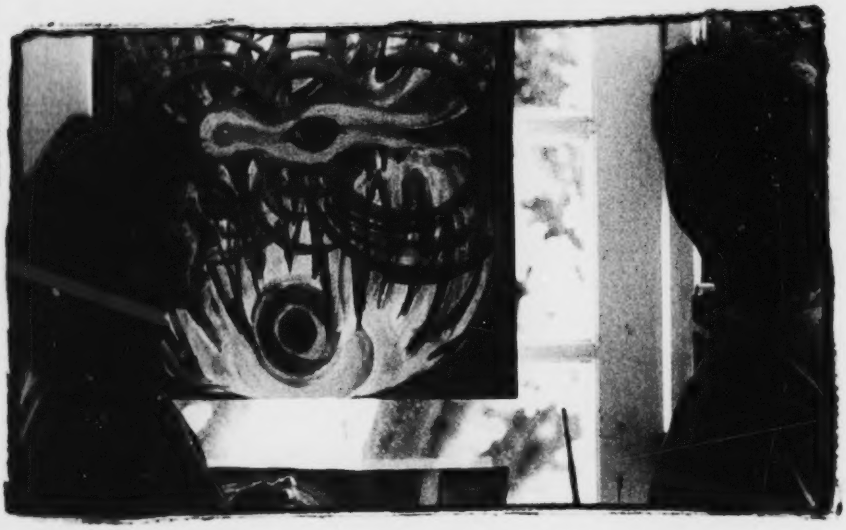
Participants will experience the dynamics of war, harvest, and initiation dances, as well as the subtle, healing funeral and recreational dances. The different movements that relate to various roles in society will be presented.

Live drumming will accompany this joyful marriage of power and fluidity inherent in dance. Drumming to accompany dances will be taught using Babatunde Olatunji's Gun GoDo PaTa method. Bring a drum if you can.
$380

Life's Little Midterm

Kathleen Riordan Speeth

"The middle of life is the very prime of life," writes Kathleen Speeth. "Can it be sweet when it is so often burdened with habit and duty? Heroes and saints, we are told, have found ways to live with intensity and meaning. Can we by self-examination burnish our own ways of being in the world? Any evaluation must be profoundly individual.



MARGARET LIVINGSTON

"We will dedicate this weekend to the contemplation of love and work, intimacy, integrity, and transcendence. Does my profession reflect my gifts? Is the success I have attained the success I value? Amid the daily bustle of details have I remembered who and what I really care for? When have I been heartblind, headnumb, or ethically flabby? When deeply myself? If, as Socrates suggested, happiness is living my very own life in such a way that I am unashamed, how to move toward that great gladness?

"In this sustained inward exploration we will have the help of philosophers and the succor of great music, but the weekend will be essentially experiential—and perhaps surprisingly transformative. Are you ready?" $380

OpenMind Training: Innovations in Meditation and Mind/Body Healing

Ron Alexander

> *Learning to observe experience from a place of stillness enables one to relate to life without fear and clinging. One begins to accept pleasure and pain, fear and joy, and all aspects of life with increasing equanimity and balance. Life is seen as a constantly changing process.*
>
> — JACK KORNFIELD, *Seeking the Heart of Wisdom*

OpenMind Training provides instruction in meditation and mind/body healing from both a psychological and spiritual perspective, focusing on their practice, experience, and benefits in daily life.

Meditation helps to cultivate self-regulation through relaxation and the development of attentional skills. Training in mind/body healing facilitates awareness of the inner resources of trust, comfort, time, and curiosity for the activation of the healthy, creative aspects of the unconscious mind. Participants will be taught to develop a user-friendly relationship with the unconscious and to directly contact the resources of the core self. This promotes insight, wellness, and individuation.

Meditative techniques of the various Buddhist schools, particularly Tibetan and Zen, will be explored. Tibetan meditation uses mindfulness, insight, and visualization to activate physiological and psychological energies whose merger can produce powerful states of mind to penetrate into the reality of our being and experience.

Participants will also learn various forms of breathing, chanting, trance states, and mind/body healing exercises. This workshop presents skills to calm the mind, develop trust with the unconscious, and explore inner healing resources. It is designed for anyone from beginner to advanced.

Recommended reading: Goldstein & Kornfield, *Seeking the Heart of Wisdom*; Rossi, *The Psychobiology of Mind-Body Healing*.

C.E. credit is available for nurses; see page 60.
C.E. credit is available for psychologists; see page 61. $380

May 26-June 2

Cortical Reeducation® and the Feldenkrais Method®

Harriet Goslins

How a person sits, stands, or moves reflects patterns that are "wired in" to the nervous system. This information can be erased or changed. By reeducating the brain-muscle connection, restrictions in movement can be freed, freeing lifetime habits that have organized around that movement.

This work is a relearning of the ease and fluidity taken for granted as a child and lost somewhere along the way. Physical injury, emotional trauma, or ongoing stress all evoke a protective response from the body. These patterns remain when no longer needed, outside of awareness, and continue to cause discomfort and limitations. Freeing them results in relief of chronic pain or tightness and a higher energy level. By changing muscular holding patterns, the entire protective posture is altered, deeply affecting the body's habitual defense system. Thus, new movement possibilities mean new self-image possibilities.

Fears and anxieties have corresponding muscular habits. Verbal information or spiritual practice that fails to extinguish these habits may fail to eliminate the toxic behavior.

This workshop is for those who are physically active and fit and want to increase their skills while learning to reduce risk or injury; for the sedentary or those dealing with after-effects of injuries; for chronically tired and stressed individuals who want to learn how to take better care of their neck, shoulders, and back; and for those who want to improve their posture and breathing and live with more flexibility and comfort.

C.E. credit is available for nurses; see page 60.
$1110

Gestalt Practicum

Christine Stewart Price & Gail Stewart

This workshop is designed for people who would like to further explore the gestalt practice form in theory as well as through personal experience. It is especially appropriate for those in the helping professions, such as counselors, bodyworkers, and teachers who are interested in integrating this approach into their current practice. The format will include open seat sessions with the leaders, structured exercises where participants work with each other, didactic presentation, and discussion.

The prerequisite for admission into the workshop is previous participation in a workshop specifically in gestalt practice led by one of the Esalen gestalt staff (Eric Erickson, Christine Price, or Joyce Lyke). Otherwise you may send a letter of application to

Christine Price, 31 Onyx Street, Larkspur, CA 94939, and will be considered if there is space available.

Recommended reading: Perls, *The Gestalt Approach* and *Eyewitness to Therapy*; Heider, *The Tao of Leadership*; Ram Dass & Gorman, *How Can I Help?*.

C.E. credit is available for nurses; see page 60.
$1110

Developing a Fitness Regime for Optimal Well-Being

Carl Chase (C.C.) & Deborah Anne Medow

Everyone wants to feel more flexible, toned, and energized, stronger and more powerful. This workshop can help you develop and practice a daily fitness regime to achieve those goals.

This week will be an opportunity to begin unlocking your health potential and develop the positive thoughts and attitudes that can create optimal well-being. The keys will be a combination of meditation, yoga, "ballistic" stretching, movement, dance, and a healthy diet.

During the workshop, participants will practice the above activities to help establish a daily fitness routine—fitness on physical, mental, and spiritual levels. Group support will be especially helpful for those who have a difficult time keeping such a fitness practice going.

There will also be time for reflection, integration, and the peaceful enjoyment of the beautiful Big Sur coast and Esalen grounds. Please bring loose, comfortable clothing, tapes and CDs, even musical instruments, an open mind, a sense of humor, and a warm heart.

Please note: This workshop is not recommended for the seriously ill or the "faint of heart."
$1110

Week of May 26-31

Dreaming: The Magic Mirror that Never Lies

Jeremy Taylor

The basic language of dreams is symbol and metaphor. Dreams address everyone in essentially the same way, regardless of the uniqueness of our individual lives and circumstances.

Participants will share and work with their dreams, drawing on the mythological/archetypal images that shape our contemporary individual and collective lives. Although the focus will be dream interpretation in a collective context, the methods are designed to give participants the ability to engage in their own dreamwork upon returning home.

Everyone is welcome—those who are just beginning to explore the world of their dreams, as well as professionals who work with dreams. As Jeremy Taylor notes: "Only the dreamer can say with any certainty what meanings his or her dreams may hold, and dreamwork is one of the few activities that puts beginners and experts on an equal emotional footing from the outset."

Recommended reading: Taylor, *Dream Work* and *Where People Fly and Water Flows Uphill*.
$740

The Core Self: Return to Innocence and Choice

Ron Alexander

Resources for healing, such as spontaneity, curiosity, trust, creativity, innocence, and joy, are found in the Core Self. This workshop will assist participants—including health professionals—in accessing the resources of the Core Self to facilitate personal healing and to acquire new skills in the mind/body healing process. Participants will work toward cultivating a friendly relationship with the unconscious to help heal dysfunctional patterns and resolve incompletions from the past in order to become more conscious in the present moment. This process can bring about the healing of pain, fear, grief, and loss, and thereby enable the creation of healthier pathways for living, loving, working, and relating.

The goals of this work are to enhance self-esteem, to become free of trauma and self-images of the past, to communicate more effectively, to become empowered as a leader, and to develop a cohesive personal vision. The tools will include gestalt open seat work, self psychology, insight meditation, breathing practices, dreamwork, accessing the creative unconscious, deep music, group process, and immersion into nature.

Recommended reading: Heider, *The Tao of Leadership*; Chopra, *The Seven Laws of Success*; Polster, *Every Person's Life is Worth a Novel*; Moore, *The Care of the Soul*

C.E. credit is available for nurses; see page 60. C.E. credit for psychologists is pending. $740

Weekend of May 31-June 2

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 17-19.
$380

Forgiveness

Julie Bowden & Maria Nemeth

Every culture has its healing rituals, ways of letting go of old attachments to make way for new possibilities. An essential component is the practice of forgiveness.

As the years go by, many of us develop a history of incomplete relationships and unfulfilled expectations. As these experiences accumulate, our trust in others and ourselves diminishes, and our commitments in life become conditional. To release these burdens is to forgive the past.

This workshop will guide participants through exercises focusing on our judgments and characterizations, with emphasis on how these distorted perceptions affect us and interfere with our relationships. This work is preparation for a powerful forgiveness exercise, designed to facilitate letting go, allowing more joy and light into our lives. $380

June 2-8

Origins: A Rites-of-Passage Journey in the Ventana Wilderness

Little Bear Nason & David Schiffman

For workshop description see Wilderness Programs, page 65. $790

Week of June 2-7

Opening the Feelings

Dale Cummings

Radix® is an archaic term meaning "root" or "source." Radix work is a direct body approach focusing on this "life force" which underlies all biological processes, and from which springs the expression of feeling and creativity. Chronic, unconscious patterns of muscular tension can form what Wilhelm Reich called "armor," which blocks or inhibits both awareness and expressiveness.

Within a small group setting, participants will experience Radix and neo-Reichian methods of emotional release, including a period of individual work called the "intensive." As the armor softens, grief, pain, and rage held in since childhood can emerge. Allowing and accepting these feelings in a safe, supportive environment can create a new capacity for trust, love, and pleasure.

C.E. credit is available for nurses; see page 60.
$740

Singing in the African-American Tradition

Ysaye Barnwell & George Brandon

This workshop is designed to facilitate the development of a community through the vehicle of music from the African-American vocal tradition. Musical forms will include calls and chants, spirituals, ring shouts, hymns, gospels, songs of the civil rights movement, and songs of contemporary struggle. The historical, social, and political context will be provided as an introduction to the songs in each of these musical forms. Through participation in the songs and discussions of their context, the group will explore from an African-American worldview the values imbedded in the music, the role of cultural and spiritual traditions and rituals, how leadership emerges and can be shared among community members, the nature of cultural responses to and influences on political and social struggle, and, finally, the significance of a shared communal experience in one's personal life. $740

Zen and the Art of Anything

Hal French & Melody Schaper

There is a reservoir of creativity in each of us that often lies unexplored. For the curious, it holds a compelling, intriguing appeal. How do we find this place? How do we tap into its power?

Zen, both in its traditional expressions and through other meditative practices, can offer promising access routes to this realm and link these depths to a variety of creative pursuits. Meditation, then, may turn these pursuits into art forms. Participants are asked, by way of advance preparation, to consider one or two activities which they would like to refine through this process: "Zen and the Art of ______." Each fills in the blank, and seeks in the workshop to apply lessons learned. Sessions will involve zazen (sitting meditation) and other seated exercises, but a strong emphasis will be on moving zen, or zen choreographed. Movement improvisation, visualization, and other sensitizing exercises will be employed, using the total Esalen setting, to enhance our capacity to become alert, alive, aware, awake.

Zen is not merely an esoteric pursuit for cloistered Asians, but may be adopted by Western laypersons and adapted to various pursuits, rendering us more adept in our practice of them.

Recommended reading: Suzuki, *Zen Mind, Beginner's Mind*. $740

Conflict Resolution Through Conscious Negotiations

Ron Luyet & Jim Tamm

Many business and personal relationships become adversarial simply through a lack of conflict resolution and negotiation skills. This workshop offers a combination of two powerful approaches that can transform conflict into collaborative problem-solving. The first is interest-based adversarial negotiations, well documented for dramatically reducing labor/management conflict. The second focuses on behaviors and feelings that can block resolution of conflict. Participants will be shown how their often unconscious emotional needs impact their effectiveness when negotiating and dealing with conflict.

The workshop will provide immediately useful negotiating skills and a model explaining the fundamental emotional undercurrents that go on between oneself and others during conflict. Small-group preparations, negotiating simulations, self-assessment instruments, and structured feedback will help participants discover rigidity or fears that can sabotage negotiations or undermine long-term relationships.

The workshop is *not* a series of techniques that promise "how to get yours and most of theirs, too." It is skill-building to develop negotiating relationships for long-term mutual gains. It is designed for learning technical skills and self-awareness to greatly increase effectiveness in resolving personal or professional differences.

C.E. credit is available for nurses; see page 60.

Approved for MCLE credit by the State Bar of California in the amount of 18 hours. This activity conforms to the standards for approved education activities prescribed by the rules and regulations of the State Bar of California governing minimum continuing legal education. $740

Facial Communication/ Facial Diagnosis

Lillian (Lesefko) Garnier

Your face is your identity, the external manifestation of your inner personality. It contains the primary clues for visual communication through the expressions it transmits, while being a topographical map of life experiences. Learning to interpret these clues can give you insight into your own psychological process as well as the health and character of others.

Based on the ancient science of Chinese facial analysis, derived from Chinese medicine, this workshop will combine Chinese medical wisdom with modern research and methods. Participants will learn about the health indicators of the face, the personality traits shown in its markings, the held emotional issues that block ch'i (life force energy), and how to read the changing quality of ch'i in the eyes.

Participants will learn to profile others and begin to understand the feelings that others are expressing facially. They will learn to recognize the psychological and emotional underlay of the disease process as seen from the face. Methods to unblock ch'i, move it, and focus it for optimum health and vitality will be discussed. Ultimately, participants can expand their self-knowledge by attempting to unmask their real selves.

C.E. credit is available for nurses; see page 60.
$740

Weekend of June 7-9

The Ultimate Yes

George Leonard

> *Life has one ultimate message, "Yes!", repeated in infinite number and variety. Human life, channeled for millennia by Civilization, is only just beginning to express the diversity and range of which it is easily capable.*
>
> — *Education and Ecstasy*

The ultimate "Yes" is to life itself in its every moment, whatever that moment might bring. The ultimate gift to any friend or loved one is to be totally present for him or her. This June weekend will be dedicated to saying "Yes" to life and the present moment. Through breathing, chanting, meditation, imaging, and movement, this seminar will seek to affirm our oneness with nature, the cosmos, and one another, to remind ourselves of the brevity and vividness of the miracle of existence. Bring a friend or a loved one or come alone. All that is needed is a generous spirit and a willingness to participate wholeheartedly.

Recommended reading: Leonard, *Education and Ecstasy*, *The Silent Pulse*, and *The Transformation*. $380

Disarming the Ogre: Recognizing and Transforming the Inner Critic

Sarah La Saulle

The Ogre—also known as the inner negative voice, the committee, the dark and hopeless perceptions, black-and-white thinking—is the voice of old belief systems. Many people experience their Ogre as a feeling of malaise or heaviness. Often it goes unrecognized by posing as the voice of reason, of ultimate reality. The Ogre judges. It counsels by criticism and continually re-inflicts wounds. The fundamental goal of the Ogre is to protect from pain and further loss. Unfortunately, the voice is cruel and distorted in its effort to preserve.

In this workshop, participants will catch their Ogre, illuminate him, and utilize various methods to transmute his negative influence. Writing, drawing, partnering, and group discussion will be used to deal with conscious and unconscious self-hatred. $380

Rekindling the Spirit in Work

Howard Schechter & Barbara Lee

"Rekindling the Spirit in Work" is about reconnecting with yourself and the work you do. Through creative exercises and sharing with the group, you can gain clarity about your goals in work, the skills required to reach those goals, and a deeper awareness of your strengths. The process can help you to confront and dissolve major blocks to rewarding work and to integrate who you are with what you do. This process is far more effective than narrow vocational perspectives. The emphasis is on the question "Who is working?" By identifying with our highest self, what we do can flow more easily and be a direct expression in the world of who we are inside. This workshop is for people who are beginning new careers, in transition, dissatisfied, or simply bored with their work. Participants often come away with a sense of clarity and purpose, and seldom feel the need to make radical shifts in job or profession. Rather, the subtle inner adjustments of identity, attitude, and perspective create greater job satisfaction and offer direction for taking the next steps in work.

C.E. credit is available for nurses; see page 60. $380

Practical Alchemy, Kabbalah, and Quantum Physics

Chris Carmines, Ovid Jacob & Mira Zussman

At the crossroads of magic, science, and religion, equivalent principles operate. Western alchemy, kabbalah, and quantum physics are rooted in the same fundamental concepts despite our thinking of them as distinctly different cosmologies.

This workshop will explore the theory and practice of these traditions as well as the intersections between them. Participants will enter into the four alchemical elements (fire, water, air, and earth), the Hebrew tetragrammaton (the four Hebrew letters that form the name of God), and the four fundamental physical forces (weak, electromagnetic, strong, and gravitational), thereby returning to the building blocks of Creation itself. The workshop will provide not only an introduction to these multiple ways of knowing, but also a way to integrate them in our understanding and experience of nature.

The workshop will be a lively mixture of discussion and experiential exercises. $380

The Group 2000

Esalen Staff

The Group 2000 is made up of individuals who are committed to assisting Esalen in the long-term financial capability to fulfill its vision into the next millennium and who have contributed $2,000 or more in a year. For its June gathering, the Group 2000 will participate in George Leonard's workshop, "The Ultimate Yes," as well as meet together as a group to discuss plans and possibilities for the future of Esalen Institute.

For more information, please contact Gordon Smith at 408-667-3032. $380

Week of June 9-14

Five-Day Massage Intensive

Brita Ostrom & Oliver Bailey

This massage workshop explores the fundamental elements of bodywork: grounding, centering, breath awareness, touch sensitivity, and intention. A hands-on approach will offer a balance of long, integrative strokes with detailed attention to specific areas of the body. There will be emphasis on boundaries and trust with respect to the client's physical and emotional well-being. Meditation and movement will be included, as they enhance the connection between client and practitioner.

This workshop is for beginning bodyworkers and those interested in learning some new approaches to massage.

C.E. credit is available for nurses; see page 60. $740

Meditation, the Living Body, and Creativity

Robert Hall

There is natural wisdom, inherently and joyously present, in the nature of all things. The deep understanding that comes from the experience of presence is constantly offered to us by plants, insects, animals, creatures of the sea, the human body, by the Earth, and certainly by the heavens. Our focused attention reveals that wisdom to us, as well as its close companion, compassion.

Spiritual practice—sitting meditation—is the age-old method of building awareness of presence and awakening to the realities of our existence. We learn to gradually discard the limitations that were placed on our ability to feel. We awaken to life itself as it is revealed within our bodies. The natural wisdom and compassion of our hearts becomes our common experience.

This workshop will make use of meditation, conscious movement, voice, sharing of the heart, and listening to silence as preparation for creative expression; each person will use whatever mediums of delivery seem appropriate. Participants will perform theater, compose poetry, create dance, and use visual arts to express to each other the experience of presence itself.

C.E. credit for psychologists is pending. $740

Mountains and Waves: Wilderness and Continuum

Susan Harper & Steven Harper

Nature is a primary teacher of movement, creativity, and awareness. Being outdoors in the richness and beauty of the natural world awakens our outer senses. Continuum movement takes us inward, heightening the awareness of our inner senses. These five days will combine both practices, integrating the subtle inner explorations that Continuum movement inspires with the activity of day-hiking in the magnificent Big Sur backcountry.

The day-hikes will introduce participants to basic and increasingly refined awareness practices to enhance their sensitivity to all that wilderness and being out-of-doors offers. In so doing, not only will there be contact with the natural world, but it will be an opportunity to reawaken those elements of wilderness within.

In the indoor sessions, participants will explore movements which express and embody what they have taken in during their walks, enlivening their ability to feel what they see in nature, as well as their own inner nature. Engaging with this sensual environment, the group will play with movement, breath, sound, dreams, and ritual.

Participants need not have previous experience in hiking or dance. $740

Transition, Risk, and Renewal: Mastering the Art of Change

David Schiffman & Susan Kuttner

David Schiffman writes: "During the last twenty-five years I have had the privilege of being a midwife for an extraordinary variety of people facing major transitions in life. During this week I would like to share and explore those influences, inner resources, and natural rhythms that best support healthy, sustainable change. Our aim will be to cultivate the emotional poise, mental clarity, energetic flexibility, and stamina necessary to face life's inevitable challenges in a timely, graceful, and effective manner. Participants will be encouraged to initiate attention and support for themselves, both in the group and upon returning home, in innovative ways that can minimize unnecessary suffering, fatigue, and wasted time.

"The methods used will be a blending of the old and the new, the tried and the true—tailor-made to fit the actual needs of the group. The only prerequisite for this seminar is an honest readiness to engage in a heartfelt adventure of exploration and risk-taking that could change your approach to life." $740

Old-Fashioned New Age Cooking

Dennis Marriott & Robin Burnside

Imagine homemade yogurt and granola for breakfast. A garden-fresh vegetable soup and French country loaves for midday. Fresh pasta with a sauce to make Mama proud, and savory focaccia. All made from scratch, by you!

Learn to recapture the old-fashioned goodness and flavor of Grandma's cooking while you discover cooking as a continuous practice in awareness and source of inspiration and joy.

Emphasis for this hands-on workshop will be on the flavor potential and nutritional value of the ingredients, stressing natural and organic eating and low/no-fat alternatives. Daily harvests from Esalen's organic garden/farm will provide fresh herbs and produce.

There will also be ample time for reflection, integration, and the enjoyment of the Big Sur coast and Esalen's grounds. No prior cooking or baking experience is required, just a love for food—and life. $740

Weekend of June 14-16

The Parenting Process

Eileen & Thomas Paris

What we call dysfunction today has an obvious evolutionary trail, for parents, in spite of the best intentions, tend to repeat injuries they vow they will never pass on. Therefore, in order to bring a psychological and spiritual change to our global society, we clearly must begin with a radical and substantive change in the way we parent.

This interactive workshop teaches communication skills based on the developmental themes of bonding, mirroring, and separating. Because these themes attend to what constitutes a healthy parent/child relationship, they are applicable to relationships with children of any age—from conception on.

The workshop will utilize experiential exercises to heighten awareness of negative family myths and relationship patterns, and will teach how to interrupt them. In addressing modern-day parenting concerns with a developmental focus, parents can raise kids with a "healthy sense of self"—a body experience which enables children to live their lives from the inside. This can help them live in a developmental continuum with the life of the planet.

The Parenting Process is designed for all parents, whether new, experienced, or expectant, living together, single, divorced, or living in alternatively structured families. $380

Chaos and Complexity in Photography, Life, and Work

Lawrence Hudetz & Irene Sanders

This high-participation workshop explores new ways to see and think about the world. Photography will be used to illuminate the concepts of chaos theory and complexity with special emphasis on fractals and strange attractors. Context—not technique—is the focus. Insights gained from photographic sessions will be applied to explore a new model for understanding and responding to the chaos and complexity in our life, work, and rapidly changing world.

The workshop will begin with a brief introduction to the new science, followed by a photographic session in which participants venture outside and shoot several rolls of film. The resulting collection of natural images will be used to demonstrate the concepts of fractals, self-organization, and the interactions of linear and nonlinear formation. Then, weaving together the images and concepts, participants will be shown how to explore and influence their personal and professional futures by anticipating and responding to change in new ways.

Activities and discussions are designed to help participants see subtle connections, patterns, and emerging opportunities in their lives and work. Each session will be a unique and rich integration of art, science, and world events.

Please bring a 35mm camera and 3-4 rolls of 24 exposure film. $380

Practical Herbology: An Esalen Garden Workshop

Jeanine Pollak

This weekend workshop will present in-depth coverage of thirty useful plants growing fresh in the Esalen garden. It will include how to identify, prepare, and formulate these plants according to the medicinal, nutritional, and cosmetic aspects of each.

Using the garden as a classroom, participants will learn to make fresh tinctures, sun teas, herbal oils, and liniments. The workshop will cover herbal formulas for common colds, flus, sore throats, headaches, digestion, and respiration. It will draw from modern scientific research and herbal pharmacology, as well as from tradition and folklore, to explore the uses and energetics of each plant. Handouts, recipe sheets, and species lists will be included, plus a variety of homemade herbal products for sampling.

This workshop is designed to broaden herbal perspectives, to contact plants in many forms, and to provide a wide diversity of approaches to working with herbs.

C.E. credit is available for nurses; see page 60.

$380

Ageless Vitality: The Body is Living Music

Elisa Lodge

> *The secret is to hear the music that is the body. The body becomes not a doomed machine but a glorious composition.*
>
> —LARRY DOSSEY, M.D.

Ageless vitality arises when we feel a deep sense of trust for the intuitive wisdom in our bodies. When the body, its movements, breath, and speech become more musical, fluid, and vital--rather than mechanized, controlled, and predictable--responsiveness to the body's inherent knowledge and creative resources is more available.

The workshop will include individual and group exercises, Authentic Movement, and expressive arts to evoke natural vitality and energetic aliveness. The focus will be on regaining the ability to:

- Tune into our inner rhythms
- Redirect emotional buildup into aesthetic expression
- Sit, stand, and walk with fluent, vibrant aliveness
- Exercise energy to circulate more freely to the task at hand
- Develop powers of self-affirmation

Time will be devoted to discovering how we deplete our natural ability to be self-healing and self-renewing, and how we can become "artists of being," utilizing our natural genius to re-create our lives into melodious and harmonious expression.

$380

Present at the Creation: Reawakening the Artist Within

Esalen Arts Center Staff

It is said that the drive to create—to be original, inventive, resourceful—is as vital as the biological drive of hunger and as life-enhancing as the spiritual call to wholeness. As children many of us were thwarted in this essential expression of the human life force. We were taught that it was the end result that was all-important, and thus were denied the exhilarating experience of the creative process itself. And we allowed our creative expression to go to sleep.

This workshop invites you on a journey of reawakening. The Arts Center staff will provide a safe, supportive environment for you to rediscover the creator within. There will be a variety of art media available, which may include painting, pottery, silk-dyeing, dance and movement, mask-making, ritual, and group work. The leaders will offer exercises, as needed, to stimulate and liberate your creative expression, as they guide you deeper into the world of your own imagination and playfulness.

This will also be a wonderful opportunity to get messy. No previous art training is necessary.

$380

MARGARET LIVINGSTON

Week of June 16-21

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 24-26.

$740

How to Feel as Good as You Can in Spite of Everything

Julie Henderson

Julie Henderson writes: "Our original state, forgotten between effort and collapse, is inherently pleasurable. To rejoin this ground—to let life live us, to trust the pulsation which is our aliveness—brings us inevitably into pleasure. Despite our expectations and habits, this is more easy than difficult, and relies more on play than work.

"If you are willing to 'get over your self'—to loosen your conviction that you *are* your limiting postures of body, energy, and mind—you can open the gate and walk through to well-being as your 'ordinary' state.

"The risks you take are humming, rocking, jiggling, and laughing, brought together in a meld of body awareness, skillful relationship, meditative presence, and humor."

Julie Henderson, somaticist, Vajrayana practitioner, and Ericksonian storyteller, has developed a form of work which emphasizes direct movement to well-being with only secondary attention to our habits of misery. She calls this work *Zapchen*, after the Tibetan word for a salubrious, mind-changing naughtiness.

$740

Relationships: Letting Go—Moving On

Mary Goldenson (Devarani)

> *For one human being to love another: that is perhaps the most difficult of all our tasks, the ultimate test and proof, the work for which all the other work is but preparation.*
>
> – Rilke

The fabric of our lives is made up of relationships. All of life's relationships will be the focus of this workshop: family, friends, lovers, co-workers, partners.

Often beliefs, defenses, fears, and emotions about past relationships continue into our present relationships and keep us from spontaneous feelings of love, trust, and joy. The goal of this workshop is to experience these patterns and create new ways to relate in the moment to ourselves, others, and our work. This workshop can help you:

- Find out how your relationships mirror you
- Get a clearer picture of what you want and how to get it
- Examine ways you sabotage yourself
- Learn more about how others see you
- Learn practical tools and knowledge that will help create empowered relationships

$740

Pilobolus: Collaborative Creativity Method

Michael Tracy

Pilobolus Dance Theatre, the company that pioneered a unique collaborative method of choreography, has performed worldwide for nearly twenty-five years and has taught in universities and institutes around the country.

This workshop, led by Pilobolus's co-Artistic Director Michael Tracy, will offer a rare opportunity to see behind the choreographic method of this innovative company and to learn how to use this method to develop your own creative ideas.

The workshop will begin each day with an introduction to this collaborative method. A segment will then be devoted to guided movement experimentation; another portion will be dedicated to developing collaborative ideas into short choreographic pieces. The workshop will provide a supportive environment in which to develop your creative skills, and offer guidance and feedback as you refine your ideas into a more powerful dramatic form. There will be daily opportunities to create new work and share artistic ideas. By the end of the week, you may be surprised by your creative work.

This workshop is open to people of all ages and levels of experience. Come prepared to move. $740

Healing the Parent-Child Bond: For Parents and Their Adult Children

Phyllis Shankman

Relationships between parents and adult children are often the most complex, profound, and delicate relationships we have. Through the years, as people's lives unfold and often unravel, through the celebrations, fights, laughter, disappointments, joy, and pain, these relationships endure internally. They continue to confront and impact us at every turn. Whether parents and children are intimate or distant in their daily lives does not change the significance of who we are to one another.

This is a workshop for parents and children over 18. The sessions will utilize awareness exercises, group discussions, and compassionate listening to create a supportive neutral space for open dialogue, appreciations, concerns, and "unfinished business." The intention is to open the door for more depth, mutual understanding, love, and acceptance.

Invite your parent or your adult child to join you, and spend some healing time together.

$740

Weekend of June 21-23

Introduction to Mindfulness Meditation

James Baraz

Mindfulness—or vipassana—meditation is the practice described by the Buddha for developing wisdom, compassion, and peace. Vipassana, "to see things clearly," means being mindful of what is actually happening in the present moment. Using the breath, body sensations, thought, and emotions as objects of attention, we can learn to be fully awake and bring a balanced awareness to all aspects of our lives.

Through vipassana meditation we can experience the nature of reality as continuous change. When we see that all phenomena are impermanent, we can begin to let go of clinging to the pleasant or avoiding the unpleasant. We are then more capable of meeting each situation with spontaneity, fearlessness, and love. Meditation also teaches us to see in each moment the interconnectedness of all things. Our hearts open to a natural expression of compassion and kindness.

Participants will be introduced to this method of meditation practice and the principles on which it is based. There will be periods of silent sitting and walking meditation, as well as discussion. As attention is brought to all activities at Esalen, individuals will continue to develop mindfulness through the weekend. This will provide a foundation for applying mindfulness practice to everyday life.

C.E. credit is available for nurses; see page 60.

$380

Reconnecting Business with its Soul

David Trickett, Bill Sechrest & Ron Loeb

Einstein asked the question, "Is the world a friendly place?" In this time of rapid global change and worldwide hostilities, executives, managers, and all stakeholders in our global business community may wonder why anyone would even pose the query. Yet an affirmative answer can shift our worldview from an inherited model based on scarcity and disconnection to a systems model grounded on abundance and interrelationship with the universe. This shift can provide renewed energy to conduct business in a manner that is values-based, socially responsible, and integrated with our surroundings. This view is a key not only to survival but also to success in the twenty-first century, wherein productivity, ethics, prosperity, growth, and spiritual wholeness all will be seen to emanate from the same creative source: the conscious human mind.

Participants will be guided through exercises using their personal stories, selected brief readings, music, meditation, and dialogue designed to help see afresh the rich systems context in which business thrives. The intention is to discover the key lying in each of us for answering Einstein's question in a way that can transform our businesses into global change agents capable of providing abundance for all their stakeholders. The workshop will provide practical tools to assimilate Nobel Laureate Ilya Prigogene's insight that "the world is richer than it is possible to express in any single language." $380

Roots and Wings: Renewing Our Spirits, Living Our Dreams

David Schiffman

David Schiffman writes: "This workshop is for people who value a heartfelt, original approach to life, the suitably seasoned who want to trust and master their own rhythms and who appreciate the value of imaginative self-inquiry. Its pacing and format are designed to provide a safe, restorative mood for inner reflection and honest self-appraisal. It will also be a time to catch one's breath and hang out in the elemental beauty of Big Sur in a mood of peace and inspiration, an opportunity to tune into the inner resources that allow us to see the world with fresh eyes and renewed enthusiasm. A chance as well to connect with kindred spirits and to explore the mysteries, gifts, and dilemmas of who we are.

"Using a unique blend of physical, emotional, and spiritual attunement practices, we will weave a spell aimed at restoring the magic and faith we need to live soulful, wholehearted lives. We will spend the weekend doing this inner work using ceremony, ritual, music, poetry, movement, and visualization." $380

Couples Massage Weekend

Ellen Watson & David Streeter

This weekend couples workshop is designed for those who would like to bring the benefits of massage into their everyday lives. The workshop will teach simple massage techniques, developed by Esalen massage practitioners, which have proven valuable to anyone who wants to help a partner, friend, or family member feel better. Techniques that help relieve pain, increase vitality, or simply soothe the nerves will be demonstrated briefly and practiced with lots of hands-on instruction by the leaders.

This workshop is especially helpful for loving couples, as Esalen massage is greatly beneficial in its connective and healing qualities.
$380 per participant

Making a Private-Pay Practice Work

Ofer Zur

Practicing psychotherapy as a private practitioner in the '90s is challenging. The takeover by managed care, cuts in federal funding, and a continuing increase in the number of practitioners all mean shrinking practices, a more competitive market, and fewer available resources to pay for therapy. In addition, the sharp increase in rules and laws has added to therapists' anxiety about being sued.

This workshop is for psychotherapists who wish to practice outside the managed care system. It is possible not only to survive the managed care tidal wave, but in fact to benefit from it. These are times in which creative, informed therapists can thrive in private practice, relying exclusively on clients paying out-of-pocket.

Using displays, handouts, instruction, and discussion, the workshop will address all the elements that comprise a successful therapist. It will introduce participants to basic management issues, such as clinical forms, record keeping, and risk management. It will outline specific, creative ways to market oneself with integrity, dignity, even with fun. It will demonstrate the essentials of effective therapy that go beyond specific orientations or techniques—essentials based on engagement, flexibility, and attending to clients' needs.

The workshop is geared toward psychologists, counselors, psychiatrists, social workers, interns, and psychological assistants.

C.E. credit is available for nurses; see page 60.
$380

June 23-30

The Diamond Approach to the Lataif: Opening the Doors to Essence

Joyce Lyke & Sandra Maitri

Traveling the path of spiritual unfoldment requires of us and calls forth from us particular qualities of our Essential or True Nature. These qualities, residing beneath the surface of the personality, are characteristically the first to arise as one works with the Diamond Approach. They are also the qualities that we need throughout so that our Journey truly becomes one that leads to abiding in Being. Each quality is associated with a center of subtle consciousness in the body, a Sufi system known as the *lataif*. Through contacting and understanding these centers and working with the psychodynamic issues that block each of them, the lataif become doors ushering us into the Essential realm.

This is one of a series of workshops presenting the Diamond Approach at Esalen. The Diamond Approach is a contemporary spiritual path which arose in response to the needs of those living ordinary lives of work and family, and which utilizes traditional spiritual understandings and practices as well as those of depth psychology.

The format will include talks, exercises in self-inquiry, various traditional spiritual practices, music meditations, conscious physical activities, and guided personal exploration in small groups. Attendance at the previous workshops in the series is not necessary.

Please note: Registration requires completion of a questionnaire. For more information see Special Programs, page 58.

Recommended reading: Almaas, *Diamond Heart—Book One* and *Essence*. $1110

Week of June 23-28

The Upledger Institute's CranioSacral II

Suzanne Scurlock-Durana

This workshop, the second in a series given by the Upledger Institute, further explores the CranioSacral System and its function in relationship to other patho-physiological body systems. The course will begin with the study of cranial base dysfunctions as perceived, diagnosed, and treated by Dr. William Sutherland, the father of cranial osteopathy. In this course students will learn how to integrate Sutherland's techniques for identifying and evaluating lesions into a ten-step protocol and how to apply individual correction treatments when needed.

Evaluation and treatment processes of the hard palate, the mandible, and temporomandibular joint will be presented and practiced to complete the exploration of the masticatory system. Emphasis will then be directed to whole body evaluation, as discussions will center on various "physiological phenomena" that occur within the body.

The SomatoEmotional Release process will also be introduced with discussion and demonstration of an "energy cyst." Before participating in this course, students must complete CranioSacral Therapy I, either at Esalen or elsewhere.

For further information see Special Programs, page 58.

C.E. credit is available for nurses; see page 60.
$740

Masks of Transformation: Moving from Personality to Essence

Charles Miedzinski

In order to survive, we develop masks of false personality and body armor with which we eventually identify, thereby forgetting our essence. This workshop uses powerful yet simple art processes to facilitate a deep journey through layers of our defensive self-images and body armor to our essential nature.

The journey will begin with a slide presentation and discussion on the use of masks in other cultures and in our everyday world.

Integrating the theories of Jung, Reich, and Almaas, the workshop will illuminate how our masks function as both wombs and tombs.

Through the process of constructing and painting our masks, we can see both the defensive layers of our self- and body-images as well as the radiance of our true nature. The workshop will utilize movement, interactive exercises, full-body drawings of our armor and essence, and creative encounters with shadow and persona as further ways of exploring the different faces and body postures we present to the world. The week will conclude with a sacred mask ritual in which each participant enacts his or her journey from personality to essence.

Recommended reading: C.S. Lewis, *Till We Have Faces*. $740
(plus $30 materials fee paid directly to the leader)

Ecopsychology, Addiction Recovery, and Gender Reconciliation

Jed Diamond

This workshop combines three aspects of healing: our planet, ourselves, and our intimate relationships. The center from which to explore this healing will be an expanded focus on addiction recovery.

There have been four stages in the evolution of addiction recovery programs. The first began with Alcoholics Anonymous and focused on "individual" recovery. Then came the recognition that individual recovery had to be supplemented by focus on "intimate relationships" and gender issues. Soon after, the emphasis was our addictive "social institutions." Now we are entering the fourth stage, expanded to include ways in which the 10,000-year period we call "civilization" is rooted in violence, abuse, and addiction.

From this perspective, the core of our individual, interpersonal, and social addictions can be traced to the time we first became estranged from the earth. If we are going to survive on the planet we must go back to the time of the original trauma when we went from the I-Thou connection of the gatherer-hunter culture to the I-It disconnection of the domesticator-dominator culture.

This seminar draws on the most recent information from addiction studies, ecopsychology, the women's and men's movements, and evolutionary biology. Using small-group discussion and experiential work to reconnect with our two-million-year-old roots, the workshop will offer a model of recovery that combines planetary, societal, gender, and individual healing.

C.E. credit is available for nurses; see page 60.
$740

Turning on the Light: A Choice to Live Consciously

Laura DeNuccio (Ma Prita) & Guest Leaders

> *In the sunlight of awareness, each thought and action becomes sacred.*
>
> —Thich Nhat Hanh

Laura DeNuccio writes: "To live fully in the present moment, deeply in touch with life, is a choice each individual can make—one breath at a time. This week we will honor, empower, and celebrate each person as we explore what it means to live fully moment to moment. Choices can emerge as we ask: What would you love to see in your life? In your world? What matters most to your heart? What is truly of value?

"Through the creative use of breath, sound, movement, and visioning, we can awaken and remember what our spirit longs to express. Guided meditations will be introduced to increase body awareness and aliveness, to dissolve and balance energetic blockages, and to quiet, still, and expand the mind. Personal growth, self-care, and integral practices for daily living will be offered as a basic awareness practice for increasing mindfulness, self-knowledge, and responsibility.

"Emphasis will be on cultivating compassion, honesty, and kindness as we align with our own truths in relation to others and the Earth. Through attunement with the natural world—taking gentle nature walks and light hikes in Big Sur—we can deepen our capacity to listen to our innate wisdom. The group will experiment with co-creating community, an environment of trust and acceptance, as we reclaim our wholeness/holiness as human beings making choices to live fully."

Recommended reading: Fields, et al., *Chop Wood, Carry Water*; Chopra, *Ageless Body, Timeless Mind*; Hanh, *The Miracle of Mindfulness*.

C.E. credit is available for nurses; see page 60.
$740

Weekend of June 28-30

Yoga Works: Tools for Well-Being

Chuck Miller & Maty Ezraty

Yoga is an ancient system that uses the body, breath, and mind to energize and transform all aspects of living. It is not only an excellent source of physical exercise, but a unique and powerful tool for self-realization. The practice of yoga can help release blocks that cause mental and physical pain and prevent us from knowing our divine nature. It is also a great way of dealing with the stress of daily living.

The invigorating effects of yoga become readily apparent as the body opens and stretches. Breath is the link between mind and body, and various breathing methods will be taught to help reduce tension and cleanse the system. The serenity and clarity that is the goal of yoga will be sought through meditation exercises that calm and focus the mind. Yoga philosophy and theory will be discussed, as well as nutrition and its role in overall physical health.

All levels are welcome and no prior experience is required, only an adventurous spirit. For further information contact the leaders at 310-393-5150. $380

Caring for the Dying: What Really Works?

Frank Ostaseski & Ryushin Paul Haller

This workshop explores a mindful and compassionate approach to caring for those with chronic or life-threatening illness. Drawing on the experience of the Zen Hospice Project, a nationally innovative model of conscious care, the aim is to demystify the care-giving process, investigate our response to suffering, and clarify our intention in service.

The leaders will introduce traditional meditation practices of awareness, impermanence, and forgiveness; provide exercises designed to explore accumulated grief; and discuss the importance of ritual and memorials. Through silence, writing, storytelling, and the collective wisdom of the group, participants will discover ways of encouraging our innate generosity and skillful means to stay present in difficult or impersonal care-giving situations.

The workshop offers renewal and a fresh perspective on service to professionals or individuals caring for friends or family. All are invited, but those caring for people with AIDS or cancer are particularly encouraged to attend. Wear comfortable clothing and please bring writing materials.

C.E. credit is available for nurses; see page 60. $380

"Innocence"— The Cancer That Kills Love

Judith Sherven & James Sniechowski

Why is it so hard to say, "I was wrong. I'm really sorry?" What causes us to insist it's all someone else's fault?

We live in an era of entitlement and self-righteous indignation. "I'm right. You're wrong" are the watchwords of the day. And they are destroying our relationships.

In loving partnership no one is ever purely "right" or solely "wrong." Both parties create their dance together.

Personal responsibility, co-created power-sharing, and the magic of differences are the cornerstones of this experiential workshop. Enhanced maturity, flexibility, and increased capacity for loving acceptance, compassion, and communion are the goals. The workshop will include guided meditations, role-playing vignettes to resolve conflict, and emotional "muscle testing." $380

Identity, Community, and Politics: The Ontogeny of Everyday Life

Andra Akers & Tim Kennedy

If there are many paradigms in this nonlinear, ever-shifting, postcultural world, how do we create ourselves, our social, political, and spiritual realities? How do we make meaning in this transition to a global human soul? What is the ground of being for a twenty-first century identity, the characteristics of a planetary citizen? What models will shape this new identity, both individual and global—and lead us to envision news ways to live and work?

In a cultural context, biological science is a potent vision of life's appreciation of itself, one way our species recognizes its participation in the embodiment of this living planet. We and all organisms are both ends and means. Molecular, cellular, organismal, and ecological insights point to our heritage, one shared with the rest of the living earth—a vivid story of being and becoming.

With biology as the blueprint and imagination as the engine, this workshop will explore a new kinship story in which identity is an ecosystem of ideas, in a creative commonwealth founded'on diversity and in a search for a new definition of power founded on a strategy of inclusion.

Recommended reading: Abraham, *Chaos, Gaia, Eros*; Chomsky, *World Orders Old and New*; Kauffman, *At Home in the Universe*. $380

Week of June 30-July 5

Language of the Drums: African Percussion, Chanting, and Dance

Babatunde Olatunji & Friends

Olatunji and the Fourth of July—a jubilant Esalen tradition! Nigerian musician Babatunde Olatunji has been bridging the gap between American and African culture for more than thirty-five years. In this workshop he will show how drum sounds and rhythms communicate, stimulate, and pace the activities of traditional African life. He will teach the consonants of the Yoruba language, reproducing its sounds on drums and through chants, body percussion, and dance. This workshop is for dancers, percussionists, musicians, and anyone who wants to speak the language of the drums. Drummers can experience the dance and dancers can experience the drums. Participants will prepare for a performance at Esalen's annual Fourth of July celebration. Bring a drum if you have one.

Please note: This has always been a popular workshop, with lots of people drumming and dancing in a small area. The energy runs high—be prepared for a crowded, exuberant atmosphere. $740

Dancing with the Shadow

Jeremiah Abrams & Linda Piscitelli Wolf

> *One does not become enlightened by imagining figures of light, but by making the darkness conscious.*
>
> —C.G. Jung

The shadow is the person one has no wish to be. Yet shadow-work leads us back to our buried potential, to the treasure-house wherein lies what we have rejected out of shame, fear, ignorance, or lack of love. Facing the shadow does not mean eliminating it, but rather undertaking the process of balancing and depolarizing, healing the split between our conscious self-concept and all else we are or might be. This enables us to live more fully in the existential present and to embody expanded awareness.

The workshop approaches the shadow from the soul-centered view of Jungian archetypal psychology, concerned with the unique transformative path which each soul must follow. Participants will undertake a journey inward to the shadow, allowing the images to come forward and integrating them through dreamwork, trance, bodywork, active imagination, and the evolving group dialogue.

There will be a ceremonial purification (sweat) lodge to initiate the work and a ritual celebration—a Shadow Dance—to end, so come prepared with costume and full shadow-regalia. If you are feeling stuck or just feel like it's time to take the next step in your spiritual journey, this workshop is for you.

Recommended reading: Abrams, *The Shadow in America*; Abrams & Zweig, *Meeting the Shadow*. $740

The Story of Your Life: Becoming the Author of Your Experience

Mandy Aftel

Is your life a page-turner or a hackneyed story you've gotten tired of repeating? We tell the stories of our lives to friends and neighbors, on job interviews and blind dates, at slumber parties and in therapy. Too often, though, the stories we tell are simplistic tales of blame, guilt, hopelessness, and anger that limit our understanding of the past and close off possibilities for the future. "That's the story of my life," we say when things go wrong—again.

But even ordinary lives have the elements of great literature. Each of us lives three major plots—love, mastery, and loss. These plots are motivated by our needs for self-esteem, control, and separation, and they are complicated—sometimes capsized—by the themes of sex, money, escape, and children. We enact these plots and complications with a cast of major and minor characters, the most important of whom is the narrator—ourselves.

In this workshop, which blends psychology and narrative, you can learn how to trace, examine, and revise your love, mastery, and loss plots and to harness the four complications. Through brief writing exercises and interpersonal process, you can learn how to become the author of your own life-story, creating a new narrative— courageous, fulfilling, imaginative—and an artful existence full of the complexity, nuance, and excitement of a great novel.

C.E. credit for psychologists is pending. $740

Spirit in Nature: Learning from Other Species and Other Cultures

Jo Imlay & John Broomfield

For most of our ancestors, the world was a unified, spirit-filled cosmos in which humans were bound in kinship with animals, trees, rivers, rocks, and sky. Our contemporary culture is attempting to rekindle the belief that by acknowledging the living consciousness of the earth we have much to learn from our companions in nature.

This workshop will help participants to reconnect with the earth and hear nature's voices once again. To open all the senses, time will be divided between talk and meditative silence, group activities and solo explorations, drumming, and shamanic ritual.

Through discussion and videos, participants will be introduced to the spiritual bond with nature embedded in native cultures: Celtic, Himalayan, Arctic, Native American, Polynesian, Australian. These traditions teach us that everything given by the earth must be held sacred. Against this background, participants will explore their own spiritual experiences in nature and pool ideas on ways to live more lightly on the earth.

Much of the week will be spent outdoors in the quiet beauty of Esalen's gardens, grounds, and seashore, practicing how to truly see and hear—learning to walk with reverence and joy among our brother and sister creatures. $740

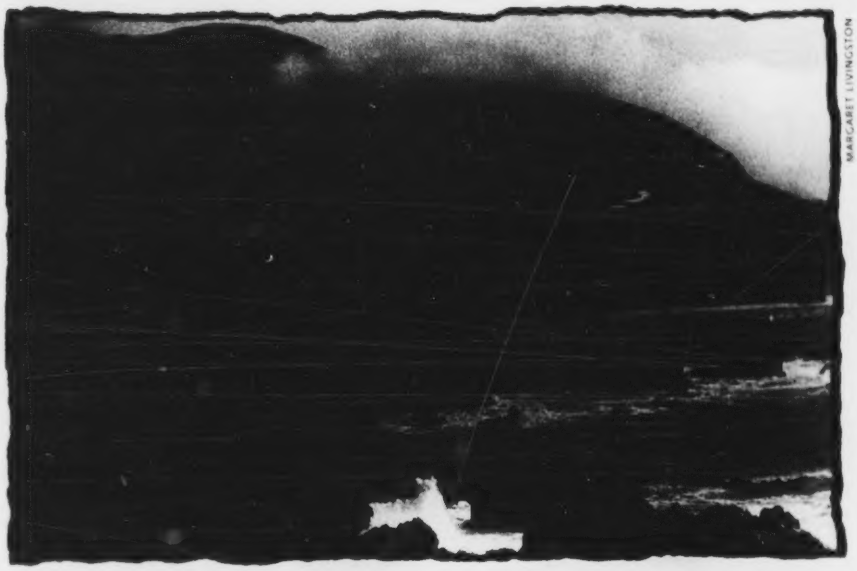
Creativity and Community: A Workshop for Children

Lia Thompson-Clark & Guest Teachers

> *Creativity is most likely to be fostered by a transformative atmosphere during the early years of life.*
>
> – Howard Gardner

Children who have grown up at Esalen have flourished, thanks in large part to the opportunities to explore both freedom and discipline in the teachings of the many artists, thinkers, and doers who come to Big Sur. This workshop provides an opportunity for children to participate in many of the activities Esalen has to offer. Explorations of art forms such as dance, theatre, painting, and ceramics will be presented. To learn how a community functions, children will participate in various Esalen work departments, providing further opportunities to engage in individual and collective responsibility.

This workshop is for children, ages 8-14, whose parents are attending a concurrent Esalen seminar. $475



MARGARET LIVINGSTON

Weekend of July 5-7

Healthy Back, Healthy Mind: User-Friendly Yoga for Backs and Stress

Larry Payne

If you have already had your first bout with back problems, you are not alone. Ninety percent of all Americans will seek professional help for back problems at some time in their lives. Seven million people miss work daily from back-related illness, costing American business twenty-two billion dollars annually. Perhaps the saddest statistic is that eighty percent of all back problems can be prevented.

This workshop is user-friendly for those who want to explore do-it-yourself tools for enjoying life, coping with stress, and preventing or healing back problems. It offers a creative synthesis and artful balance of ageless wisdom from the East and contemporary healthful methods from the West. The yoga is inspired by the work of T.K.V. Desikachar of Madras, India. The course includes:

- Safe, effective yoga programs specially designed for the 35-65 age group
- Numerous effective relaxation practices
- Do-it-yourself partner yoga routines
- Biomechanical education and lifestyle tools
- Experiential hiking and walking techniques

Please Note: This workshop is not recommended for acute back problems. For more information, please phone 800-359-0171.

C.E. credit is available for nurses; see page 60. $380

Language of the Drums: Intermediate Level

Babatunde Olatunji

This workshop is designed for those who would like to further explore the polyrhythmic aspect of African music. It will include exploring varying combinations of rhythmic patterns, the ability to play rhythmic patterns on two drums, rhythmic exercises to develop stamina and dexterity of the hands and fingers, and the use of sticks in playing. Participants will also be introduced to different styles of playing the agogo (cow bell), shekere (African maracas), and body percussion.

There will be time devoted to discussion of the healing power of the drum through history. Participants will learn how to meditate with drumming and chanting. No special dancing is involved except for occasional movements conducted by the leader.

Please note: This class is open to those who have taken at least two full workshops with Babatunde Olatunji or a professional percussionist.

Things to bring: one or two drums, congas, djembes, or ashidos; shekere (African maracas); agogo (cow bell); and djun-jun (not required). $380

No, You're Not Crazy: Understanding Our Spiritual Awakenings

Edward Hoffman & Laura Lawrence

Have you ever had a mystical, intensely spiritual, psychic, or peak experience? If so, as surveys repeatedly show, you're hardly alone. Yet, as practicing therapists, we find today that many people are ashamed to talk about their "spiritual awakenings"–whether through dreams, visions, altered states, uncanny events, or higher guidance–for fear of being ridiculed, labeled, or even regarded as crazy.

Unfortunately, mainstream psychotherapy, counseling, and organized religion still view such experiences as basically pathological. Yet by denying the validity and importance of our peak moments, we ultimately disempower ourselves–and cut ourselves off from a wellspring of wholeness and vitality.

This workshop is designed to offer practical knowledge and methods for embracing, honoring, and integrating our "spiritual awakenings" in the midst of daily life. A variety of experiential, meditative, and life-review exercises will be provided for this purpose. Topics will include:

- The taboo on spiritual experience
- From inner denial to acceptance
- Reentering the everyday world
- Leading a double life, secret identities, and relating to others
- Creating sacred space and time.

This workshop is for everyone who's had a "spiritual awakening,"–or knows someone who has–and is looking for a way to better understand and integrate these key moments into everyday living.

C.E. credit is available for nurses, see page 60.
C.E. credit for psychologists is pending. $380

Replenishing the Vision: A Retreat for Educators

Betty Halpern, Lia Thompson-Clark, Eduardo Eizner & Dorothy Charles

Based on the vision and educational philosophy of Janet Lederman, this workshop will give educators at all levels a chance to replenish their professional souls. The weekend will include the following areas of exploration:

- Play and its relationship to human development and learning
- Ways of planning curriculum and observing children's development consistent with playful modes of knowing
- The growth of the professional self through dreams, dance, and movement

Participants will also explore their own childhood experiences insofar as these experiences influence their work with children and families. In addition, there will be time for massage and herbal baths, as teachers join with other teachers in an opportunity to nurture themselves and therefore the children they teach. $380

Wearable Art: A Fimo Clay Workshop for Families

Lee Brown

Although Fimo clay has been commonly used in Europe for the past fifty years, it is just now becoming a popular art medium in the United States. This man-made material, also known as polymer clay, comes in a wide range of colors. Its easy-to-use formula lends itself to art projects that are guaranteed to give you instant gratification as well as a special sense of accomplishment.

During this weekend in the Esalen Art Barn, you will work side by side with your children or grandchildren, making beads, buttons, and small objects that will be incorporated into a necklace, a pin, a bracelet–something to wear home. A variety of techniques will be taught and there will be ample time to complete projects.

No previous experience is necessary. $380
(for family rates see Reduced Rate Options, page 5.)

Week of July 7-12

A Longing for Wholeness: Embracing the Shadow in Relationship

Charlie & Linda Bloom

Although most of us are aware of what it takes to cultivate intimacy, trust, and deep connectedness in relationships, it is another thing altogether to put our knowledge into practice. Often the challenge of creating loving relationships is far more difficult than we expected. In many cases the pain engendered by unsuccessful efforts can become so intolerable that separation may appear to be the only acceptable option. Yet this need not be so.

Linda and Charlie Bloom have been in a committed relationship for twenty-seven years and have raised three children. Theirs has not been an easy path. They have dealt with many painful challenges, including abuse, betrayal, neglect, addiction, and life-threatening illness, and in the process have learned about the darker aspects of relationships and how to consciously work with them.

In this workshop, participants will be encouraged to open more fully to those aspects of themselves that are relegated to the dark. Experiential processes, role playing, and group exercises will be used to clarify the means through which we can learn to listen and speak from the truth of each moment, even at those times when we find our hearts closed in pain. In coming to terms with these darker aspects we can bring greater authenticity, playfulness, intimacy, and co-creativity into our relationships. $740

Massage Mbunde

Peggy Horan, Brita Ostrom & Gordy Ryan

This workshop combines the fundamentals of Esalen massage with expressive movement and African drum rhythms. Days will be spent at the Esalen baths where participants will learn to give and receive soothing touch, with an emphasis on contact with awareness, sensitivity, and presence. The course will also present a basic understanding of specific tension patterns and their relief.

In the evenings the group will meet for movement and rhythm, to stimulate the replacement of old postural habits with newfound spontaneity. Drum meditations–echoing the heartbeat, the pulsation of energy through the body–will provide the focus.

This workshop is designed for those who want tools for reducing stress in their lives, for bodyworkers and therapists, and for those in the creative arts interested in learning new skills with sound, rhythm, and expression. It's also a good introductory course in Esalen massage.

Bring a hand drum if you can. $740

Taoist Chi Kung: Enhancing Vitality

Master Share K. Lew

Traditional Taoist concepts of health, longevity, and harmony with nature will be introduced by Master Lew, a monastery-trained Taoist priest from southern China. The core of the workshop will be instruction in the "Shen," a set of twelve Chi Kung exercises (six standing, six sitting) whose primary purpose is self-healing. These rare exercises can also help develop better concentration, increase visual and auditory acuity, and enhance sensitivity to oneself and others. Master Lew will also discuss the use of everyday foods and Chinese herbs in healing, and tell stories from his life in the monastery.

Master Lew, now seventy-eight, was among the first to openly teach Chi Kung (Taoist internal energy cultivation) to non-Chinese. His monastery style, Tao Ahn Pai, dates back 1300 years to Lui Dong Bin of the Tang Dynasty, who is one of the Eight Immortals of Taoism.

Recommended Reading: Porter, *Road to Heaven: Encounters with Chinese Hermits*; Deng Ming-Dao, *The Wandering Taoist.*

C.E. credit is available for nurses; see page 60.
$740

A Potter's View of the Universe: Big Sur Clay

Noel Mapstead & Keiko Suga

This unique pottery workshop is an alchemical blend of four basic elements: Earth, Water, Fire, and Fun. Imagine yourself absorbed in:

- Primordial Big Sur clay oozing between your fingers
- Pottery making on a Pacific beach
- Nights around fires of glowing cow dung, seaweed, and clay
- Making beads in the dark of a Native American sweat lodge
- Slathering your body in wet clay and bathing in Esalen's hot springs

Starting with ostensibly valueless natural materials, you will be shown how to fashion valued objects in a group setting designed to cultivate creative experimentation, human transformation, and environmental awareness. On field trips along the Big Sur coast, you will be taught to identify, gather, and prepare naturally occurring clays. You will learn to use hand-building pottery methods and to work with traditional firing techniques, skills which can all be used anywhere on earth.

No previous experience is required. This workshop is an enjoyable and totally immersing experience—and a chance to make beautiful objects for those you love. $740

Kinship With All Life

David Schiffman & Little Bear Nason

"Our aims for this week are simple," writes David Schiffman. "To become rooted deeply in the timeless, magical realities of the natural world. To feel the powerful, restorative, sacred rhythms of Big Sur's sea, sky, and mountains in our every breath. To rediscover the creative inner resources of our own music, poetry, and prayer. To feel physically and emotionally healed, rested, and cleansed, ready to face whatever comes next in our lives.

"This workshop is intended for people who value a practical, down-to-earth approach to spirituality, change, and relationship. It is especially useful for those who want to develop the shamanic aspects of their instinctive and intuitional power. The week will be grounded in the Native American practices of Big Sur's first people, the Esselen Tribe, the original gatekeepers of the West. Earth-based rituals involving initiation and purification will be combined with original inner-vision work, innovative bodywork, and the creative use of music, movement, and ceremony for inducing ecstatic transport and deep emotional release. It will be an opportunity, as well, to be met by kindred spirits who share a sincere interest in true apprenticeship to the earth." $740

Art, Acting, Music, and Fun: A Children's Festival

Lia Thompson-Clark & Guest Teachers

This year Esalen's annual summer festival for children will expand its offerings to present theatre and improvisation, painting (on both paper and silk), and clay sculpture and firing. Local artists and musicians will be guest teachers for a celebration of African and American rhythms and rituals. Twelve-year-old Camille Clark, an experienced old-timer in this festival, writes in: "Kids, come and enjoy art, acting, music, and fun. You will have fun playing games, making music, and making a play. You will also enjoy working with clay and painting pictures and silk scarves."

There will also be time for group explorations of the Esalen baths, beaches, and hills. As Camille says: "Going down to the ocean is like meeting an old friend."

Come meet old friends and new as you learn and develop new skills. This workshop is for children, ages 8-14, whose parents are attending a concurrent Esalen seminar. $475

Weekend of July 12-14

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 17-19.
$380

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 24-26.
$380

Refilling the Chalice: Time Out for Healers

Joan Borysenko

Joan Borysenko writes: "Several times each year this retreat is held in a solitary or protected group setting to enjoy nature, open to the still, small voice within, and refill the chalice of caring and love from which others sip throughout the year. Esalen is a wonderful setting for such a retreat. There will be scheduled time for group meditation and yoga, prayer, silent mindful walking in the beauty of Big Sur, dreamwork, listening to sacred music, and discussing the nature of healing. This is a time to nourish ourselves and to honor the sacred trust we have been given by taking time to welcome and thank the Spirit that we serve."

C.E. credit is available for nurses; see page 60.
$380

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach

Patrick Douce

The work of Moshe Feldenkrais is based on the natural process by which we learned to move as children. During this workshop, soft, easy, gentle movements will be used to increase awareness of the body and to improve the ease and ability of movement. Special emphasis will be placed on the difficulties in movement that arise from chronic conditions such as lower back and neck pain, tension in the neck and shoulders, and knee injuries. These conditions can be improved by approaching the difficulties as problems in learning rather than as therapeutic troubles. Situations which were "incurable" become "reeducable." Workshop participants will also be introduced to methods for improving their ability to sense each other's bodies through touch and massage.

This workshop is valuable for anyone interested in learning more about his/her body through direct experience. It may be of special interest and benefit to dancers, athletes, doctors, nurses, physical therapists, psychologists, health care professionals, and elderly citizens who may discover new ways of moving with ease and increased flexibility—painlessly and immediately.

C.E. credit is available for nurses; see page 60.
$380

Why Men Are the Way They Are

Warren Farrell

> *I've never had a couple come to me and say, "Warren I want a divorce; my partner understands me."*

This workshop is designed to help both sexes understand each other via role-playing in which participants experience the pressures that mold the other sex's psyche. Men, for example, can experience women's view of sexual harassment; women can experience men's fear of sexual rejection and the powerlessness it engenders.

In a safe yet boundary-pushing environment, Warren Farrell will introduce innovative perspectives—initially challenging, perhaps, not only because are they female-positive but also more male-positive than is currently in vogue. Group interactions will be allowed to become emotional enough to reflect how we communicate when we're defensive. Farrell will then facilitate work to demonstrate how both sexes can listen to criticism—even personal criticism—without becoming defensive, thus creating a model for expressing those "tough to hear" feelings, even to loved ones. The goal: to create more compassionate ways to relate to the other sex and to view ourselves.

This workshop offers insights on everything from male power and powerlessness to date rape and sexual harassment; from why men fear commitment to why they commit more suicide; from a new view of equality in the home to myths about equality in the workplace.

A common response to this workshop has been "I've never felt so much love for the other sex."

Recommended reading: Farrell, *The Myth of Male Power.*

C.E. credit is available for nurses; see page 60.
C.E. credit for psychologists is pending. $380

MARGARET LIVINGSTON

Week of July 14-19

Gestalt Practice

Christine Stewart Price

> *The Way, when declared*
> *Seems so thin and flavorless.*
> *Nothing to look at, nothing to hear—*
> *And when used—is inexhaustible.*
>
> —Lao Tzu

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that awareness is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. This form is similar to some Reichian work as well, in that emotional and energetic release and rebalancing are allowed and encouraged.

The emphasis is *intrapersonal* rather than *interpersonal*. It is explicitly understood that participants are not patients but persons actively consenting to work (or play) in awareness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure, or accomplishment. Through group exercises, meditations, and discussion, this workshop will introduce participants to the gestalt practice approach. The format will combine introductory group work with the open seat form in which each participant will have the opportunity to work with the leader in a group context.

Recommended reading: Perls, *Gestalt Therapy Verbatim*; Chodron, *The Wisdom of No Escape.*

C.E. credit is available for nurses; see page 60.
$740

The Upledger Institute's CranioSacral I

Alix McLaughlin

CranioSacral Therapy is a gentle, noninvasive, hands-on technique that helps detect and correct imbalances in the CranioSacral System which can be the cause of sensory, motor, or intellectual dysfunction. It is used to treat a myriad of health problems including headaches, neck and back pain, TMJ dysfunction, chronic fatigue, motor coordination difficulties, eye problems, endogenous depression, hyperactivity, and central nervous system disorders.

Participants will learn the detailed anatomy and physiology of the CranioSacral System, its functions in health, and its relationship to the disease processes. Approximately half of the class time will be hands-on, developing the sensitive palpatory skills needed to detect subtle stimuli in the human body.

Class material will concentrate on palpation and its potential range as an evaluative and therapeutic process; fascial and soft-tissue release techniques; and the pressurestat model, which explains the mechanism of the CranioSacral System. Participants will learn a concise ten-step protocol for evaluation and treatment of the entire body. This program is designed to teach participants to discover and localize significant restrictions and imbalances in the CranioSacral System.

For further information, see Special Programs, page 58.

C. E. credit is available for nurses; see page 60. $740

Adventures in Death: Riding Your Transitions to Power and Freedom

Angela Browne-Miller

Death is a part of life usually shunted into the shadows. This workshop explores the various forms of death, minor and major—mental, emotional, social, financial, physical, and spiritual—transitions and events both within and beyond any given lifetime. Participants will examine and practice states of mind which can stimulate a healthy transition into a new reality. They will also investigate the practice of leaving the body and moving on to undergo physical death.

The workshop looks at what parts of the self continue through any form of change or death (divorce, career change, aging, loss, physical death) and what parts of the self are released. The following questions will also be considered: How can we safely get in and out of our bodies? When should we start practicing this? Should we teach our children this material? How do we navigate our deaths? How do we preserve our consciousness during death? How can we develop a substrate of self which we would like to carry on past this lifetime?

This seminar presents a full exploration of the subject of death. Our medical, environmental, and spiritual history makes this a timely and necessary exploration.

C.E. credit is available for nurses; see page 60.
C.E. credit for psychologists is pending. $740

Women's Wisdom

Lenore Lefer & Anne Yeomans

What is the nature of women's wisdom? What are the sources of our knowing? As women what does it mean to reclaim and trust again our wisdom and deep instinctive knowing in a culture which has neither sought our counsel nor valued our perceptions?

In this workshop we will explore:

- The wisdom of our bodies, including our relationship to sexuality
- Our relationship to cycles and seasons
- The knowing of our hands and hearts
- Our relationship to the unconscious as it comes to us through image and dream
- Our understanding of ritual and sacred places
- Our relationship to nature

We will look at the legacy handed down to us from our mothers and grandmothers, and how we carry their attitudes and beliefs, their wounds and their gifts, as well as our own. We will also spend time with images of ancient goddesses in our efforts to recover and remember the depths of our knowing.

Our exploration will include words, silence, drawing, movement, yoga, and ritual. Bring something that expresses an aspect of women's wisdom, and also a fragment of a dream. $740

Lego-Mania: For Children

Renee Slonaker

Children have a natural drive to know how the world works. In this class, using the engaging Lego Technic systems and computer interface, children will explore basic principles of mechanical engineering, architecture, physics, chemistry, robotics, design, and invention. Their imaginations will be ignited making motorized vehicles, robots, bridges, cranes, houses, catapults, and more. A computer interface will be provided to program all of their motorized creations. There will be time for exploring other educational software as well.

As children design and build their projects they will be strengthening problem-solving and critical-thinking skills and developing a love for questing after knowledge. They will also be learning effective teamwork and communication as well as enhancing self-esteem. The instruction is geared toward guiding children into formulating meaningful questions and thinking in a variety of ways. Children can discover how to make decisions, become less impulsive, and be creative in looking for solutions to problems.

This workshop is designed for children ages 6 to 9 whose parents are attending a concurrent seminar. $475

La Trama de Nuestras Relaciones (The Fabric of Our Relationships)

Gustavo Rabin & Sara Szpektor

Muchas veces nuestras relaciones interpersonales no nos dejan satisfechos. Vemos al otro como a un contrincante. Y esto ocurre a pesar de desear desde nuestro ser mas profundo, que nuestras relaciones sean un trampolin hacia una conciencia mayor.

Es "a pesar nuestro" que nos vemos compelidos a cumplir con programas del pasado y repetimos formas de relacionarnos que provocan dolor, desesperanza, aislamiento. Esta disfuncionalidad en la trama de nuestras relaciones, responde al programa absorbido y cristalizado en nuestra infancia.

Este workshop esta concebido para traer luz al camino de la curacion/reparacion, y alegria y amor para compartirlo. Traeremos a la superficie aspectos nuestros que manteneiamos ocultos o que permanecian a nuestra sombra.

Los partipantes se beneficiaran del trabajo personal en este taller experiencial, ya sea que concurran solos o como pareja, estando en una relacion afectiva estable o en búsqueda de una.

A traves de ejercicios gestálticos, trabajo grupal y proceso personal, en este workshop tendremos la oportunidad de:

- Descubrir y reconocer nuestras proyecciones sobre los demas
- Examinar la forma en que saboteamos el conseguir lo que mas deseamos
- Aprender nuevas formas de comunicacion y a amar desde un estado do libertad interior

Este workshop tendra lugar totalmente en español, los presentantes invitados serán traducidos simultáneamente.

C.E. credit for psychologists is pending. $740

Weekend of July 19-21

Narcissism and Intimacy: Love That Wounds, Love That Heals

A Workshop for Helping Professionals

Marion Solomon

Narcissism is often seen as an overriding love of self. However, it is not self-love but defenses designed to protect against injury to a damaged self that causes modern-day narcissists to have such problematic love relationships.

This workshop will explore the main structures and underlying dynamics that have imprinted and shaped our hearts, our souls, and our self-image. Using slides, self-exploration, role-playing, and videotapes of couples' sessions, participants will consider: when

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wounds begin, the degree of narcissistic injury, how it is reenacted in intimate relationships, and helpful or hurtful responses to narcissistic vulnerability.

The philosophy behind the workshop is best expressed by Heinz Kohut, who said, "A good marriage is one in which only one partner is crazy at any given time." The focus will be on learning to open the channels to deep wounds that infect relationships between intimate partners. Participants will learn how experiencing and integrating the pain from the past allows us to live more fully in relationship to ourselves and with others.

This workshop is recommended for psychotherapists and counselors who wish to expand their capacity to work with couples and individuals in relational crises.

Recommended reading: Solomon, *Narcissism and Intimacy: Love and Marriage in an Age of Confusion*, and *Lean on Me: The Power of Positive Dependency in Intimate Relationships*.

C.E. credit for psychologists is pending. $380

Weekend Massage Intensive

Kathleen O'Shaughnessy & Char Pias

This workshop is for those individuals who are just beginning to explore touch as deep communication. The central theme will be primary approaches to full-body massage, which will be introduced through demonstration and experiential exchanges. Self-awareness through movement and breath will be used to enhance the senses. Discussion will offer insights into various approaches to bodywork and how they address both the physiological and mental/emotional body.

C.E. credit is available for nurses; see page 60.
$380

A Taste of The Diamond Approach: Introductory Weekend

Jessica Moore Britt & David Silverstein

> *I went everywhere with longing in my eyes,*
>
> *Until here, in my own house, I felt truth filling my sight.*
>
> — Lalla, 14th century mystic

There is something within each of us that cannot be seen or touched with our ordinary senses, yet many of us intuit its presence and importance as if called to the mysterious source of who and what we are.

Through conditioning, opaque veils obscure our souls, making responding to this call difficult, leaving us frustrated and residing at the surface of our lives in, at best, a state of discontent and, at worst, deep suffering. As a result we look outside of ourselves for fulfillment, until finally we realize that what we long for is actually deep within, allowing the Great Turn to begin—toward the Real.

The Diamond Approach evolved as a way to make this turn while living our daily lives. Combining traditional spiritual practices with depth psychology, the Diamond Approach supports penetrating the veils, challenging our basic beliefs about ourselves and the universe. This can allow space for contact with the Real to emerge in a field of grace and understanding.

In this workshop the focus will be on the love of truth—the guiding principle of this work—and its relationship to the primary method of this work: open-ended inquiry into experience. There will be explorations of the barriers to this inquiry and of the compassion and curiosity needed for the unfoldment of our souls through this method. Along with meditation, specific practices focusing on presence and inquiry will be taught.

For more information about the Diamond Approach see Special Programs, page 58.

Recommended reading: Almaas, *Essence* and *Diamond Heart—Book One*. $380

Jewish Humor

Michael Krasny

What makes Jews funny? Do you need to be Jewish? Is there a non-missing link from the Old Testament to Mel Brooks and Woody Allen, Jerry Seinfeld and Gary Shandling? Is there really even such a thing as Jewish humor? AND WHY DOES A JEW ALWAYS ANSWER A QUESTION WITH ANOTHER QUESTION? Well, why shouldn't a Jew answer a question with another question? AND WHAT IS JEWISH ALZHEIMER'S? You forget everything but the grudges. AND AT WHAT STAGE DO JEWS CONSIDER A FETUS VIABLE? After completion of medical school.

This weekend will be a feast of Jewish jokes, humor, stories, and anecdotes which lead to laughter, wisdom, and deeper understanding of Judaic, Hebraic, and Yiddish culture, metaphor, folk spirit, and ritual. So do it already. Sign up. Be there. It will make your mother happy. $380

Mothers and Daughters: Communication, Identity, and Self-Esteem

Bonnie Mark

The insight that we have about ourselves, our childhood, and our relationships with our parents influences the life-choices we make and the paths we take. Becoming aware of the roots of these choices can be a lifelong process. This workshop looks at the mother-daughter relationship and the influences each has on the other throughout the stages of life.

The workshop is designed to enable mothers and daughters to become closer, to work better together, and to have more harmony and joy in the family experience. It offers opportunities for self-exploration and opening creativity through a variety of experiential interactions. Group process will be used to focus on resolving conflict, negotiating interpersonal boundary difficulties, and improving communication, leading toward both self-esteem and identity development. The workshop will employ self-reflection, goal setting, and creative journalizing to promote insight-oriented growth. It will also address family expectations, obligations, and our unique styles of accepting, challenging, and rebelling in the context of women's roles, past, present, and future.

Women who are coming alone to work on these issues are welcome and will be able to participate fully throughout the weekend.
$380

Week of July 21-26

The Singing Cure

Paul Newham

The voice is the primary means of communication in human beings. It is an expression of who we are and how we feel. In a person's voice you can hear the innocence of youth, the wisdom of age, the yearning of need, the edge of anger. The voice is also one of the ways in which we preserve our identity. The voice and the individual's psychological state mutually influence each other.

Just as the voice can become limited and constricted by our psychological, physical, and social predicaments, it can also be a celebrated medium through which we can express the multicolored fabric of our self-images, moods, characters, impulses, ideas, and dreams. This workshop will introduce the techniques and processes of a new form of self-expression called Voice Movement Therapy, founded by Paul Newham. Guided by Paul's insightful direction, participants can take their voices on a journey through the contours of the soul, giving authentic vocal expression to the inner landscape of the psyche and imagination for all to hear.

The workshop is rigorous and demanding on body and mind, combining exercises in breath, movement, and voice with personal journeys of an intimate nature using the vocal instrument as vehicle and guide.

Recommended reading: Newham, *The Singing Cure.* $740

Relationship Intensive

Carolyn Braddock & Christian Hendricks

You are invited to a week of exploring, relationship, and healing. This workshop offers an opportunity for both personal and professional growth, as it presents:

- The twelve dimensions of intimacy
- How to focus on what you really want in relationships
- How to speak what you are thinking but not saying
- How to take responsibility in relationships
- The trouble areas of relationships
- How to empower relationships

A further objective will be to help release participants from the victim position, verbally (spoken aloud) and nonverbally (spoken by the body). Focus will be on those areas in relationships most commonly affected by various forms of trauma: body image, sexuality, trust, boundaries, and conflict resolution.

Participants will explore new ways to be emotionally honest and will work on recognizing old patterns and developing new ones. The primary tools will be breath, sound, movement, and experiential exercises. Gestalt, bodywork, creative cognitive work, humor, and play will also be utilized. The goal: to develop healthy ways of creating safety, trust, and aliveness in close relationships.

This workshop is open to all singles, couples, friends, business partners, and intimate partners.

Recommended reading: Braddock, *Body Voices: Using the Power of Breath, Sound, and Movement to Heal and Create New Boundaries.*

C.E. credit is available for nurses; see page 60. $740

The Subtle Art of Meditation

David Streeter

The experience of insight, tranquility, inner strength, and aliveness can be found within our everyday life through the ancient art of meditation.

This workshop will approach traditional meditation practice in an unusual way. In a retreat atmosphere, participants will prepare the body/mind for silent listening with fluid movement from the martial arts and yoga. The workshop will incorporate breathing practices (pranayama) and energy work with zazen (sitting meditation). Other activities will include a silent listening hike in the wilderness, group meditation in a nearby contemplative monastery, and zazen at Esalen's meditation center nestled close to a waterfall.

This approach to the subtle practice of meditation through the body can inspire the student to discover his or her rich interior life and that crystal-clear still point described so well in every spiritual tradition.

C.E. credit is available for nurses; see page 60. $740

You Don't Have to Be Good

Kim McCourt

> *You do not have to be good.*
> *You do not have to walk on your knees*
> *for a hundred miles through the desert, repenting.*
> *You only have to let the soft animal of your body*
> *love what it loves.*
>
> — Mary Oliver

By listening to our bodies we can know what is right for us, rather than what we "should" do. We knew this as children but were encouraged to ignore our inner truths and obey the critic. Always having to be "good" restricts and censors the richness of who we are. Buried beneath all the "should's" and "don't's" is a true, wise self that longs for expression.

To get there, the group will play with different doorways to somatic knowing: emotional, visual, auditory, kinesthetic, olfactory, or general sensing. The intention will be to identify which doorway opens up our personal intuitive self, and then go on in. Using movement and meditation, play and process, art and journal writing, participants will explore the indomitable aliveness beneath the censoring critic and conditioned tendencies. The focus will be: listening, accepting, and expressing what is true. The atmosphere will be nonjudgmental and lighthearted. Come and discover what feels so "good" about being "bad."

C.E. credit is available for nurses; see page 60. $740

Drawing on the Right Side of the Brain

Lynda Greenberg

In order to draw, neither previous art training nor manual dexterity is required. All that is necessary to draw is to *learn to see*. This workshop teaches basic strategies of seeing through a combination of lectures and studio exercises that packs a semester-long art course into five days.

Following the lesson plan of *Drawing on the Right Side of the Brain* by Dr. Betty Edwards, the lectures explain the principles of visual perception and creativity that allow the student to successfully master the studio exercises. The studio exercises in turn lead to the integration of perceptual skills and the ability to produce high-quality finished drawings. Since it is the right side of the brain that processes spatial information, exercises are presented to "trick" the left side—domain of linear data like language, naming, and categorizing—into surrendering control.

In a carefully sequenced process, participants are taught ways of seeing that enable them to skillfully draw their perceptions. More importantly, these new strategies of thinking are useful in general problem solving. Consequently, the workshop does not teach "techniques of drawing" in a narrow sense; it teaches *how to see* in the broader sense, and how to record one's perceptions in drawings. $740

Weekend of July 26-28

The Body Tells the Truth: The Rubenfeld Synergy® Method

Ilana Rubenfeld

"Humor lightened the dark, painful places in my life and helped me onto a path of healing," writes Ilana Rubenfeld. This workshop is for people who want to include humor, movement, body language, and compassionate touch as a way of taking care of themselves personally, professionally, and spiritually. Using the Rubenfeld Synergy Method, a healing system for the dynamic integration of body, mind, emotions, and spirit, participants will have the opportunity to listen, recognize, and work through feelings and memories locked in their bodies.

The workshop will use body/mind exercises, individual demonstrations, hands-on practice, dreamwork, gestalt practice, and music, all designed to support contacting, releasing, transforming, and balancing the energy of inner body language.

The workshop atmosphere will be one of caring, healing, laughter, tears, and inspiration—encouraging participants to experience empowerment, integration, and new possibilities.

Recommended reading: Rubenfeld, *Twenty-Five Years of Simple* (copy available through The Rubenfeld Center, 115 Waverly Place, New York, NY 10011).

Participation in this workshop fulfills one of the requirements for acceptance into the Rubenfeld Synergy Training Program. $380

Improvisational Wisdom: Finding the Robin Williams Within

Paula Shaw

The nature of creativity is elusive. Our most creative moments often seem to come from nowhere and happen when we least expect them. Einstein's theory of relativity came to him suddenly and unscientifically, and Mozart saw many of his greatest compositions complete in a single vision. At the other end of the spectrum, we marvel at the lightning-quick humor of Robin Williams, a brilliance that seems boundless. What are the conditions that put us in touch with our own creativity and brilliance, and how do we access them?

This weekend is an introduction to letting go of your programmed patterns and discovering the joy of spontaneous creation. The first premise of improvisational theater games (which Robin Williams claims unleashed him) is to "go in blank." Within the game structures, participants are coached to be receptive—stop, look, and listen; deny nothing; release control; let go of planning ahead. This process can help you to trust your own intuition, sense of humor, eloquence, and physical grace, and lets you get out of your own way to make room for exhilarating flashes of creative brilliance. The workshop is also just a lot of fun. $380

A Society of Souls: The Uses of Non-Ordinary Reality in Healing

Jason Shulman

"Ultimate spirituality," writes Jason Shulman, "is kindness. Ultimate spirituality includes the ability to be intimate and, at its core, the ability to care. It is our caring and love, combined with our knowledge and ability to be in relationship, which ultimately heals both ourselves and our clients.

"What is it that keeps us from our preexistent state of warmth and openness? How does this affect our work as healers, physicians and helpers? In this workshop we will explore the uses of non-ordinary states to increase our capacity to experience and transmit this basic attitude of compassion. Although unusual to our everyday mind, non-ordinary reality is actually present and available to us always."

The workshop will use various modalities to access these states, such as:

- Talking to Heaven—to develop the ability to connect to the subtle realms of the spirit
- Kabbalistic healing—the Jewish mystical path of relational healing
- Spiritual psychodynamics—to perceive psychically such defenses as transference and projective identification
- Meditation—the river running through this weekend together

The workshop is designed to help health professionals and serious seekers of personal healing to improve and expand their capabilities in whichever modality they are already working. $380

Daughters of Saturn: From Father's Daughter to Creative Woman

Patricia Reis

Virginia Woolf wrote, "We think back through our mothers if we are writers." With Woolf's observation in mind, this workshop will address the question, "What happens when we think back through our fathers?" What role does the personal, cultural, and spiritual father play in women's experience of creativity?

During this workshop, participants will travel together the sometimes difficult and culturally undefined territory of daughter-father relationships, exploring the questions: How does a woman gain access to her creative life? What conditions drive her creative process? What kinds of struggles does she undergo?

The workshop will track the lives of four women writers—Emily Dickinson, H.D., Sylvia Plath, and Anais Nin—focusing on their father-daughter relationships. Utilizing movement, drawing, reflection, and sharing, participants will create maps of their own lives as creative women.

Following the structure of her recent book, Patricia Reis will guide a journey from life in the Belly of the Father through the first Gate of Awakening, into the Battlezone of Culture to find the second Gate, the Threshold, and finally to locate the trails into the Women's Wildzone to discover the third Gate of the Return, where women can bring their creative work into the world.

Please note: This workshop is for women only. Participants are asked to bring a photo or memento of their fathers.

Recommended reading: Reis, *Daughters of Saturn: From Father's Daughter to Creative Woman.*

C.E. credit for psychologists is pending. $380

Romantic Choice: How We Choose Who to Fall in Love With

Ayala Pines

When we fall in love we are sure that our beloved is not only perfect, but perfect for us. In time we realize that neither is true. Disappointed and disillusioned, we wonder: How is it that we choose who to fall in love with? And why are we so often wrong?

Many theories in psychology have tried to answer this question. In this workshop, participants will explore these theories as they apply to their own romantic choices, right or wrong. More importantly, participants will examine what they can do about these choices, both to enhance current romantic relationships and to avoid making the same mistakes in the future.

Through group discussions and a variety of experiential exercises, participants will have the opportunity to increase their understanding of the causes, both conscious and unconscious, of their romantic choices. In addition, they will be presented with tools to use this understanding to improve the quality of current and future relationships.

The workshop is for anyone who seeks better understanding of his or her romantic choices (especially people who seem unable to make the "right choice") and for counselors who work with couples or individuals with difficulty in making romantic choices.

Recommended reading: Pines, *Romantic Jealousy: Understanding and Conquering the Shadow of Love* and *Keeping the Spark Alive.*

$380

Week of July 28-August 2

Psychosynthesis for Professionals

John Firman & Ann Gila

Roberto Assagioli began developing psychosynthesis as an alternative to psychoanalysis in 1910. As a student of philosophical and spiritual traditions of both East and West, he saw that psychoanalysis neglected the healthier and "higher" aspects of human nature. He therefore sought to address not only psychological wounding and personal development but, in addition, the transpersonal dimension—the realm of inspired creativity, altruistic ideals, and peak experiences.

Today professionals from many fields—law, medicine, business, education, psychology, spiritual direction—have found psychosynthesis valuable. It not only provides practical tools for facilitating healing and growth; it is also an expansive and compassionate perspective on the entire human journey.

Through conceptual presentations, experiential exercises, and individual process work, the following areas will be covered: the levels of the unconscious; the harmonization of subpersonalities or "ego states;" identification, disidentification, and essential identity; the nature and healing of childhood trauma; mirroring and empathic attunement; facilitating inner wisdom and higher states of consciousness; and self-realization as a central axis of human development.

This training is offered for those new to psychosynthesis, whether professionals or students, who wish to explore the application of psychosynthesis to their personal and professional lives. It is also appropriate for those who wish to enhance previous psychosynthesis training with new developments in the field.

C.E. credit is available for nurses; see page 60.
C.E. credit for psychologists is pending. $740

The Enneagram and Self-Realization

Eli Jaxon-Bear

"How do I create suffering for myself and others?" Ultimately, this is a question that everyone must ask. The answer comes from the willingness to end suffering. This willingness is the vehicle for true self-inquiry.

This time together will be a time of introspection, reflection, and self-inquiry. The workshop will use the Enneagram of Character Fixation as a framework for discovering latent subconscious identification with who you are *not*. Zazen, one-on-one session work, group trance, and various other processes will facilitate the quest within.

All great spiritual traditions point to the one truth. If this truth is believed, it becomes religion—dogma—and leads to warfare. If this truth is directly realized, it leads to lasting peace. When Jesus said, "The kingdom of heaven is within," it is the same message as the Buddha saying you are already the Buddha. If it is time for you to directly realize this yourself, this time together will be dedicated to that end.

C.E. credit is available for nurses; see page 60.

$740

Friendship and Intimacy: The Dance of Caring and Conflict

Joel & Anne Isaacs

"Our goal in this workshop," Anne and Joel Isaacs say, "is to help each person touch the deepest place of longing to be whole *and* connected to others. We want to realign the balance point where the desire for contact and love is often countered by the fear of being engulfed or abandoned. We want to expand options beyond isolation or losing oneself to be close.

"As children, our personalities are formed in response to how our connection with others is supported or prevented. Our adult personalities are largely the result of how we learned to balance this interplay of caring (or harmony) and conflict. In this workshop we will create a safe space where concerns and conflicts become more accessible to us, more visible. Healing these conflicts, likely the same ones we experience in our intimate relationships, frees the expression of caring to grow and deepen. Through risking we can create a new intimacy."

Since connecting at Esalen eighteen years ago, the leaders have lived and worked together, sharing a commitment to personal and professional growth, intimacy, and family. They employ depth body-psychotherapy, body sensing and movement, and exercises to experience, clarify, and affirm boundaries. They also work with the polarity of opposing desires, group process, humor, play, and music. $740

The MAX: Stretching the Limits of Your Self-Expression

Paula Shaw

"The MAX" is an outrageous voyage through your own humanity—a journey to turn yourself inside out and explore the extent of your self-expressive power. It employs a variety of acting, observation, and communication methods designed to expand your limits "to the max" and move you into a new arena of personal creativity and self-expression.

"The MAX" is extremely challenging. Participants must commit to a rigorous exploration of the sources of their emotional limitations. Seminar hours will be longer than usual early in the week (and shorter later in the week). Participants will work individually in front of the room, playing to and with other group members. There will be exercises that use raw emotion, role-playing, and "dress-up" assignments.

This workshop is an opportunity to experience yourself in a way you may have dreamed about but never imagined possible. The game is risk, the premise: You're either daring or dead—the most unsafe thing you can do in life is to play it safe. Clearly, this course is not for the faint of heart, but it is full of heart, humor, and irreverence and is constructed with the understanding that this kind of risk-taking requires a very safe workspace.

If your heart beats faster when you think of taking this workshop, then maybe it's just the thing to do. Come play!

Please note: Due to the intense and sequential nature of this workshop, attendance at all sessions is necessary.

Required: A 1-3 minute memorized piece—monologue, poem, song, etc. $740

Healing the Emotional/Spiritual Body: The Rubenfeld Synergy® Method

Ilana Rubenfeld

This workshop is for people who want to learn how to listen to the messages, memories, and feelings locked in their bodies. The leader will introduce and demonstrate the

Rubenfeld Synergy Method, a powerful holistic system developed over the past thirty years that integrates Alexander Technique, Feldenkrais Method®, Ericksonian hypnosis, and gestalt practice.

Each day will include: body/mind exercises to relax, to stretch, and to heighten awareness; hands-on teaching to develop intuitive, gentle, and listening touch; discussions and demonstrations; and music and humor. The workshop community will become an active culture for learning and growth that will focus on:

- Experiencing the interdependence of emotions and posture
- Developing a sense of humor
- Healing the wounds of dysfunctional families
- Honoring the sacred within
- Moving beyond therapeutic techniques toward intuitive wisdom
- Exploring dreams and metaphors that reveal life patterns

"The body is the sacred sanctuary of the soul. Care for it like a flower garden," writes Ilana Rubenfeld. In this workshop she will demonstrate the possibility of achieving emotional, physical, and spiritual integration.

Recommended reading: Rubenfeld, *Twenty-Five Years of Simple* (copy available through The Rubenfeld Center, 115 Waverly Place, New York, NY 10011). $740

Weekend of August 2-4

Intimate Connections

Mariah Fenton Gladis

Creating stable and fulfilling relationships is a challenge that everyone faces. To be successful, human relating must be understood and accepted as an activity, an ability that requires movement, purpose, emotional capacity, and extensive contact skills. People often believe that good relating evolves naturally, but they discover in the routine of living with families, friends, and lovers that, in truth, they have not been adequately prepared to meet the demands of loving relationships.

This workshop will focus on the nature and basic requirements of healthy relationships. It will offer participants opportunities to assess their abilities and disabilities, to develop awareness, and to practice risking positive action with others. It is for anyone who has "hit the wall" in a relationship or who has experienced being stuck at some seemingly impenetrable contact boundary and wants to break through. Particularly helpful for adult children of dysfunctional families, ACAs, and human relations professionals, this experiential and didactic workshop will blend individual and group gestalt work, spiritual healing, bodywork, and personal metaphor.

C.E. credit is available for nurses; see page 60. $380

A Weekend with Terence McKenna

This recent communiqué: "A height-of-summer celebration of changing times. Join us in a discussion of the end-of-the-millennium unfoldment that stretches from the far reaches of the World Wide Web to the depths of inner space. Alien intelligence, rave cyberculture, and techniques for pushing the cultural and linguistic envelope are sure to surface.

"McKenna is the author of numerous books on shamanism, plant psychedelics, and exotic cartographies of consciousness. He is the inventor of Novelty Theory and its chief enthusiast. Join Terence and the usual suspects in an exploration of where we are in the alchemical meltdown at the end of history. You too can be part of the think-along tradition at Esalen." $380

Choosing Aliveness

Peter Finkelstein &
Mary Goldenson (Devarani)

Life is a precious gift. We have all experienced moments of feeling totally alive, yet much of our life is spent in a half-asleep, half-committed state of being. While there are many life-situations beyond our control, we choose how we respond to these events. The choice to be passionately alive is an act of courage. To choose life is to:

- Open ourselves to all of life—suffering, joy, success, failure, love, and grief
- Fully acknowledge the truth of who we are
- Commit to living our deepest values and dreams
- Define what we must change in our relationships
- Learn new ways to heal, forgive, and communicate

The challenge is to honestly address the ways in which we have compromised, given up, or lied to ourselves and others. This workshop is designed to bring to awareness our unconscious choices of how we deaden ourselves and to create the possibility for new aliveness and passionate involvement.

Come alone or with a partner. A safe, supportive atmosphere will be provided, using communication skills, movement, Gestalt, and Reichian work.

C.E. credit for psychologists is pending. $380

Rekindling the Flame: For Lesbian and Gay Couples

Patricia Zorn & Sharon Kleinberg

Patricia and Sharon write: "As lesbians and gay men, we have been forced to have our partnerships in isolation, robbing us not only of support, but also of information that can help us understand our ways of relating. Most of us wonder what a satisfying union really is and have not had good role models to guide and help us in resolving the particular power struggles of our lesbian and gay relationships.

"Based on several years' work with Harville Hendrix (author of *Getting the Love You Want: A Guide for Couples* and *Keeping the Love You Find*), this workshop offers powerful tools for helping couples deal with relationship struggles. It is not a quick fix, but rather a guide to understanding power struggles so we can reclaim the energy from arguing and use it to cultivate safety. It is also a way to increase the joyfulness, spontaneity, and commitment we feel while falling in love."

Expect new communication skills, greater compassion for you and your partner, laughter, surprises, fun, excitement, and romance. $380

August 4-11

Creating Exact Moments of Healing

Mariah Fenton Gladis

There are moments in the lives of some people that never should have happened, moments that should have happened and didn't, moments from which we needed rescuing. All these moments have been and still are deeply imbedded in our beings. They appear in our lives as recurring patterns and blocks until they are selectively addressed and transformed. They weave the fabric of our visions, our capacity to create fulfillment in living, even our musculature. They must be relived, rectified, and new memories must be etched into our cells and souls.

This workshop will help participants take a

MARGARET LIVINGSTON

major step toward health by defining and executing specific moments they must create to help them move forward and transform their personal history from one of liability to one of strength and wisdom.

The workshop will blend individual and group gestalt work, bodywork, and spiritual practice. Music will be used extensively to help facilitate the creation of precisely-tailored moments of healing, and to complement the atmosphere of warmth and safety. This work is appropriate for people committed to recovery and self-actualization, as well as for professionals.

C.E. credit is available for nurses; see page 60.
$1110

Week of August 4-9

The Power of Growth

Seymour Carter

For workshop description see May 19-24.
$740

Living Dance: A Moving Way

Anna Halprin & Billy Cauley

Anna Halprin writes: "I envision a future where more of us will call ourselves dancers and work together to make art concerned with the primary issues of life. I envision a future where dance is once again honored for its power to inspire, teach, transform, and heal. I envision a future where all people dance together, where the circle is open to people of any color, culture, or spiritual practice. We will ask to join the four-legged and the winged creatures instead of asking them to join us. We will dance with the mountains, the oceans, the sun, and the moon.

"In this workshop we will experience this future as it is unfolding right now. I invite you to join me in this quest. Themes will include the healing power of dance, myth and ritual, dance in the environment, and the evolution of the human being in relation to the natural world."

Through an approach Anna calls the Life/Art Process, using movement, visualization, and group interaction, participants will create dances from their own lives. Such dances intend to bring about life changes and therefore may become powerful rituals, born of the heart, revealing personal and collective myths of relationships, life and death, healing, peace.

Professionals and nonprofessionals are welcome. Potential students for the Tamalpa Trainings may find this a valuable orientation.

Recommended reading and viewing: For information, contact Anna Halprin at 15 Ravine Way, Kentfield, CA 94904. $740

The Dream Master: Dreams and Fantasies

Pierre Grimes

This workshop teaches how to understand the structure and function of our dreams, and how spontaneous dream projections—or fantasies—are the doorway into the power and nature of the Dream Master, the massive intelligibility that presents us with our dreams. By coming to recognize how dreams select and represent the dynamics of our issues, we are brought to appreciate the intrinsic intelligibility of the Dream Master's reality. For the dream draws from our past those unresolved conflicts and offers them for reflection within a form of unmatched artistry.

Dreams and fantasy present drama of a common dynamic and structure which can unlock personal blocks to our achievement of excellence. These blocks are conclusions we have learned to draw from youthful experiences, but which now we unknowingly misapply to the present; they are false beliefs about ourselves and our reality. Since they are in principle irreconcilable with our highest ideals, they can become the causes of our sense of dissatisfaction and failure.

Participants will be offered a new way of understanding themselves, their reality, and the profound nature and role of the Dream Master. This approach is *philosophical* rather than *psychological*, since it challenges the legitimacy of beliefs by exploring the conditions that first made them believable.

Participants will explore dreams which occur during this week; please bring a tape recorder.
$740

Five-Day Massage Intensive

Vicki Topp & Robert Helm

Esalen massage is a unique form of bodywork that is continually evolving. In this workshop quality of touch, breath awareness, experiential anatomy, and developmental movement will provide participants with the skills and fundamental elements necessary to give an effective and pleasurable Esalen massage. Integrating massage and the magic of the Big Sur coast will allow the opportunity to replenish one's spirit and reconnect with the healing power of nature.

The workshop is for beginners as well as those more experienced with somatics and bodywork.

C.E. credit is available for nurses; see page 60.
$740

Weekend of August 9-11

The Sound of the Self

David Gordon &
Marcia Shantipriya Goldberg

Sound and music wisely applied can purify, heal, and awaken us at every level, from the deepest physiological to the most sublime spiritual planes.

This experiential workshop is a unique fusion of meditation, sound vibration, and yoga. During the sessions, toning, auditory stimulation, guided listening, and movement to open and balance the body will be interwoven with quiet meditation. These alternating periods of sound and silence help to synchronize body and mind and form a bridge between internal communication and external self-expression. In this journey we can move toward the source of our own inner balance, creativity, well-being, and freedom.

This is an opportunity for novice meditators and newcomers to yoga to begin the inner journey, and a chance for old friends of meditation to deepen their experience. The workshop offers diverse skills to enable participants to develop their own personal practice. No musical or vocal experience is needed; the only prerequisites are ears, heart, and a sense of adventure.

Please wear loose, comfortable clothing. $380

Psychosynthesis: Personal and Transpersonal Growth

John Firman & Ann Gila

Psychosynthesis was born in 1910 when the Italian psychiatrist Roberto Assagioli became dissatisfied with psychoanalysis. Although Assagioli was a colleague of Freud and Jung and an early pioneer of psychoanalysis in Italy, he saw that psychoanalysis neglected the healthier and "higher" aspects of human nature.

A student of philosophical and spiritual traditions of both East and West, Assagioli sought instead an approach which would address not only psychological wounding and personal development, but, in addition, the "transpersonal" dimension—the dimension of inspired creativity, altruistic ideals, and peak experiences. Since that time, psychosynthesis has grown to become a compassionate and comprehensive psychology of the whole person, providing the practical means for examining one's life and for discovering how to grow more fully into one's true self.

This workshop will be an experiential overview of the theory and practice of psychosynthesis. It is an invitation to explore the heights and depths of being human, including subpersonality or "ego-state" work, object relations and family-of-origin issues, the superconscious and transpersonal self, and the experience of "vocation" or "call" in life. The intention is to gain a deeper feel for our unique psychological and spiritual journey, to get a sense for what our next steps on this journey might be, and, most essentially, to find a greater compassion for ourselves and others.

C.E. credit is available for nurses; see page 60.
$380

When Drummers Were Women

Layne Redmond

This century has seen a vast unearthing of the images of the Great Goddess and her priestesses. Throughout the ancient Mediterranean world, she is portrayed with her tambourine or frame drum. The frame drum is one of the oldest, most primal instruments and was predominantly played by women with their bare hands. A powerful trance-inducing instrument, it was used in the religious rites of many goddesses, including Inanna, Ishtar, Isis, Artemis, Aphrodite, and Demeter.

This weekend will focus on hand drumming techniques and their relationship with the elements of earth, water, fire, and air. Working in a circle and using the force of gravity, participants will practice synchronizing with the energy of the earth and radiating a group pulse. These rhythmic rituals are an ancient technology for accessing higher levels of awareness and releasing a deeper feminine energy.

This workshop is for women only. No prior experience with frame drums is necessary. Drums will be provided. $380

Taking Care of Yourself While Helping Others: Survival Tools for Service Professionals

Dennis Portnoy

Service professionals—nurses, counselors, educators, administrators, those in helping roles—are at great risk for burnout and decreased effectiveness. In addition to facing increased pressures in the workplace, they frequently perpetuate familiar self-defeating habits of relating such as overidentifying with their helper role, taking on too much responsibility for both work and the feelings of others, making everyone else's needs more important than their own, and deriving self-worth from being needed by others. This behavior limits effectiveness personally and professionally and leads to burnout. In this seminar, participants will be shown ways to:

- Deliver service excellence without becoming overextended
- Distinguish between healthy and unhealthy giving
- Minimize the negative effects of stress in a demanding work environment
- Learn how to protect themselves and recover from continual exposure to other people's suffering
- Identify and counteract dysfunctional helping styles

Nonprofessionals who are in a helping role or people involved in taking care of loved ones are also welcome to attend.

C.E. credit is available for nurses; see page 60.
$380

August 11-18

Bonding: The Heart of Dialogue

George Kohlrieser

From cradle to grave, life involves a dialogue with a changing script of "affectional bonds." When in dialogue, a sense of well-being exists. Out of dialogue, a sense of distress prevails. The difference lies in the ability to create bonds.

It is a myth that bonding occurs only with people we like. In truth, it means being attached in a way that allows a relationship to exist even where profound differences are present. If an individual has difficulty in creating attachment and bonding, then there will be difficulties in dialoguing. Models of "in-your-face" communication, manipulation, domination, detachment, and even violence are increasingly replacing the natural beauty of true dialogue.

This experiential workshop focuses on the theory, practice, and problems of dialogue. It draws on the latest research from attachment theory, transactional analysis, psychophysiological stress management, social network theory, and developmental psychology. Attachment theory is a way to conceptualize the tendency of humans to make affectional bonds, to connect, to be in dialogue with life. Ultimately, this is the path out of loneliness and isolation. To be out of dialogue leads to many forms of physical, emotional, and spiritual distress including psychosomatic illness, aggression, addiction, depression, emotional detachment, and burnout. Life energy itself is connected to the quality and depth of dialogue in one's life.

This workshop has both personal and organizational applications. It is designed for individuals or couples wishing to increase their understanding of dialogue and negotiation, as well as for those experiencing difficulties in these areas. Methods will include short presentations, guided imagery, emotional release, group process, and bonding work to understand, create, and be in dialogue.

Recommended reading: Lynch, *The Language of the Heart: The Body's Response to Human Dialogue*; Bowlby, *A Secure Base: Clinical Applications of Attachment Theory*; Steindl-Rast, *Gratefulness—The Heart of Prayer.*

C.E. credit is available for nurses; see page 60.
C.E. credit for psychologists is pending.
$1110

Week of August 11-16

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 24-26.
$740

Core Zero Balancing: Basic I & II

Fritz Smith

Zero Balancing is a simple yet powerful method for aligning body structure with body energy. Science has shown that energy and matter are fundamentally coupled; advances in psychology have shown that the body and mind are interconnected. Zero Balancing is born of these perceptions, with roots in both Eastern and Western concepts. It is based on the experience that the balance of energy and structure within the body has a direct effect on our physical, mental, emotional, and spiritual health.

The structural/energetic interface of the body is beneath conscious awareness. When imbalances occur at this level, the body tends to compensate for them rather than resolve them directly. These imbalances often lead to loss of vitality, chronic body pain, and decreased potential for vibrant health. Through touch, Zero Balancing can assist in overcoming these imbalanced patterns.

The workshop will review anatomy, physiology, and skills of touch. It will present Zero Balancing methods for evaluating and balancing the structural/energetic interface of the body. Eastern concepts of chi energy and the chakra system will be discussed.

The program will be both didactic and experiential, emphasizing new bodywork skills, and is open to all health care professionals. It is approved for C.E. credit for acupuncturists, and as Z.B. I or II in the Zero Balancing certification program.

Recommended reading: Smith, *Inner Bridges: A Guide to Energy Movement and Body Structure*.

C.E. credit is available for nurses; see page 60.
$740

Completions and Transitions

Mary Goldenson (Devarani)

Often in our lives we feel incomplete with the past. We are aware that we are not moving into the present with a generous and open heart. Old memories haunt us, even though we experience them as "finished." When we sense that we exist more in the past than in the present, it is time to make a distinction between "finished" and "completed." Transitions without completions foster resentments—about unsuccessful marriages, friendships, careers—and can produce illness, sorrow, and the inability to forgive.

Transitions are crossroads in our lives that give us the opportunity to finish and complete the past, reconnect with our present truth, and renew our passion, courage, and commitment for the future. The focus of this workshop will be to deeply review our lives, relationships, and circumstances to discover what needs to be transformed from "finished" to "completed."

The workshop will present ways to make successful transitions. It will provide a safe, supportive environment that includes risk taking, intense bodywork, gestalt imagery, movement, and meditation in order to support the transitions that keep us committed to the process of discovering ourselves.

C.E. credit for psychologists is pending. $740

Advanced Cortical Reeducation® and the Feldenkrais Method®

Harriet Goslins

True healing is learning. And true learning is "outcome-not-predicted." This workshop will be an exploration of advanced floorwork that moves us toward letting go of those movement patterns and accompanying strategies that still block our physical, emotional, and spiritual healing.

Come with an intention to let go of at least one behavior pattern that no longer serves you, a curiosity about its connection to physical symptoms and movement habits, and a willingness to replace it with new choices, greater body occupancy, and more joy of movement.

Please note: This workshop is open only to those who have completed Harriet Goslins's introductory seven-day workshop.

C.E. credit is available for nurses; see page 60.
$740

Weekend of August 16-18

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 17-19.
$380

Innovative Hypnotherapeutic Approaches to Mind-Body Healing

Ernest Rossi

In this workshop, intended for helping professionals, Ernest Rossi will present a variety of innovative approaches to hypnotherapeutic experience in order to facilitate mind-body communication and healing. These new approaches focus on how we can better utilize our natural states of arousal, rejuvenation, and creativity in everyday life. New developments in the use of simple, nonverbal methods of facilitating private creative experience and healing will be explored. These approaches are all designed to reduce stress, maximize performance, and improve health and emotional well-being. Dr. Rossi has evolved these new approaches—which integrate the accumulated wisdom of the ancients, Jung's synthetic method, and the new sciences of Chaos and Complexity—over twenty years of experience in facilitating individuals and groups internationally.

The workshop will consist of lectures and demonstrations, and an opportunity to work one-on-one with Dr. Rossi within the supportive setting of the group. It is especially designed for psychologists, psychiatrists, and anyone with a professional license to practice therapy.

Recommended reading: Rossi, *The Symptom Path to Enlightenment: The New Dynamics of Self-Organization in Hypnotherapy*; *The Psychobiology of Mind-body Healing*; and *The 20-Minute Break: Using The New Science of Ultradians*.

C.E. credit is available for nurses; see page 60.
C.E. credit for psychologists is pending. $380

At the Turning Point... Poems Can Help Us in Crisis

Brother David Steindl-Rast

Every crisis in life invites us to sift out seed from husk, that which holds promise from that which must die. Poetry can help this process of sifting, more so than many would expect. In a world of hypocrisy, poetry offers criteria for certainty—or at least as much certainty as life will permit.

The Benedictine monastic heritage, in which Brother David stands, has been called the "poetic heart of the Christian tradition." Drawing from the well of that tradition, Brother David will introduce poets as guides in crisis.

MARGARET LIVINGSTON

There are skills of the heart that can be learned, skills that may transform what appears to be the point of death into a turning point.

Recommended reading: Rilke, *Letters to a Young Poet*; Steindl-Rast, *Gratefulness–The Heart of Prayer.* $380

Intimate Relationships: Keeping the Spark Alive

Ayala Pines

When two people are in love, it seems like the magical spark between them is going to last forever. More often than not, however, with the effects of everyday pressures and stresses, the love is eroded and eventually burns out. Burnout is not caused by individual pathology or inadequacy nor by major dramatic events. It is caused by a buildup of petty annoyances, minor dissatisfactions, and a gradual increase in boredom. How can this insidious process of love's erosion be prevented? How can a couple in love keep the romantic spark alive?

Participants will be encouraged to find the romantic images they shared at the beginning of their own relationships. This workshop is recommended especially for couples committed to keeping the spark alive in their relationships, and for marriage and family counselors. It may also be helpful for individuals who are trying to figure out what went wrong in a relationship that burned out.

Recommended reading: Pines, *Keeping the Spark Alive.* $380

August 18-25

Constructing Psychotherapy Hypnotically

Paul Lounsbury & Nancy Winston

If you are a psychotherapist with a sense of humor, an interest in sharpening your skills, a desire for personal growth, and can enjoy participating in a supportive group of colleagues, this workshop is for you. This seminar will make accessible the underlying hypnotic concepts, skills, and tools that Milton Erickson used to invent his ingenious approaches to psychotherapy.

The workshop's goals are to: 1) orient psychotherapists to a way of formulating experience from which novel forms of therapeutic induction will naturally flow; 2) initiate a "wake-up call" for clinicians to appreciate and rely more fully upon the communicative brilliance of the unconscious mind; 3) expand participants' frames of reference; and 4) facilitate skills for tailoring psychotherapy to the uniqueness of the individual(s) at hand.

The workshop will cover trance induction, the hypnotic/therapeutic relationship, unconscious responsivity and communication, suggestion and therapeutic language, trance phenomena, resistance, identification of individual frames of reference, systemically-significant "organizing" patterns, dissociative structures, pain control, and reframing.

Built on a theory of "no-theory," this framework is grounded in constructionist and cybernetic epistemology. It cohesively links narrative, systemic, and solution-oriented therapies to their roots in the hypnotic psychotherapy of Milton Erickson. Highly experiential, intended for those curious enough to sustain interest through bouts of unexpected confusion, lulls of languidness, and intimate encounters of an unknown kind, this workshop is designed to promote deep emotional transformation.

The workshop will be conducted in a group format. It will explore and address the professional and/or personal interests each individual brings to the group, while simultaneously attending to, giving instruction in, and generating distinctions for constructing psychotherapy hypnotically.

C.E. credit is available for nurses; see page 60. C.E. credit for psychologists is pending. $1110

Week of August 18-23

The Transformational Enneagram: Mindfulness, Insight, and Experience

Don Richard Riso & Russ Hudson

Much is said about the transformative aspects of the Enneagram, and yet little has been demonstrated about how it can be used for transforming the personality. People are finding that it is not enough to simply meditate on the higher aspects of the types to bring the passions into balance: It is first necessary to use the Enneagram as a guide for uncovering our psychological wounds and to experience the many ways in which our personality acts as a defensive structure.

This advanced workshop will focus on integrating insight into the inner logic of the types with meditation practices and experiential work. The personality types will be viewed as patterns of object relations, habitual attentional orientations, and emotional reactions which prevent us from experiencing our essence. While our type usually obscures our true nature with a characteristic web of identifications, it can also serve as an opening to the deeper reality of spirit. Conversational instruction will be combined with guided meditation, small-group work, music, and other tools so that the Enneagram can truly help us live a life of presence, compassion, and joy. Some familiarity with Don Riso's *Personality Types* or *Understanding the Enneagram* is required.

Please note: This is not a Training Program, but a highly experiential workshop with new exercises.

C.E. credit is available for nurses; see page 60.
$740

Reducing Stress, Managing Your Heart, Restoring Intimacy to Your Life

Mel Lefer

Dr. Dean Ornish produced the first major study showing conclusive evidence that reversal of heart disease and other disorders, such as high blood pressure, diabetes, obesity, and high cholesterol, was possible without the use of drugs or surgical intervention. This workshop will apply the tools developed by Dr. Ornish to provide the direct experience of how powerful, comprehensive lifestyle changes can affect one's heart and overall sense of well-being.

The side-effects of medication and the aging process, such as sexual dysfunction, will be examined. New methods to renew sexual interest and performance and to restore intimacy will be discussed. The workshop will utilize many approaches, including diet (special nonfat dishes will be available for participants), exercise, stretching, progressive relaxation, breathing practices, meditation, visualization, and group discussion. The goal will be for participants to transfer these good habits into every aspect of daily life, and to pave the way to the peace of mind that physical well-being can provide.

Recommended reading: Ornish, *Everyday Cooking with Dean Ornish; Eat More, Weigh Less; Stress, Diet, and Your Heart;* and *Dr. Dean Ornish's Program for Reversing Heart Disease.*
$740

Finding Serenity: The Inner and Outer Landscape in Film

Francis Lu & Brother David Steindl-Rast

How does one find serenity in life while suffering from one's nightmares and painful memories? This seminar will explore how film's inner visions and dreams, its dancing with land, sky, and water, can evoke serenity in the face of life's inevitable disappointments.

For their eighth seminar together, Francis and Brother David will celebrate the 100th anniversary of film's creative ability to engage an audience and to bring forth the bittersweetness of life's experiences.

Participants will view six to eight feature films—some rarely seen—as well as some short films, and discuss them in a supportive group setting. In workshops past, this process has helped participants to discover more soulful ways to relate film to their own lives.

A film festival—and more—in Esalen's incomparable setting!
$740

Experiencing the Celestine Prophecy: Connecting to Your Life Purpose

Carol Adrienne & Sigrid Emerson

"You have a purpose," write the leaders, "and the universe is waiting to help you find and fulfill it. The purpose of this workshop is to take the ageless wisdom described in the Insights of *The Celestine Prophecy* and apply it to everyday life. Our goal is to work with these Insights to help you gain more satisfaction in work, be more open to adventure, understand more clearly your life purpose, as well as tap into the messages of synchronicity. We will use ancient intuitive tools, meditation, physical activity, journal writing, interactive exercises, and humor."

Carol Adrienne will take you inside the nine evolutionary Insights, and help you explore the positive qualities you were born to express. The sessions are designed to be a progressive, in-depth look at who you are and where you are going in life. You will also learn how to deal with specific obstacles in relationships and move beyond limitations. Sigrid Emerson will work with you to release stress and increase energy through gentle stretching and walking meditations. Personal evaluations of lifestyle and stress factors will integrate the four dimensions of health.

While it is helpful to have read either *The Celestine Prophecy* by James Redfield or *The Celestine Prophecy: An Experiential Guide* by Redfield and Adrienne, it is not mandatory.
$740

Weekend of August 23-25

Generativity

Kathleen Riordan Speeth

Erik Erikson called the crucial issue of maturity "generativity versus stagnation." The urge to create a lasting body of work arises when we begin to measure time remaining rather than time passed. No longer desperately self-preoccupied, we want to express ourselves. Then comes the struggle of wooing the muse. Self-doubts surface: "But how? Do I have any right to try? I should be with my family. What I produce doesn't meet my standards. I'm too tired. I have no time!" Convention, habit, and cowardice conspire to drown out the still, small voice within unless the newly creative soul sustains heroic self-confidence.

This workshop is not designed for the Ruskins or Tolstoys, the Schweitzers or Dickinsons of this world, whose lives were oriented early toward artistic goals, but for those who have first awakened in midlife to the desire to make not only money, but beauty—who sense they have something fine inside but don't know what it is, or quite how to sustain the effort required to bring it forth. Using journalling, discussion, Gestalt, and experiential exercises, participants will grapple with the issues they confront when, dissatisfied with the level of meaning in their lives, they wish to give their personal best to creative projects of their very own.

C.E. credit for psychologists is pending. $380

Breema Bodywork: The Nonjudgmental Treatment

Jon Schreiber

Breema Bodywork originated in a remote Kurdish village, where it still serves as the primary health care method. Developed by people whose insight into the nature of the human body affords them longer and more active lives, this ancient system has a health-enhancing and deeply harmonizing effect on those who practice and receive it.

Rather than analyzing and focusing on the recipient's pathology, Breema emphasizes the experience of the practitioner. Thus, both the giver and receiver of a Breema treatment receive benefits, which commonly include increased mental clarity, emotional balance, physical vitality, and instinctive movement reeducation. Breema treatments are hands-on, safe, and gentle. They encompass an array of unique movement sequences and affect the body through the musculoskeletal and physiological systems, as well as via the chakras and meridians. At its core, Breema is vibrational or energetic medicine.

A full series of treatment sequences will be presented. Participants will be taught the flowing movements of the bodywork and the underlying universal health principles. The group will also learn Self-Breema, specific exercises done on one's own body. Designed for both health professionals and lay people, this workshop can help students of Breema to enhance their professional work, and can be a

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nurturing and balancing addition to their personal lives.

C.E. credit is available for nurses; see page 60.
$380

The Subtle Self

Judith Blackstone

All spiritual traditions refer to an essential dimension of existence, calling it unity consciousness, emptiness, universal consciousness, and many other names. This dimension is not an abstract concept. It is the core of our own true nature and can be experienced by anyone who is willing to approach it with patience and openness. Unity consciousness is experienced as clear, mirror-like space, pervading our body and our environment, transcending the duality of self and object. It is deeper than the physical and energetic levels of our being and beyond our psychological defenses, projections, images, and archetypes. Subtle Self Work is a precise method of attuning to the clear space of unity consciousness.

In this workshop participants will explore how to: relate to others in this clear space, commune with nature, experience and live in the inner depths of the body, and integrate the body, authentic self, and unity consciousness. Group members will use the Subtle Self Work attunement exercises, daily sitting meditation, and sound, breath, and movement exercises to stimulate the channels in the vertical core of the body and expand the sense of unity consciousness. In this essential dimension of ourselves, we can find the source of our love, clarity, vitality, and peace.

Recommended reading: Blackstone, *The Subtle Self.* $380

'Tis a Gift to Be Simple

David Schiffman

This weekend is intended as an offering for people who would like to return to the simplicity of the values we treasure most. Its aim is to create a climate of mutual support and encouragement for exploring how to best cultivate the spirit of real generosity and faith in dealing with ourselves and others.

This timely gift will embrace the following elements:

- Sanctuary—the opportunity to step away and pause, to create a mood of peace and personal clearing without haste or interruption
- The company of kindred spirits—a chance to be met with honesty, empathy, and wisdom in an atmosphere of soulful, clear-eyed support
- The emotional freedom to be—the right to let down and be sad, glad, or mad in order to clear the air and move on, making room in our hearts for new possibilities
- The right to feel free and alive in our bodies—the use of innovative ways of moving and touching in order to restore the vitality of feeling truly alive and physically at ease

The methods will be drawn from a wide variety of practices, both traditional and nontraditional, all aimed at restoring our gratitude and appreciation for being alive. $380

Week of August 25-30

Earth Underfoot, Listening Heart

Steven Harper & Brother David Steindl-Rast

From time immemorial, nature has inspired human hearts to contemplation. Can we make this experience our own today? This week is designed to help participants experience deeply both nature and contemplation. Direct experience and contemplative reflection are the key words.

Earth under our feet on gentle hikes, water of the Pacific pounding against the shore, air of Big Sur's refreshing breezes, fire that heats Esalen's hot springs—all the elements of nature combine to touch our bodies and to raise our minds and spirits.

"Nature is never spent: there lives the dearest freshness deep down things," wrote the mystic poet Gerard Manley Hopkins. To drink from that freshness, from the fountain of youth, is what this workshop is all about. $740

When a Romantic Relationship Ends: From Grief to Growth

Sarah La Saulle

This workshop is designed to help heal the trauma caused by the loss of a romantic relationship. While friends and family may be sympathetic, the bereaved often undergo a terrible aloneness. The primary goal of this workshop will be to provide participants with a profound sense of companionship and empathy while doing their grief work. As a result of this process, participants can begin to feel a greater degree of resolution and detachment from the loved one.

Each person will examine the specific experiences lost (the intimacy, the sex, the shared life), defining lost hopes and expectations, and recognizing fears of future losses. There will be discussions about the nature of romance, one's own relationship history, the mythology and cultural expectations put upon modern relationships, repetition compulsion in romance, and how faulty belief systems prevent healthy mourning. Each person will work toward finding his/her own meaning from this hurt to turn it into an opportunity for development. This will be done during a deep grief process including group sharing, journalizing, art therapy, and discussion. The objective is to create a healthy picture for our present and future lives. $740

Music and Miracles: Tone, Sound, and Chant

Don Campbell

Ancient peoples knew that music and sound profoundly affect body, mind, and spirit. All health is sustained by rhythmic patterns that occur throughout the body. Everything in the body is vibration and pattern—the blinking of the eyes, the heartbeat, the breath. Every molecule is in a dance.

Based on the latest research linking the creative arts with memory and brain development, Western scientists are determining the effects of vibration, sound, and music on body and mind. The ear is the basic instrument for motion, movement, and balance in the body. Music and movement have been shown to directly affect reading and writing in children by creating dynamic changes in brain waves. Getting the brain unstuck from habitual patterns is the key to enhancing creative power and inspiring lifelong learning.

This workshop is for anyone who wishes to understand and explore the transformational and healing energies of the innate music in each of us. Participants will experiment with toning and profound listening exercises to help cultivate healing. Movement, meditation, and creative sounding will blend with lectures in a workshop designed to offer practical, joyous learning. $740

Movement, Touch, and the Healing Process

Patrick Douce

This workshop will approach the concept of a free, effortless body through Moshe

Feldenkrais's work in movement and touch. Balinese and other Indonesian systems of working with the human body's energy field will be presented to broaden the Feldenkrais work.

The workshop will introduce you to the complexity and simplicity of the spinal column. You will be taught soft, conscious movement to increase your sensitivity for safe, hands-on explorations. Moving away from the notion of a straight, stiff, rod-like back, you can discover that posture and overall flexibility of the spine improves.

This program is designed for both beginners and professionals interested in movement and touch. Individuals with chronic tension or stress, and those with lower back, neck, shoulder, or hip pain may find alternatives through learning more about the human body's possibilities.

C.E. credit is available for nurses; see page 60.
$740

Contemplating the Mystic Light of Nature

Judith Cornell

Learn to experience nature as a living, spiritual being by developing a joyful and harmonious connection with the natural world. This week will be a time for meditation and gentle nature walks, for experiencing the monarch butterflies and hummingbirds drinking nectar from brightly-colored mandala flowers.

By learning to experience nature through grounded meditative awareness, your senses become more mindful. You can feel more acutely the sun warming your body, the ankle-deep carpets of soft grass embracing your feet. You can open to the smells of ocean spray and sounds of pounding surf. To experience the mystic light, the spiritual energy that permeates all of nature, it is necessary to slow your hectic pace and let go of intellectual concerns.

As you deepen your communion with nature, you will learn simple but powerful techniques to see and draw the subtle energies of plants. Judith Cornell's methods are based on sacred art, integral yoga, and ecopsychology, drawing from the esoteric traditions rooted in the mystery of light, sound, and consciousness as the matrix of all existence.

No previous skills are necessary. Come with an open heart and beginner's mind. Bring a notebook, a good hand-held pencil sharpener, and any Berol PrismaColor drawing pencils you may have.

Recommended reading: The Mother, *Flowers and Their Messages*; Cornell, *Luminous Symbols for Healing*. $740

(plus $30 materials fee paid directly to the leader)

Weekend of August 30-September 1

Relationships: A Return to Intimacy and Passion

Mary Goldenson (Devarani)

Where in life did we stray from our path as lover? How do we return to that path and connect to our intimate and passionate self?

Many of us suffer from failed relationships, often giving up in despair and anger. We are all, in some form, battle-scarred veterans, wounded by failed romances and marriages, alienated sons and daughters, and lost friends.

The major focus of this workshop is moving out of the "blame game" which destroys intimacy and passion. The workshop will explore the self-defeating male and female roles we play, our fears of one another, our anger, our control issues—all of which become barriers to loving and fulfilling relationships.

Participants will be shown new ways to communicate needs and desires, to deepen the ability to accept love, and to transform personal, social, and work relationships. Group work will include imagery, movement, Gestalt, Reichian work, meditation, and writing. This workshop is appropriate for individuals, couples, relatives, and friends who desire a higher level of intimacy and passion in their lives. $380

Chi Kung/Nei Gung

Robert Blaisdell

The discipline of Chi Kung is a highly specialized and comprehensive curriculum of exercises and practices aimed at utilizing awareness and consciousness in order to develop and optimize an individual's intrinsic energetic potential. Through Chi Kung a practitioner may circulate and increase internal energy, strengthen internal organs and functions, and enhance and deepen sensitivity and awareness.

Chi Kung literally translates to "energy skill or discipline." Throughout human history numerous forms of this discipline have existed. Robert Blaisdell draws upon the ancient Taoist practices of martial and medical Chi Kung to create a basic and functional framework, which is then elaborated upon to facilitate specific needs of students in exploring their potential. The goal of the work is to initiate and sustain the integration of mind, body, and emotions, to deepen awareness, and to promote overall health, longevity, and well-being.

C.E. credit is available for nurses; see page 60.
$380

Weekend Massage Intensive

Laurie Schutz & Oliver Bailey

Participants will be instructed in basic methods used in giving a pleasurable and beneficial massage. Fundamental elements of bodywork, such as breath awareness, grounding, movement, quality of touch, and stress reduction, will be introduced. The workshop is available to beginners as well as those who wish to brush up on their massage skills.

C. E. credit is available for nurses; see page 60.
$380

Realizing the New Political Paradigm in Our Time

Daniel Sheehan & Sara Nelson

In this workshop, attorney Daniel Sheehan will present his call for the establishment of a new Natural Law Social Democratic Political Movement in America, complete with a description of the governing principles and public policy programs which must be enacted by such a movement. Sheehan is the former general counsel for the United States Jesuit Headquarters' Washington-based National Office of Social Ministry. He is also a former Harvard Divinity School Ph.D. candidate who majored in Judeo-Christian social ethics under Dr. Ralph Potter, the social ethicist for the World Council of Churches. Sheehan will compare and contrast the governing principles and public policy programs of this Natural Law Social Democratic Political Movement with those of the National Republican and Democratic Parties which will have been adopted at the July, 1996 National Conventions in San Diego and Chicago, respectively.

Sara Nelson will provide organizing information and public education advice on how to advance the development of this needed Natural Law Social Democratic Political Movement in a manner consistent with genuine spiritual values and social democratic principles. $380

Creating from the Spirit

Dan Wakefield

> *Miracles… seem to me to rest not so much upon faces or voices or healing power coming to us from afar, but upon our perceptions being made finer, so that for a moment our eyes can see and our ears can hear what is there about us always.*
>
> — Willa Cather

Each of us has a rich source of creativity within us, a living well of ideas, stories, pictures, music, and dreams. This workshop, led by author Dan Wakefield, will guide participants through fascinating exercises in drawing, writing, music, and meditations on natural objects (trees, flowers, mountains) to appreciate and develop each individual's own creativity.

Breaking the myth of drugs and alcohol as stimulants to creative work, the workshop will show that the key to the natural process of creativity is getting in touch with our deepest sources, the "spirit" within us that comes from clarity. Together the leader and the group will share ideas about breaking the "creative slump," and participants will draw the continuing "road maps" of their own creative journeys. $380

Week of September 1-6

Dzogchen—Awakening the Buddha Within: A Silent Meditation and Self-Inquiry Retreat

Lama Surya Das

Buddhism teaches awareness techniques for awakening to inner freedom. Dzogchen introduces the inherent freedom, purity, and perfection of innate Buddha-Mind. Dzogchen—Tibetan for "the Natural Great Perfection"—is considered the summit of all Buddhist teachings: swift, easy, joyful, and direct.

This retreat will introduce the quintessential Vajrayana path, practiced according to the nonsectarian way of the Practice Lineage of Tibetan Buddhism, relying on authentic Tibetan texts, meditation manuals, oral tradition, and personal experience. Much of the day will be devoted to sitting practice, interspersed with both guided and walking meditations, chanting, self-inquiry, question-and-answer periods, and breath/energy relaxation exercises. Constant themes of this nondual awareness practice include appreciating the true joy of meditation, the incredible lightness of being, and opening to effortlessness. This retreat, conducted in silence, offers a unique opportunity for experienced practitioners of meditation as well as beginners to better know themselves through the timeless wisdom of this ancient Tibetan teaching. $740

Spiritual Healing: Laying-on-of-Hands

Maria Lucia Sauer Holloman

This workshop will present practical methods for using the hands as instruments of physical and spiritual healing. This energy practice incorporates both hands-on and energetic work, using the power of natural forces for healing. The emphasis will be on using intentionality and personal clarity as fundamental tools in any healing art. "Intentionality moves energy," says Maria Lucia, "and it is through this focus that you can learn to take responsibility for your own thoughts and actions."

Born into a family of healers with a generations-old tradition, Maria Lucia studied with healers in her native Brazil, where spiritism—receiving healing knowledge from the spirit world—is a practice familiar to much of the population. Having also lived and studied at Esalen for nine years, she applies both Brazilian and North American approaches to healing.

Participants will be shown how to practice and refine this approach, as well as experience the personal benefits that come from receiving this work. The workshop is designed for bodyworkers, therapists, health professionals, and anyone interested in working with energy and people's bodies.

C.E. credit is available for nurses; see page 60. $740

The Writer's Way: Freeing the Authentic Voice

Nancy Bacal

Imagine five days of writing where you substitute kindness for self-criticism, liberate the writer's voice, and put it to use! Writing personal story is an invitation to claim everything you know and are as material. The task is simple. You place a breath of air between yourself and the event/the feelings/the madness/the grace, wide enough for a trail of ink to transform it into story. As the details emerge, they can release you from self-judgment, bringing vitality back to your writing, into your life. When you claim your experience for the page, you cease to be a victim of circumstance. For in that moment, you substitute curiosity for expectation and are free. Whether you are a nonwriter, occasional writer, or professional, the goal is the same: to challenge old habits and attitudes, to coax the mind out of its cycle of expectation and disappointment into a useful relationship with your work. The schedule will include laughter, tears, moments of resistance, and awesome discovery. With the assistance of movement and meditation, you'll write, in and out of the group, and read and discuss pertinent material.

Recommended reading: Needleman, *Work of Craft*; Chodron, *The Wisdom of No Escape*. $740

Life Energy Process

Stephano Sabetti

The Life Energy Process (LEP) is a spiritually-oriented approach to self-development and professional growth based on Eastern and Western energy dynamics. Specially designed subtle and intensive movements (micromovements) can increase energy flow and lead to the discharge of nonessential processes in the body (repressed emotions, chemical toxins, etc.). Each of us has an energy frequency that can be felt when attuned through LEP. This unique vibration helps to center and ground, as well as to find clearer direction and meaning in daily life. Each participant will have a chance to feel her/his unique energy process and explore it through process inquiry.

Life Energy Process includes: dance, theater, massage, pool work, and various other forms. The workshop is of particular interest to professionals and laypersons who are excited by the integration of theory, pleasure, and hands-on application of energy concepts. $740

Managing With Heart: Changing the Leadership Paradigm

Maggie Seeley & Paul Temple

"Managing With Heart" is about bringing the wisdom of the heart into the business world. It is about the rediscovery of your passion. It is a time to re-vision your life and work.

Our inherited business paradigm is hard, heartless, competitive. Its sole objective is to make money and/or sustain bureaucracy. To be successful, one must fight to survive, protecting one's turf and hiding one's feelings.

The essence of the new leadership is building an intentional culture of mutual trust where people can bring forth their creativity and sensitivity. Tapping into one's essential self, integrating the heart, the head, and the body, can stimulate a new level of personal excitement and organizational motivation.

This seminar emphasizes personal change while providing in-depth training in organizational dynamics and paradigm shifting. It offers coaching, experiential learning, and concrete material in such areas as: leadership practices, outdoor teamwork, organizational culture, conflict, change and wounding, and acknowledgment of our ancestors. Movement, music, meditation, massage, art, time in nature, and intuitive practices will be interwoven throughout. Participants will spend a day writing a Personal Vision Statement, with specific steps to bring the learning back to work and home. "Managing With Heart" can be fun, transformational, inspiring, and joyous. For more information, please call 800-943-2782.

C.E. credit is available for nurses; see page 60.
$740

Weekend of September 6-8

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 24-26.
$380

Light Upon Light: Rumi Today

Andrew Harvey

In this workshop, the Divine Fire is lit by Rumi, one of the world's greatest poets and religious teachers of all times. Rumi's work is a treasure of great value to seekers of every tradition and to everyone able to appreciate the timeless truth and beauty of his message. In this workshop, we'll share insights into Rumi's teaching and poetry, and try to put his words in action. $380

Self-Transformation: The Art of the Actor for Everyday Life

Jane Marla Robbins

Transforming feelings of anxiety and insecurity into feelings of self-confidence and joy is a miracle that can happen in all areas of one's life—physical, emotional, spiritual. This transformation can help us fulfill our potential for the roles we have chosen to play—child, parent, artist, public speaker, shaman, sensualist, or spouse.

The workshop will explore and discuss a wealth of acting techniques, including: physical, mental, emotional, vocal, and spiritual preparations, relaxation, sense memory, the magic "as if," animal exercises, overcoming self-consciousness, speaking the truth, perfect props, and psychophysical action.

Participants can learn how to replace old fears and paranoid projections with self-generated pleasures and positive projections. Many "real-life" situations ordinarily fraught with worry can easily be transformed using the Actor's Imagination. The power and pleasure of being able to create a sense of well-being can be experienced by everyone, and, once discovered, it cannot be easily shaken.

No previous acting experience is necessary.
$380

Time Shifting: Creating Time for Your Life

Stephan Rechtschaffen

Time is a mysterious flow of which we are a natural part. Yet in our fast-paced, overscheduled lives, we have lost touch with living "in the flow of time." We have become a society plagued with "time sickness." Caught up in the stress of running from work to home to recreation, no one seems to have the time to do the important things. Anxious about the future, regretful of the past, we miss the hidden fullness of each moment.

This workshop helps participants understand their own attitudes toward time and the effect those attitudes have on lifestyle, health, and longevity. Stephan Rechtschaffen, a medical doctor and cofounder of Omega Institute, will introduce practices to move perception away from societal time pressures into the often unexplored territory and emotions of "freedom-within-time." Using meditation, visualization, and time evaluation and planning (not scheduling), participants can begin to experience their own natural rhythm in time and the simple power and pleasure of being "present" in each moment.

Participants will explore the effect of dysrhythmic, hurried schedules—on health, relationships, work, and creativity—and, using their expanded sense of time, explore what they really want and how to bring the freedom of "timelessness-within-time" into their everyday lives.

Recommended reading: Rechtschaffen, *Time Shifting: Creating More Time to Enjoy Your Life*.

C.E. credit is available for nurses; see page 60.
C.E. credit for psychologists is pending. $380

Sabetti Sphurana Yoga: The Yoga of Inner Vibration

Stephano Sabetti

Sphurana, according to spiritual teacher Ramana Maharshi, is the spiritual self that one feels especially in the heart chakra. When our spirit is oriented toward sphurana in a continual and effortless manner, we can experience, says Maharshi, a "taste of enlightenment."

Sabetti Sphurana Yoga was developed by Stephano Sabetti, in conjunction with the Life Energy Process, to support wholeness on many levels simultaneously. It integrates:

- Vibratory energy—experiencing bodily the vibrations of the spirit and opening the healing channel
- Asanas—physical postures which are not static forms but may be spontaneously created as energy movement changes
- Balance—finding balance in imbalance, discovering order in chaos, to more easily integrate the practice into daily life

Sphurana Yoga, unlike other yoga, works with emotions in order to feel them without becoming attached to them, to help them become more essential and direct. Sphurana Yoga also incorporates humor and pleasure to soften the muscles, minimize tension, support humanness, and allow energy to flow in its inherent rhythm.

This will be week of music, pleasure, and fun.
$380

Week of September 8-13

Intuition and the Dance of Attention

Anne Armstrong & Randy Cherner

For workshop description see May 3-5.

C.E. credit is available for nurses; see page 60.
$740

The Soul's Theatre: The Practice of Improvisation

Corey Fischer

Improvisation is the art of the present moment. Our modern Western culture has pretty much left improvisation to jazz musicians. We hardly remember the traditions of improvised poetry, improvised storytelling, and improvised theatre that have flourished at different times in many cultures.

"In this workshop," writes Corey Fischer, "we'll begin to reinvent those traditions. We'll improvise with movement, nonverbal sounds, language, and story. We will work with our own moment-to-moment experience, our memories, our secrets, our dreams, and our desires. We will discover how we can transform the demons of fear, self-criticism, and resistance into powerful allies to create moments of spontaneous, self-revelatory performance."

While no previous theatre background is required, please note that a high level of commitment is necessary to create the level of trust that is the basis of this work. This is not an "acting class" or a workshop in sketch comedy or theatre sports. This is an opportunity to learn that, as Eduardo Galeano writes, "...every single one of us has something to say to the others, something that deserves to be celebrated or forgiven by others."

Bring writing materials and wear loose, comfortable clothing. $740

Spiritual Journeys, Sacred Lives

Dorothy Hunt

The seeds of spiritual realization are always present in the human heart. This workshop will introduce film biographies of such spiritual leaders of our century as Mother Teresa, Ramana Maharshi, Bede Griffiths, the Dalai Lama, Thomas Merton, and Martin Luther King Jr. to help inspire, inform, and stimulate the exploration of our own spiritual unfolding. As the weekend proceeds, participants will write and share stories of their own spiritual journeys (no prior writing experience is necessary).

Through writing, drawing, discussion, and silence, this course will explore such matters as: the people, places, and experiences which have had the greatest impact on our spiritual life; the themes or questions which keep repeating in our life story; the moments of despair and the moments of grace; ways we view God; the surprises which are so often present in spiritual awakening; and the hidden gifts which only an open heart can see.

By sharing and celebrating the rich and varied ways the Divine manifests in human life, we honor the sacredness of our individual stories and the creating, sustaining Spirit present in each one. $740

The Practical Art of Creative Risk-Taking

David Schiffman

To make effective, creative choices, you need courage, imagination, and the willingness to know your heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set—the choice to move against the powerful grain of old fears, habits, and the constant pressure of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of our natures, befriending rather than suppressing or denying the sexuality and power out of which initiative and enthusiasm spring.

This workshop will focus on how to develop a more adventurous, resourceful, and buoyant way of living. In an atmosphere based on warmth and humor, group members will explore their capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as nontraditional innovative approaches in bodywork, kinesthetic retraining, music, and guided imagery. $740

The Upledger Institute's SomatoEmotional Release I

John Upledger

SomatoEmotional Release is a healing process that helps rid the mind and body of residual effects of past trauma and associated negative emotional experiences. Joint research efforts by Dr. John Upledger and biophysicist Dr. Zvi Karni led to the discovery that the body often retains (rather than dissipates) physical forces as the result of an accident, injury, or emotional trauma, and then isolates the dysfunctional area, creating what we call an "energy cyst."

Although a reasonably healthy body can work and adapt to "energy cysts," extra energy is required to perform normal bodily functions. As the years pass, the adaptive pattern of the body loses its effectiveness, and symptoms and dysfunctions begin to appear which become more difficult to ignore or suppress.

In SomatoEmotional Release I, students learn how to assist the patient/client in physically identifying and expelling the "energy cyst" and in re-experiencing and resolving unpleasant memories.

Students must complete CranioSacral I and II before participating in this course, either at Esalen or elsewhere. For further information see Special Programs, page 58.

Required reading: Upledger, *SomatoEmotional Release and Beyond* and *CranioSacral Therapy II: Beyond the Dura*; Fisher & Ury, *Getting to Yes*.

C.E. credit is available for nurses; see page 60. $740

MARGARET LIVINGSTON

Weekend of September 13-15

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais* Approach

Patrick Douce

For workshop description see July 12-14.

C.E. credit is available for nurses; see page 60.
$380

Essential Peacemaking: Women and Men

Danaan Parry & Jerilyn Brusseau

We stand at a threshold of new understanding about the "next step" for women and men—co-leadership of a completely re-created twenty-first century.

"Essential Peacemaking: Women and Men" was created by Jerilyn and Danaan, experienced conflict negotiators, to answer a deep need: trained, awake, skilled teams of men and women who understand that men and women speak different languages, listen differently, have different needs and reasons for being, and who also know how to facilitate other men and women to listen and truly hear each other.

Essential Peacemaking is about finding a common language between the sexes. This weekend at Esalen combines the first two training workshops of Essential Peacemaking. It is a rare opportunity to explore, in one weekend, the skills and discoveries that make it possible for women and men to deeply and clearly come to know one another.

Please note: There are more than 350 Essential Peacemaking facilitators in twenty-five countries. If, after this weekend, you wish to become an accredited facilitator of this program, only the final three-day accreditation training will be needed. $380

Poetry Workshop: Writing New Poems

Sharon Olds

This is an intensive workshop for the writing of new poems in an atmosphere of encouragement and adventure. The focus will be on the new poems written during the weekend and where they can lead us. There will be individual conference times as well as group meetings. The goal will be to help each other bring forth something fresh and alive from deep inside. Beginners as well as experienced writers are encouraged to apply.

Sharon Olds teaches in the Graduate Creative Writing Program of New York University. She has been given a San Francisco Poetry Center Award, a National Book Critics' Circle Award, a Lamont Award from the Academy of American Poets, and grants from the NEA and the Guggenheim Foundation.

To apply, please send a letter with your name and address, and between three and five pages of your poems, typed (no dot-matrix, please). Do not include a SASE; applications will not be returned. Send them to Sharon Olds Workshop, c/o Esalen Institute, Big Sur CA 93920. Your poems must be received no later than July 1, 1996. Participants will be notified of their acceptance into the workshop on July 22, 1996.

Recommended reading: Poetry by Sharon Olds: *Satan Says; The Dead and the Living; The Gold Cell;* and *The Father.* $380

The Meditation Hall and Everyday Life: Transcending the Separation

Olga Luchakova

The goal of this workshop is to transcend the imaginary gap between sitting meditation and everyday activities by experientially realizing that the Self/God/Love is ever present. Tranquility and freedom are not states to be achieved but rather to be unveiled in the present moment.

The sublime teaching of self-realization, called Advaita Vedanta or Jnana Yoga, has been transmitted since ancient times by such sages as Dattatreya and Shankara. In this century, through the grace of Ramana Maharshi and Nisargadatta Maharaj, this teaching has become known to a larger number of Western spiritual seekers.

These sages recommended certain practices that help to progress from temporary awakening experiences to the steady flow of Realization. The group will practice those most direct meditative methods that allow us to reveal our divine nature in its different aspects:

- Tracing the "I" to its Source (the aspect of Being)
- Halting the mindstream (the aspect of pure Awareness)
- Cultivating the longing (the aspect of Love/Bliss)
- Total surrender and gratitude (the aspect of Non-doing)

The workshop will address the most common doubts, concerns, and fears sometimes associated with rapid spiritual growth.
$380

Vision Painting

Helen Jerene Malcolm

Vision painting is a nonverbal gestalt experienced via color, light, and form. It is a subtle process exposing the conditioned mind and its limitations. In an atmosphere of exploration and acceptance you are encouraged to suspend judgment, enabling the creative impulse to play, take risks, and face fears. The resulting paintings become a visual journal of your stream of consciousness.

Prompted by visualization, meditation, music, and movement, expression is evoked from the feeling centers, through the hand, and onto paper. Your intuitive voice is encouraged to uncover a source of wisdom reflected in the impulse desiring expression. Beyond the rational mind, from deeper levels of motivation, the painting seemingly paints itself and reveals its message.

Expanding consciousness through your work permits a look at the life you create for yourself physically, spiritually, and professionally. Your vision paintings become a treasure map of your life where change and healing are affirmed. This is a transformative adventure in personal creativity. It is also fun and profoundly educational.

Those who are sure they can't paint, beginners, and artists are all welcome.
$380
(plus $20 materials fee paid directly to the leader)

Week of September 15-20

Gestalt Practice

Christine Stewart Price

For workshop description see July 14-19.

C.E. credit is available for nurses; see page 60.
$740

The Naked Soul: A Ritual Theater Lab

Gabrielle Roth

Gabrielle Roth writes: "This is a workshop for those who want to explore the mysteries and dynamics of relating fearlessly with humor and compassion. We will cultivate and deepen our ability to see and hear each other as we break through masks and myths to face each other with naked souls.

"Each day will include movement practice and specific theater techniques. Mornings we will dance, afternoons we will immerse ourselves in theater exercises to expand our capacity to relate and behold. To weave witness and warrior into a vulnerable presence is our prayer and our hope."

Assisting Gabrielle Roth will be Jonathan Horan. $740

Weekend of September 20-22

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 17-19.

$380

Awakened Mind II: Advanced Brainwave Training and Transcendent States

Anna Wise

After the initial Awakened Mind brainwave training, how do we develop brainwave states and practice meditations that take us to internal spaces of greater spiritual awareness and transcendence?

Focusing on the union of beta, alpha, theta, and delta brainwaves, participants will explore "the space of consciousness" which can unlock hidden realms of perception and understanding. They will work with developing concentration and memory, opening up the storehouse of internal energy, deep psychic relaxation, and the expansion of consciousness for self-healing and healing.

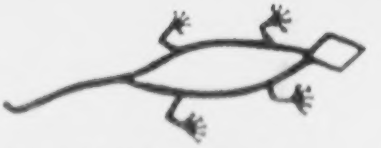
To help develop higher states of consciousness, the workshop will utilize a variety of practices, including inner visualization, Yoga Nidra, Chidakasha meditation, open-eyed brainwave training, Trataka, and Antar Trataka. Participants will also look at how Eastern meditations and visualizations as well as meditations from the tantras can be practiced for personal transformation.

The Mind Mirror EEG will be used to demonstrate and monitor brainwave patterns, and Electrical Skin Resistance Meters will be available to measure the depth of arousal and relaxation.

The seminar is open to anyone who has participated in a previous workshop with Anna Wise.

C.E. credit is available for nurses; see page 60.

$380



Beyond Gender Language: The Union of The Sun and The Moon

Howard Teich

In C.G. Jung's last major work (the little read, often misunderstood *Mysterium Coniunctionis—An Inquiry into the Separation and Synthesis of Psychic Opposites in Alchemy*), he reveals the "hidden secret," the ingredients of the fiery light of nature. Jung travels beyond anima and animus, beyond feminine and masculine, to the most ancient and archetypal psychic opposites—the sun and the moon.

This workshop will be a shamanic journey toward integration and healing of the solar/lunar split in our nature. The vehicle for this journey will be drawn from Navajo ceremonies, using archetypal images from Navajo sand paintings for initiation into the Pollen Path of peace, prosperity, and happiness. Traditionally, these sand paintings are used to purify initiates in the unification of psychic opposites.

This process can liberate men and women from the distortions and fragmentations of gender-based language. The workshop will teach participants to use these unifying principles in an ongoing way and to live this solar/lunar energy day to day—conscious, embodied, and practical.

Other elements of this workshop will include alchemy, quantum physics, and archetypal psychology. Tools will include yogic breathing, active imagination, Gestalt, and meditation. This work can be particularly helpful for psychiatrists, psychologists, and counselors in diagnosing and healing internal and external splits of psyche and matter such as narcissistic wounds, phobias, and addictions in play, work, and relationships.

C.E. credit for psychologists is pending. $380

The 21 Praises of Tara: A Sacred Dance Practice

Prema Desara

Tara is the great Mother Goddess of unconditional love. Ages ago, Tara was an ordinary woman who practiced dharma and reached enlightenment. Instead of entering nirvana, she vowed, "I will stay in the body of a woman until the end of time, helping all those who call out to me to cross the ocean of sorrow and attain enlightenment." She is said to answer the cries and prayers of all lost or suffering beings, and to overcome obstacles and dissolve ignorance. The chanting of Tara's 21 Praises is an ancient healing practice through which fear and other afflictions clouding the mind are dispelled and life challenges met with clarity and compassion.

Prema Desara combines her dance training from the temples of India with ancient Tibetan practices of self-empowerment. In this ritual of transformation, participants will be guided to embody the sublime qualities of Tara, and to embrace own their essence of feminine wisdom, compassion, and power. They will learn the subtleties of sacred movement, mudras, offerings, and visualizations. At the end of the workshop, the dancers will adorn themselves in silk costumes (provided by the leader) and dance a ritual offering and autumnal equinox celebration in the presence of the Esalen community.

Please note: This workshop is for women only. No dance experience is required. $380

The Art of Leadership: Communication, Creativity, Vision

Ron Alexander

> *In the beginner's mind there are many possibilities*
> *While in the expert's mind there are few.*
>
> — Suzuki

This workshop is for entrepreneurs, executives, managers, and others committed to improving their communication and leadership skills. It is especially intended for those open to doing deep personal work with a commitment to transform the self and thereby become more effective and productive in their leadership style. The major areas of focus will be: resolving conflict, developing trust with those who feel threatened, addressing blind spots in self-esteem, healing blocks in creativity, and building support for transforming vision into reality.

The workshop is primarily experiential and will include gestalt open seat work, sharing feedback on leadership and communication styles, improving coaching skills, developing the unconscious to creatively solve problems, and role-playing and problem-solving exercises for real-life work situations.

Recommended reading: Depree, *Leadership is an Art*; Wing, *The Tao of Power*; Crum, *The Magic of Conflict*.

C.E. credit is available for nurses; see page 60.
C.E. credit for psychologists is pending. $380

Week of September 22-27

Turning on the Light: A Choice to Live Consciously

Laura DeNuccio (Ma Prita) & Guest Leaders

For workshop description see June 23-28.

C.E. credit is available for nurses; see page 60.

$740

Healing Without Medicines: Qigong and the Medical Knowledge of Yin-Style Bagua

Xie Peiqi & Andrew Nugent-Head

One of the great focuses of 76-year-old healer and warrior Dr. Xie Peiqi has been the concept of healing without medicines. The last person fully trained in both the healing and martial aspects of the traditional Chinese art of Yin-style Bagua, Dr. Xie has spent almost sixty years practicing medicine, as well as being one of China's most respected martial artists. In the last three years, Dr. Xie has been working with longtime China resident Andrew Nugent-Head to make his knowledge accessible to the West.

During this workshop, participants will learn three of Yin-style Bagua's very powerful Qi (energy) healing systems—the Luohan Patting Method, the Twelve Sitting Meditations, and the Eight Healing Sounds—each of which is designed to treat illnesses and allow the practitioner to attain a higher state of internal development and health.

Dr. Xie will also talk about Chinese medicine from the *Yi Jing* (*Book of Changes*) and Bagua perspective. This traditional approach is all but lost in China's schools which claim to teach traditional Chinese medicine. Finally, by integrating this traditional medical theory with the Qigong exercises learned during the workshop, participants can learn to apply this knowledge or incorporate it into their healing practices for their patients.

Recommended reading: Xie, *The Eight Healing Sounds of Yin-Style Bagua* and *The Twelve Guiding Energy Sitting Meditations* (for information on the books and accompanying videos, call the Association for Traditional Studies at 415-337-4129).

C.E. credit is available for nurses; see page 60.

$740

Letting Go—Moving On

Mary Goldenson (Devarani)

Beliefs, fears, and emotions from the past can continue into present relationships and interfere with spontaneous feelings of trust, love, and joy. The goal of this workshop is to experience and let go of these defenses and create new ways to relate—in the moment—to ourselves, our work, and those we love.

The workshop includes periods of intense bodywork for those who want to let go of past anger, fear, and pain, which are reflected in the body as armor and tension. As armor softens, feelings held in since childhood can be released, and positive feelings can be experienced more fully. By also using dreamwork, massage, dance, and group process, a new capacity for loving can emerge.

This workshop may have up to thirty participants. $740

Evocation of the Deceased in a Latter-Day Psychomanteum

William Roll

In ancient Greece, there were institutions known as oracles of the dead, or psychomanteums, where people traveled, so the early historians and poets tell us, to be reunited with the spirits of loved ones lost to death. Dr. Roll will describe how, in collaboration with Dr. Raymond Moody, he re-created a latter-day psychomanteum through the use of the venerable technique of mirror gazing. He will demonstrate how this environment may evoke vivid reunion encounters and other transcendent experiences.

Dr. Roll will show video clips from his investigations of hauntings and poltergeists, and explore the meaning of apparitional experiences in general, including angels and transformative aliens.

This unusual workshop will also present other procedures for connecting with the deceased, including the soul dance, psi sessions, and guided regression, to share the transition of the loved one to another state of consciousness.

Recommended reading: Moody & Perry, *Reunion*; Duncan & Roll, *Psychic Connections*.

$740

Weekend of September 27-29

The Tao of Practice

George Leonard

We've tried them all—the ten easy steps to power and prosperity, the programs offering instant enlightenment or total fitness in fifteen minutes a week—and we've discovered they simply don't work. More and more, people are beginning to say no to the false and often destructive promises of the quick fix. Moreover, new research is showing the efficacy of patient, long-term practice, which, it turns out, is far more important than talent in achieving mastery.

In this workshop, human potential pioneer George Leonard introduces a path (*tao*) of practice that can bring pleasure and fulfillment, not just during this weekend but also in the months and years to come. Drawing on the Integral Transformative Practice (ITP) he cofounded with Michael Murphy, Leonard will offer the fundamentals of a long-term program for realizing the potential of mind, body, heart, and soul.

You will have a chance to learn a forty-minute series that includes physical movement, breathing practice, relaxation, transformative imaging, and meditation. You will practice balancing and centering, the use of *chi*, focused surrender, and the creation of effective affirmations. There will be discussions of the principles of human transformation, as revealed in a two-year experiment Leonard and Murphy conducted with fifty people.

This workshop involves physical movement but is not strenuous. All that's needed is a generous heart and a willingness to participate.

Recommended reading: Leonard & Murphy, *The Life We Are Given*; Leonard, *Mastery*; Murphy, *The Future of the Body*. $380

Singing Gestalt

Nancy Kaye Lunney

Singing can be an experience of great joy, poignant tenderness, or overwhelming fear. It can provide illuminating moments of pure expression or a persona to hide behind.

"Singing Gestalt" is singing about yourself, who you are, what you feel. It is about being yourself in front of other people without judging how well you sing. It is not about performance—it is about making contact, feeling, expressing, and being there, with and for yourself and others.

If the idea of getting up and singing in front of other people terrifies you more than anything you can think of, this workshop is for you. If you love to sing in front of other people and want to stretch yourself further, this workshop is for you. It is a chance to take your singing self out of the shower, out of the car—out of the closet.

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Some guided imagery and gestalt may be used. Bring lyrics to songs that express thoughts and feelings you'd like to explore. Accompaniment and lots of music are provided. $380

Week of September 29-October 4

Conscious Dreaming: The Path of the Shaman in Everyday Life

Robert Moss

Among Native Americans, the shaman is widely known as "one who dreams." The gifts of dreaming come in many ways: through the spontaneous wisdom of sleep-dreams, through creative incubation, through conscious dreaming in a relaxed state, through shamanic soul-flight to other worlds and times—and by paying attention to the dreamlike symbols and synchronicities of waking life.

In this adventure with Robert Moss, a leading dream explorer and shamanic teacher, participants can become dreamers in all these senses. The workshop is a journey through the gateway of our personal dream images to approach the sources of healing, creativity, and insight. With the aid of drumming, guided visualization, and partner exercises, participants will experiment with shape-shifting, shared dreaming, and folding time, scouting possible futures and other life experiences. The goal is to confirm and clarify our relationship with spiritual allies and develop rituals for spiritual cleansing, psychic self-defense, and soul recovery.

Conscious dreaming is a key to soul-remembering—reclaiming the knowledge that belonged to you before you entered this lifetime—and a creative and playful way to walk the path of soul in everyday life. $740

The Heart of Sports Massage

David Streeter

"In this week together," writes David Streeter, "we will focus on the most powerful and effective techniques that have evolved from contemporary sports massage and explore the power within our own bodies as we practice these techniques. This essential knowledge is drawn from the internal martial arts and shiatsu where the internal power of the practitioner is fully utilized. In this way it is possible to apply deep tissue, trigger point, and cross-friction massage without strain, fatigue, or injuries to our own hands, arms, or backs. Demonstrations and lectures will be brief and to the point. We will move to the table and practice with as much personal instruction as possible."

This workshop is designed to give each student the tools and the confidence he or she needs to work deeply and effortlessly. The techniques are uncomplicated and will be of great value to anyone with a sincere interest in the fine art of massage.

C. E. credit is available for nurses, see page 60. $740

Weekend of October 4-6

Present at the Creation: Reawakening the Artist Within

Esalen Arts Center Staff

For workshop description see June 14-16. $380

Dialogue

Daniel Martin

Thought invents the world and then denies it. The very world we have created we now find to be problematic. And we are caught in its web. We cannot solve our problems with the same thinking that created them. Solutions or, more accurately, resolutions will come from deconstructing our thought processes and constructing new ones.

Dialogue is the skill of thinking in a new way: thinking collectively. We do this by freeing ourselves from the assumptions that shape our perceptions and by learning how to collaborate at progressively deeper levels. This requires skills of inquiry and listening—to ourselves, to one another, and to the energy field we create together. Dialogue is participating in the unfolding of meaning, assisting the emergence of what wants to happen.

This most natural human skill has been lost in a world of fragmentation and narrow individualism. But it can be relearned. It is founded, however, on a certain level of self-conscious awareness or psychological maturity. This workshop is an invitation to people who have done their personal work, who have consciously attempted to live their own journey. Dialogue offers a natural next step in the process of personal and social growth. Come and develop a skill that is vital for the work of defining the human role in a new era. $380

TA KE TI NA: The Forgotten Power of Rhythm

Reinhard Flatischler

Everyone of us is deeply rhythmical: hearts beat, lungs breathe, cells pulsate—we *are* rhythm. Illuminating this, TA KE TI NA, a synthesis of the rhythmic knowledge of many cultures, goes back to the primal rhythmic knowledge that lives within every human being. TA KE TI NA connects musical rhythms with the rhythms of daily life, the rhythms of the body, the rhythms of consciousness.

The principle underlying the TA KE TI NA experience is the simultaneous performance of several different rhythms with basic stepping, clapping, vocal rhythms, and chanting. The workshop takes on the quality of ritual as participants, standing and moving in a circle, clapping and chanting rhythmic syllables, gradually create a group unity.

For many of us, the knowledge that we are naturally connected with rhythm has disappeared. TA KE TI NA, in reestablishing the connection with this "forgotten power of rhythm," can reveal a new range of qualities to life. Through increased abilities in movement, rhythmic competence, and musical creativity, natural confidence can grow. The skills presented in TA KE TI NA can be applied to everyday living as well as to all musical fields. $380

Self-Empowerment and Purification: The Farther Reaches of Gestalt

Julian Silverman

"We badly need a new orientation, a new perspective," wrote Fritz Perls. "We have graduated from the infant's 'I can't help myself' to the adult's 'I can't help myself because . . .' But psychology and psychiatry were never meant to be after-the-fact justifications for continuing neurotic behavior, behavior which does not permit the individual to live up to the maximum of his capacities."

In his autobiography, Perls speculated that a new form of psychotherapy would emerge and that it would entail some kind of cleansing or purification process. He was not clear, however, how it would work. In actuality, he had prepared the way quite well for the next form.

In this workshop the boundaries of the "next form" are defined and examined using both didactic and experiential sessions. Two interrelated processes are emphasized: the first, a purification process, has the purpose of "wiping the slate clean" of mental debris; the second is to identify a personal center from which to act with power.

Introductory Workshop Principle #1: Take responsibility for every emotion, every movement you make, every thought you have.

Recommended reading: A *Course in Miracles.*

C.E. credit is available for nurses; see page 60.
C.E. credit for psychologists is pending. $380

Joy, Inspiration, and Hope: A Retreat for Gay Men

Scott Wirth

"As gay men," writes Scott Wirth, "our psychological lives are too often defined in terms of deficit and injury: we are not 'real' men; we are 'sick and sinful'; our lives are being robbed from us by AIDS—the long, dark list goes on. Our gay male psyches are invariably overburdened with the images and emotional residue of victimization, oppression, and tragedy.

"Without denying the dark aspects of our lives as gay men, we will emphasize the joyful, inspiring, and hopeful aspects of our lives—past, present, and future. We will visit five phases of life: infancy, boyhood, adolescence, young manhood, and midlife, and blend together memory, fantasy, and stories we have heard.

"In a series of guided experiential sessions, we will construct and journey through what Jungian analyst Verena Kast has called our 'biography of joy,' this time as gay males. We will discover ways in which our soul remained inwardly steadfast throughout the different phases of our lives, nurturing and protecting us in ways that no parent or caregiver ever did. We will also recall and honor those who supported us—usually unknowingly—in the formation of our gay identity."

If you wish, bring a cassette of music which you find joyous, inspiring, or hopeful (each piece five minutes or less).

Recommended reading: Kast, *Joy, Inspiration, and Hope.* $380

Week of October 6-11

Tantra: The Art of Conscious Loving

Charles Muir & Caroline Muir

Few of us have been blessed with healthy childhood conditioning and education regarding the mysteries of sexual love and sexual energy. This can leave many individuals less aware and conscious about their sexuality than they are in other aspects of their lives. Tantra can transform sex into a loving meditation, putting more consciousness, energy, intimacy, joy, and love into sexual exchanges.

Participants will learn and discuss various ways to increase intimacy and passion in their relationship. Tantric meditation and ways to exchange sexual energy in a safe, nonsexual manner will also be taught in the workshop. These methods can then be practiced in a sexual way in the privacy of your own home.

This workshop is open to couples only.

$740 per participant

MARGARET LIVINGSTON

Treasure Maps to the Soul

Ann Weiser Cornell & Barbara McGavin

We go along through life trying to overcome our weaknesses and imperfections. We push them away, repress them, deny them, and send them into exile. Of course we don't want to give in to the addiction or depression or shyness or procrastination. But often we end up with an uneasy truce—getting by, but not really getting better.

In this workshop you will learn how to use these stuck, unlovable parts of yourself as *treasure maps.* You will discover how the parts of yourself that you try hardest to overcome are the very parts that hold the key—that carry the secret—of your greatest potential as an evolving being.

The means to bring forth this treasure will be Focusing, a simple, gentle, natural, and powerful body/mind skill of self-awareness. Focusing is a way of listening to your body's subtle, rich, organismic experience. It is safe, private, and nonconfrontational. There is no pushing, no revealing more than you want to reveal.

This workshop offers specific, grounded methods for working with the seven areas of treasure: Dragon (self-criticism), Fog (confusion), River (overwhelming emotion), Pit (depression), Swamp (action blocks), Wilderness (addictions), and Mountain Top (unfulfilled desire). This is a light-hearted and hopeful approach that can give you valuable tools to use in your daily life.

C.E. credit is available for nurses; see page 60.

$740

Golf in the Kingdom: An Exploration of the Deeper Game

Stephen Cohen, Fred Shoemaker & Brian Bergstrom

> *Ye'll come away from the links with a new hold on life, that is certain if ye play the game with all your heart.*
>
> —Michael Murphy (as Shivas Irons),
> *Golf in the Kingdom*

The game of golf provides many opportunities to enhance the journey of self-discovery. It can be experienced not only as an athletic endeavor, but also as a metaphor for the way one lives. Just as in life, issues of self-confidence, fear, trust, discipline, and awareness emerge in the conflict between the ego's desire for success and the inner self's ability to achieve.

During these five days, teaching methods gleaned from a study of the deeper game will be utilized, as well as principles from psychosynthesis and gestalt, to explore the inner self and how one interferes with its emergence. Two days will be spent on field trips to the Monterey Peninsula where participants will practice and play in some of the most beautiful golf country in the world. On other days there will be time to relax and enjoy the natural pleasures of Esalen and Big Sur.

Recommended reading: Murphy, *Golf in the Kingdom*; Gallwey, *The Inner Game of Golf* .

$740
(plus greens fees paid directly to the leader)

A Course in Miracles

Julian Silverman

A *Course in Miracles* is a curriculum for changing your mind so that you can enjoy life. Its basic premise is that the mind can learn to empower itself by learning to *extend* itself. According to the *Course*, "All confusion comes from not extending life."

In this workshop the vision of A *Course in Miracles* is set within a framework of three of its critical ideas. Each one is introduced with a quote spotlighting a basic human learning need:

1. "Instruction in perception is your greatest need."
2. "You do not know the meaning of love and that is your handicap."
3. "Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it."

Julian Silverman elaborates, "The first principle dovetails with my years of scientific research in the area of perception, in both normal and altered states of consciousness. The second fits with my lifelong search for a conception of love which integrates the spiritual and the physical. The third enables me to draw on my more than twenty years of experience as a psychotherapist and supervisor of psychotherapists, and my abiding interest in spiritually-based self-examination."

The workshop uses a combination of conceptual and experiential learning methods.

Prerequisites: Own a copy of A *Course in Miracles*. Be interested in learning what's in it.

C.E. credit is available for nurses; see page 60.

$740

Weekend of October 11-13

A Weekend with Marianne Williamson

Writes Marianne Williamson: "As we enter the final stages of the millennium, we turn our attention to the relationship between personal and global transformation. We will focus this weekend on increasing our capacity to receive God's grace and impart it to others."

In this workshop, Marianne Williamson will be discussing universal themes from A *Course in Miracles*.

Please note: This is the only workshop at Esalen this weekend. It is expected to have an extremely large enrollment. $380

Week of October 13-18

Esalen Arts Festival

This week Esalen will be hosting its second annual Arts Festival, a five-day celebration of the arts, bringing together painters, musicians, dancers, actors, writers, and artists who resist easy categorization. There will be guest performances, instruction in various art media, poetry readings, multimedia events, and panel discussions. A wide range of classes will be offered: painting, sculpting, photography, singing, and dance. Several events will take place outdoors—on our broad lawn overlooking the Pacific and in our new amphitheater and dance platform.

Because appearances by guest actors and musicians are subject to touring schedules, we cannot, at catalog publication time, list the names of individual teachers and performers. A schedule of events and guest appearances will be provided via a Festival Information Hot Line in August.

Whether you are an artist, an art lover, or an artistic spirit, the Esalen Arts Festival promises to be a stimulating, enriching, and memorable event.

***Please note:* Since there will be only 70 beds available this week, early registration is recommended. $740**

Weekend of October 18-20

Emotional Resiliency

David Viscott

On his much-talked-about radio and television programs, Dr. David Viscott illustrated an uncanny ability to cut to the heart of a person's problems. He provided practical, common-sense advice for overcoming the daily problems people face: how to make the best of one's time in a relationship, how to talk and how to listen, how to deal with infidelity, how to forgive and how to separate.

"The present as we see it is not about the present at all," he writes, "but the screen upon which the problems of our lives are superimposed, worked through, and released. Unfortunately, when those past feelings intrude, they often so taint our experience of the present that we think the past is happening all over again. This workshop is about discriminating between unfinished business and the real, solving problems as they come. The intention is to understand the natural healing cycle, how feelings and defenses work to heal and defeat you, and how to overcome the past and become free."

Please note: This is the only workshop at Esalen this weekend. It is expected to have an extremely large enrollment. $380

Week of October 20-25

Apprenticeship to the Earth—Return to Sacred Ground

Little Bear Nason & David Schiffman

For workshop description see Wilderness Programs, page 65. $790

Continuum

Emilie Conrad-Da'oud

This workshop explores the idea that movement is something we *are* rather than something we *do*, that what we call a "body" is actually a nonlinear creative event.

"Awareness of ourselves as movement begins with developing our sensitivity to our intrinsic world," writes Emilie Conrad Da'oud. "We do this by exploring the mobile diversity of our breath, by discovering how our sound permeates connective tissue, and most of all by experiencing fluidity as our biological origin—the undulating waves of life that brought us here in the first place.

"As we enliven ourselves from the inside, our dynamic expressions in the world increase. This remarkable oscillation from intrinsic to extrinsic, and from cell to action, urges itself into new creative channels. Released from convention, our movement vocabulary can include textures and dynamics that are the expression of what is current and alive."

As a movement specialist at UCLA, Conrad-Da'oud has contributed to a study demonstrating that enhancing fluid movement is essential to mediating disease and aging. Her work is incorporated into the fields of alternative medicine, physical therapy, and physical fitness.

No dance or movement experience is necessary. This workshop can give participants a deeper awareness of the body as a process where change, growth, and innovation are possible.

C.E. credit is available for nurses; see page 60.

$740

Celestial Bodies: Archetypal Astrology and Transformative Yoga

Richard Tarnas & Terra Wise

Combining two workshops into one, this seminar balances the intellectual focus of astrology lectures and discussions with time to inspirit the body through yoga postures, focused breathing, flowing movement, and conscious relaxation.

As Jung was the first major modern psychologist to note, astrology has an extraordinary capacity to illuminate the archetypal dynamics of the individual human psyche. In this seminar, Richard Tarnas will present an overview of his and psychiatrist Stanislav Grof's work over the past twenty years linking particular psychological conditions and stages of the therapeutic process and their timing with specific planetary patterns in the birth chart and transits. Participants will be instructed in how to calculate and interpret their own transits, with special attention paid to the significance of major present and upcoming planetary alignments.

Through movement, sound, and breath, Terra Wise will guide participants toward a more conscious attunement to the physical and subtle body. Each day the class will experience safe, playful, and health-enhancing postures, both stationary and flowing. This ancient healing system can improve strength, flexibility, and overall fitness, as well as promote a unifying sense of peace and alignment. Like astrology, yoga helps us become conscious of the unconscious, to move toward true wholeness.

The common theme of this dual workshop is to mediate the "return of soul" to both the mind and the body. The emphasis throughout will be on providing participants with information and practices that can be immediately integrated into their own lives.

Both beginning and advanced students of these disciplines are welcome. Participants should bring a yoga mat or towel, loose comfortable clothing, and a copy of their natal chart. $740

Opening to Ourselves and Others

Rachel Harris

In order to survive and make our way in the world, we develop defense mechanisms, rigid patterns of thinking, feeling, and behaving. We deaden, dissociate, or sacrifice parts of ourselves during early childhood experiences, chronically stressful situations, or traumatic events. These brittle habits, originally designed for survival, limit our vital connection to ourselves as well as to others. We create our own self-limiting prisons.

"This workshop is about softening, melting, opening," writes Rachel Harris. "We will create a safe opportunity to identify our chronic defense patterns and explore who we are underneath these personality structures. We will seek to become more objective about ourselves and increase our psychological freedom. The focus will be to deepen our sense of ourselves and enhance our capacity for relationship with others.

"We will use an integrated approach of body awareness, mindful introspection, breathing, creative expression, and dyadic exercises to gently lighten the burden of our chronic defenses. The opportunity is to stop being who we think we have to be and develop the process of being with ourselves as we are, which is all we really have and what we will take home with us."

$740

Writing the Natural Way

Gabriele Rico

Writing well can be as natural as telling a story to a friend, as fluid as daydreaming. Using the new science of Chaos as a metaphor for the workings of the mind, the creative process, and ways of accessing it, Gabriele Rico can teach you to write freely and richly. Presenting a series of writing activities to free you from the restrictions imposed by a linear, judgmental, left-brain approach, she can help you to become receptive to your creative intuition—to express ideas, images, and feelings more authentically in a fresh, personal voice.

Once we understand something about the creative process, we can begin to glimpse answers to such questions as "Where do ideas come from? How can we best hold them? What is the role of the emotions in the creative process? In what way is all writing creative?"

A few of the many writing activities include:

- Clustering—a nonlinear process that accesses seemingly random thoughts and feelings
- Improvisation and play with language
- Images—"strange attractors" which evoke visual, tactile, auditory, and gustatory memory patterns
- Metaphoric thought—moving beyond literal thinking

This workshop is appropriate for writers of all levels, from beginners to experts. Please bring colored felt-tip pens and a bound notebook.

Recommended reading: Rico, *Writing the Natural Way* and *Pain and Possibility: Writing Through Personal Crisis*. $740

Facing Each Other, Facing Ourselves

David Chrislip & Steven Harper

> *If the ground can be our common ground, we can begin to talk to each other (human and nonhuman) once again.*
>
> — Gary Snyder, *A Place in Space*

This workshop begins with discovering—or reconnecting with—one's own deepest purpose. Using one's life as the ground for deeper connections, participants will explore the expanding circles of family, community, and place. The intent is to discover—experientially—the practices and processes that bring health to each dimension, to enhance our ability to face each other and talk to each other in ways that enrich our common ground.

When our lives are in harmony with self, family, community, and place, we feel the fulfillment of living a life that is deeply purposeful and connected. There is healing within and without. There is engagement with the many aspects of our lives. There is the capacity for coping with what is yet to come.

By cultivating these qualities—fulfillment, healing, engagement, and the ability to cope—we also develop our leadership capacities to serve our families, organizations, and communities in ways that bring health and healing. We can learn to act in ways that create common ground rather than division. Instead of losing sight of the world we are serving, we become a part of it.

Through individual and group exercises, meditation, walks in nature, and discussions, participants will explore the sources in their lives that can help them to discover an inspiring path with heart. $740

Weekend of October 25-27

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 17-19. $380

Imagination, Presence, and Joy: A Performing Arts Workshop

Tandy Beal

Tandy Beal submits:

Here's what you'll do—

Solo, duet, and group exercises about awareness and problem solving. The springboard is movement, the pool you'll dive into is the imagination.

Here are the skills you'll use or develop—

Focus. Trust. Intuition. Spontaneity. Alertness. And some mischief.

Here's what you may discover—

The imagination (and the body) as a friend and ally. A new level of awareness. A light heart.

Here's my background—

Thirty years in dance, theatre, circus, and film, as a performer, director, writer, choreographer, and dreamer. $380

Forgiveness: The Key to Intimacy

Mary Goldenson (Devarani)

All life is about relationships. Creating an alive and honest connection with an intimate partner requires us to go deeply into our hearts and allow the courageous self to emerge. This journey to intimacy begins with the path of forgiveness.

How does forgiveness lead to intimacy?

- It allows us to let go of anger, resentment, and grief
- It allows the agitated mind to move more deeply into the healing heart
- It resolves separation from ourselves and from others
- It allows us to give up inflicting punishment on ourselves and others
- It allows us to complete unfinished business

The workshop will present ways to help complete the past, be open to the present, and create the future. It will offer a safe, supportive environment that will include taking risks, intense bodywork, gestalt imagery, dance, and meditation to support the commitment to the process of discovering ourselves.

This workshop can be especially helpful for those dealing with boundary issues, the effects of a dysfunctional family life, or addictions that have been used as a defense against intimacy. It is appropriate for everyone, whether in a good relationship or troubled, as a couple or alone, mother, father, daughter, or son, or in the healing professions.

C.E. credit for psychologists is pending. $380

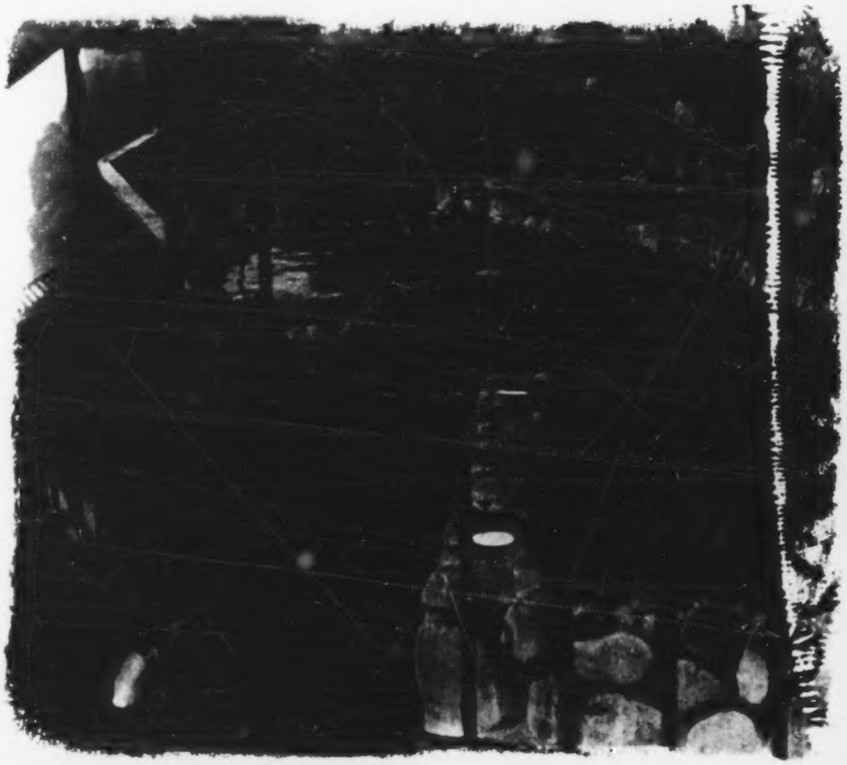
Pandora's Gifts: On Secrets, Health, and Healing

Dale Larson

In the Greek myth of Pandora's box, after the Furies escape, one entity remains: Hope. This workshop looks at how secrets and secrecy affect the hope—and health—of people and organizations, and how, with openness sustained by empathy and support, hope—and improved health—can replace avoidance and fear.

We all have uncomfortable feelings, thoughts, and information about ourselves that we avoid telling others. These secrets can range from mildly embarrassing to highly distressing. Although telling these secrets to the wrong person can be disastrous, recent research confirms that "what we don't say *can* hurt us," that confiding in others can be good for our health.

The workshop will explore the topic of secrets from both personal and professional perspectives. What do people say are their most difficult and painful secrets? How do we manage these kinds of secrets in our lives? How can we safely disclose our secrets and move toward greater intimacy and support? If we are counselors, how can we work successfully with the secrets of the individuals and families we care for? Also, how can we man-



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age our helper secrets (the distressing thoughts and feelings related to our work as caregivers)?

The workshop will offer nonthreatening exercises for approaching secrets and secrecy. It is designed for both professional caregivers and interested nonprofessionals.

Recommended reading: Larson, *The Helper's Journey: Working With People Facing Grief, Loss, and Life-Threatening Illness* (especially chapter 4, "Secrets: Concealment and Confiding in Helping").

C.E. credit is available for nurses; see page 60.
C.E. credit for psychologists is pending. $380

Reflexology—Foot Compression Massage

Deborah Ardell Hill

Reflexology is a method of applying pressure to areas or points on the feet and hands to stimulate the glands, organs, and other areas of the body in order to increase circulation, relax the nerves and body, and help to normalize body functions.

For thousands of years the relationship between reflex points and the organs was understood by the Chinese, the Egyptians, East Indians, and North American Indians. Reflexology was first introduced scientifically to the medical profession in the United States in 1913 by Dr. William Fitzgerald, who engaged other doctors and health care practitioners to keep records of their findings on their patients.

This workshop is designed for bodyworkers and nonprofessionals alike. It will present a new way of looking at the body, offer specific techniques, and provide a sequence to work from. It will also introduce basic anatomy and physiology. In addition to offering nurturing to others, reflexology can be used as part of a self-help program.

C.E. credit is available for nurses; see page 60.
$380

October 27-November 3

Cortical Reeducation® and the Feldenkrais Method®

Harriet Goslins

For workshop description see May 26-June 2.

C.E. credit is available for nurses; see page 60.
$1110

Week of October 27-November 1

Playing the Edge

David Schiffman

For workshop description see May 12-17.
$740

Five-Day Massage Intensive

Deborah Anne Medow & Sherry Sanders Galloway

This massage workshop explores the fundamental elements of bodywork: grounding, centering, breath awareness, touch sensitivity, and intention. A hands-on approach will combine a balance of long, integrative strokes with detailed attention to specific areas of the body. There will be emphasis on discussion and modeling of boundaries and trust with respect to the client's physical and emotional well-being. Meditation and movement will be included, as they enhance the connection between client and practitioner.

This workshop is for beginning bodyworkers and those interested in learning some new approaches to massage.

C.E. credit is available for nurses; see page 60.
$740

Vocal Awareness: Empowerment Through Voice

Arthur Joseph

In many traditions, the throat is the center of creative power. The voice represents this power, and thereby has the capacity to help access our full creative expression. This course combines the powerful techniques of Vocal Awareness with the principles of creativity theory to help participants realize their creative potential.

Vocal Awareness introduces techniques which are integral to this development process. This approach—which views voice as a metaphor, representing an individual to the world—includes vocalizing, sound meditation, movement, song study, and development of the speaking voice as a means for deepening contact with the self. Participants will work individually and in groups exploring breathing, toning, and vocalizing.

Singing and speaking offer an immediate outlet for creative expression. In addition, the voice can become a springboard for other forms of creative expression, such as writing, drawing, movement, and problem solving. In this way, the voice becomes a symbol for the whole person as an integrated creative being. Consequently, this workshop can be not only a vocal training class but a step toward empowerment along life's path.

Please note: Participants are required to bring tape recorders.

C.E. credit is available for nurses; see page 60.
$740

Starting to Heal Yourself

Meir Schneider

Subtle expectations about aging and health have programmed us to believe that our bodies are destined for certain levels of decline, that fatigue will increase as the day progresses, and that health naturally declines with age. This workshop will encourage a change in those expectations. It is designed to help participants imagine a higher level of optimum health and mobilize those resources that promote healing through proper awareness and movement.

Meir Schneider will introduce his practices of self-healing—subtle movement, breathing, relaxation, self-massage, and vision exercises—in order for each person to get in touch with his/her body. The effects of both correct and incorrect movement will be discussed. Imagery will be introduced to help free up physical limitations and the restricted concepts of health which accompany them.

Schneider's self-healing methods have been helpful with a variety of stress- and lifestyle-related diseases, among them:

- Arthritis, both osteo- and rheumatoid
- Spine problems, including scoliosis, sciatica, and degenerated disks
- Vision problems, from myopia to macula degeneration
- Neuromuscular ailments such as multiple sclerosis, muscular dystrophy, etc.
- Digestive disorders such as spastic colon, colitis, chrone's disease and constipation
- Respiratory problems, such as asthma.

C.E. credit is available for nurses; see page 60.
$740

SPECIAL PROGRAMS

THE PROGRAMS listed below are either longer than the standard Esalen workshop or part of an ongoing series. Prices quoted below for these programs are for standard accommodations as described in "Reservation Information," page 4. Sometimes bunk bed space is available at a reduced rate. Scholarships are also available; please see "Scholarship Information" on page 5.

The Diamond Approach: A Spiritual Teaching for Our Times

An Introductory Series of Classes

Teachers of the Ridhwan School are offering a series of introductory workshops in the Diamond Approach (see Opening the Doors to Essence, **June 23-30** and A Taste of the Diamond Approach, **July 19-21**). The Diamond Approach is a spiritual teaching developed by A.H. Almaas (Hameed Ali) to meet the needs of those wishing to contact the depths of who they are while leading ordinary lives of work and family. The teaching bridges the traditional divisions between what is considered sacred and what is considered mundane. It utilizes elements from depth psychology and traditional spiritual knowledge and practices, creating a new method for engaging in the process of spiritual transformation.

The methodology of the Diamond Approach is open-ended inquiry into one's personal experience leading to an experiential understanding of it. The format includes meditation, awareness and movement practices, talks, exercises in self-inquiry, and personal processing within the group. As we inquire into and travel through our inner terrain, our identifications and beliefs shaped by our conditioning–the obscuring veils within–become more and more transparent, and we are able to contact dimensions of reality and the human potential traditionally accessible to only a few. As we gradually contact the depths of who we are, the personality becomes refined, and our lives progressively become embodiments and expressions of our true nature.

As in the case of many schools of spiritual work, spiritual development in the Diamond Approach, while noninvasive and nonconfrontational, does lead to addressing the defenses of the ego and the dissolution of its structures, and so is not appropriate for everyone. It is especially suited to those who have done a lot of spiritual and/or psychological work, and who still feel that something within has not been touched. Reading one or both of the books below is recommended to see if you resonate with this approach. Prospective participants will be sent a questionnaire to ascertain whether the work may be of personal benefit (no questionnaire is required for the July 19-21 introductory weekend).

While each workshop provides a foundation for the next, each is complete on its own and may be taken individually or as part of the series. For more information and to obtain a questionnaire contact Joyce Lyke at 408-375-9845.

Recommended reading: Almaas, *Essence* and *Diamond Heart – Book One*.

The Upledger Institute Series

The Upledger Institute was founded by John E. Upledger, who pioneered the field of CranioSacral Therapy nearly twenty-five years ago. Dr. Upledger is a Doctor of Science, an Academic Fellow of the British Society of Osteopathy, and a member of the Alternative Medicine Program Advisory Council of the National Institutes of Health.

From 1975 to 1983, Dr. Upledger served as clinical researcher and professor of biomechanics at Michigan State University. During those years he supervised a team of anatomists, physiologists, biophysicists, and bioengineers in experiments testing the existence and influence of the craniosacral system. The results of those studies explained the function of the craniosacral system and its use in treating malfunctions of the brain and spinal cord.

The Upledger Institute teaches noninvasive modalities such as CranioSacral Therapy to doctors and health care practitioners of all disciplines. Curricula range from the structural/functional anatomical perspective to approaches that explore the physical, emotional, mental, and spiritual origins of pain and dysfunction.

During this catalog period, Esalen will be offering CranioSacral II (**June 23-28**), CranioSacral I (**July 14-19**), and SomatoEmotional Release I (**September 8-13**, taught by Dr. Upledger). This work is sequential and each workshop requires completion of the previous course, either at Esalen or elsewhere.

Healthspring Outreach and Education

The Healthspring Project extends Esalen's work in the healing arts and sciences to the outside world. It is an independent service-oriented program of Esalen teachers and their associates. Healthspring offers a global information network linking visitors to Esalen with centers, teachers, and health professionals in somatics and psychology located in their home area. (These listings are public information and are not meant to be an endorsement of any individual or institution.) Some of our practitioners and teachers travel in the United States and internationally and are available for private sessions and classes. If you are interested in being contacted, let us know.

The Healthspring library offers books on health and healing, somatic studies, psychology, bodywork, nutrition, and related studies, which may be borrowed by students while at Esalen. Donations of appropriate books are greatly appreciated.

For access to this program, write to Laurie Lioness Parizek at Esalen, c/o Healthspring.

FUTURE PROGRAMS

LISTED HERE are some of the special programs scheduled for the months ahead. This is not an invitation to register, but information to assist you in your long-range plans to participate in an Esalen workshop. Dates are subject to change; please call the Esalen Office or see the next catalog for more specific information.

November 10-December 8

28-Day Massage Practitioner Certification Program

Deborah Anne Medow & Oliver Bailey

February 9-21

Advanced Training in Shamanism and Shamanic Healing

Michael Harner & Sandra Ingerman

RECENT INVITATIONAL CONFERENCES

In its continuing commitment to the fields of education, religion, philosophy, and the physical and behavioral sciences, Esalen regularly sponsors invitational conferences that bring together experts who share their research and points of inquiry. As host, Esalen covers room and board expenses for participants as a way of advancing these particular studies. These are invitational conferences only and are not open to the public. Recently held programs and their conveners are listed here.

The Land Institute's Natural Systems Agriculture Conference

October 22-25, 1995

The Land Institute is an organization devoted to sustainable agriculture and stewardship of the Earth. Its mission is to provide alternatives to the current agricultural paradigm, which is dominated by industrial processes rather than ecological principles and which undercuts the land's ability to meet long-term food needs. Recently funded by the Department of Agriculture to plan a pilot program based on its "natural systems" paradigm, the Land Institute brought together at Esalen scientists from the fields of agronomy, genetics, soil science, climatology, plant breeding, ecology, and environmental studies to launch this effort.

Direct Mental and Healing Interactions with Living Systems

November 26-December 1, 1995

This conference brought together a team of scientists from Europe and the United States to develop cutting-edge research on the direct influence of consciousness in healing and personal transformation. The goal of the working group, which met for the third year, is to support the emergence of a multidisciplinary and multinational research program. The aim of this research program, now underway, is to systematically study and develop previously underresearched aspects of human experience, including psychic abilities and distant healing capacities. Researchers reported on their latest findings, developed new collaborative research protocols for the coming year, and considered new methodologies for future work.

The Ecological Design Institute EDEN Project

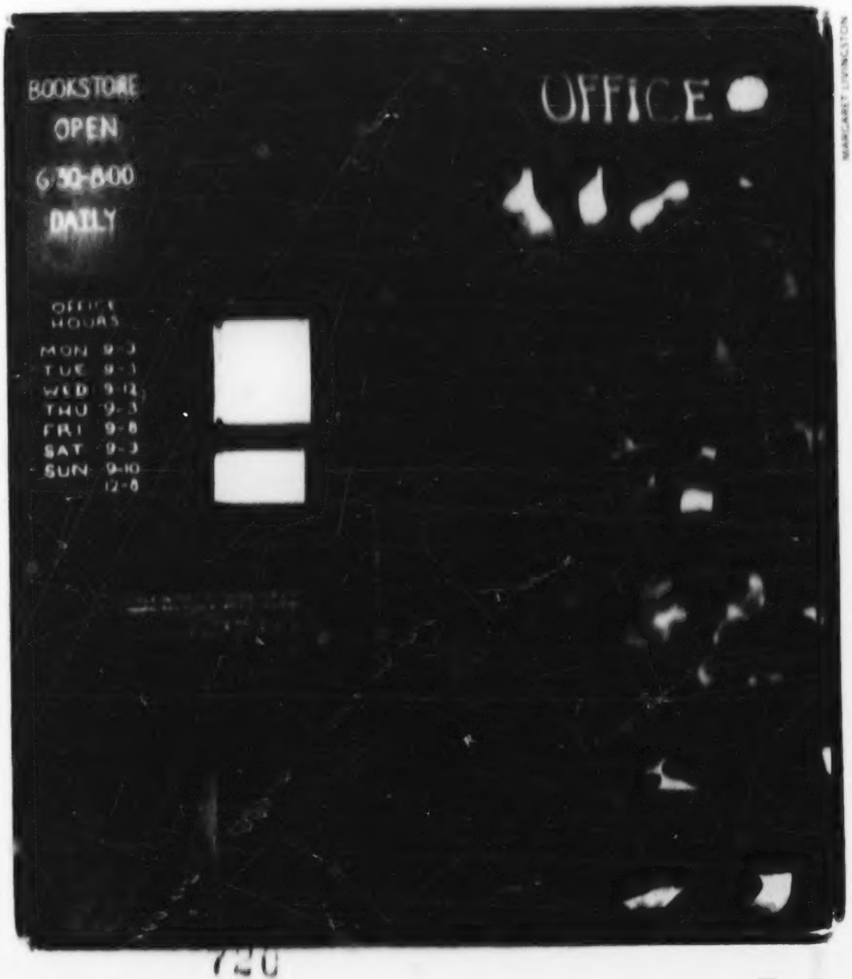
January 14-17, 1996

The Ecological Design Institute held an invited conference to launch their new project, the Ecological Design Education Network (EDEN). In attendance were EDEN's advisors, a multifaceted group of design faculty, students, and ecological design firms and organizations from across the country. Intended to address the lack of ecological design education in universities, EDEN will connect students with internships in ecological design and design/build firms: these may be architecture and landscape architecture firms, design/build firms building rammed earth and straw bale structures or constructed wetlands, or nonprofit organizations furthering appropriate technology or low-income housing. The program will offer students a comprehensive, hands-on education in ecological design.

Visual Arts and the Environment

February 4-9, 1996

The Visual Arts and the Environment Conference brought together visual artists with philosophers, psychologists, and museum planners to exchange ideas and reflections. Topics of discussion included: "Where Is the Environment," "(Re)Presenting Land(scape)," "The Meaning of Sanctuary," "The City as Artist Habitat," and "Artist and Ritual." There were slide presentations and discussions of each individual artist's work. A recurring theme was the role of the artist in the creation of culture and culture's relationship to nature. The conference will result in a documentation (printed and/or electronic) of the ideas presented and considered.



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CONTINUING EDUCATION PROGRAMS

FOR NURSES

The Board of Registered Nursing has approved Esalen as a provider of continuing education for registered nurses, provider number 01152. Only those programs listed below offer continuing education credit. Workshop leaders have the final decision in applying for C.E.U. eligibility. There is a $10 processing fee for C.E.U. certificates, payable at the end of the workshop when you turn in your evaluation form to the office. If you wish to receive a certificate, please notify the office at the time of registration.

Please note: *Two-day workshops offer 10 hours of C.E. credit and five-day or longer workshops offer 30 hours.*

If you need additional information on C.E. courses for nurses or future C.E. outreach programs, please contact Sherry Sanders Galloway, R.N., Continuing Education Coordinator, 408-667-3000.

May 3-5

- Intuition and the Dance of Attention
- The Healing Power of Laughter and Play

May 5-10

- Embodying Images of Health: A Somatic/Expressive Approach to Psychoneuroimmunology
- Healing the Heart
- Giving Voice to Bear: Shamanism and Bear Medicine

May 10-12

- Weekend Massage Intensive
- Vipassana Meditation and the Teachings of Thich Nhat Hanh
- Nine Worldviews: The Enneagram at Work

May 12-17

- Advanced Hypnosis: Practice and Applications
- The Visionary Life: The Quest of Your Life
- Intermediate Massage Intensive

May 17-19

- The Embodied Life: Feldenkrais® Movement and Zen Meditation

May 19-24

- The High-Performance Mind: Awakened Mind Brainwave Training

May 24-26

- OpenMind Training: Innovations in Meditation and Mind/Body Healing

May 26-June 2

- Cortical Reeducation® and the Feldenkrais Method®
- Gestalt Practicum

May 26-31

- The Core Self: Return to Innocence and Choice

June 2-7

- Opening the Feelings
- Conflict Resolution Through Conscious Negotiations
- Facial Communication/ Facial Diagnosis

June 7-9

- Rekindling the Spirit in Work

June 9-14

- Five-Day Massage Intensive

June 14-16

- Practical Herbology: An Esalen Garden Workshop

June 21-23

- Introduction to Mindfulness Meditation
- Making a Private-Pay Practice Work

June 23-28

- The Upledger Institute's CranioSacral II
- Ecopsychology, Addiction Recovery, and Gender Reconciliation
- Turning on the Light: A Choice to Live Consciously

June 28-30

- Caring for the Dying: What Really Works?

July 5-7

- Healthy Back, Healthy Mind: User-Friendly Yoga for Backs and Stress
- No, You're Not Crazy: Understanding Our Spiritual Awakenings

July 7-12

- Taoist Chi Kung: Enhancing Vitality

July 12-14

- Refilling the Chalice: Time Out for Healers
- Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach
- Why Men Are the Way They Are

July 14-19

- Gestalt Practice
- The Upledger Institute's CranioSacral I
- Adventures in Death: Riding Your Transitions to Power and Freedom

July 19-21

- Weekend Massage Intensive

July 21-26

- Relationship Intensive
- The Subtle Art of Meditation
- You Don't Have to Be Good

July 28-August 2

- Psychosynthesis for Professionals
- The Enneagram and Self-Realization

August 2-4

- Intimate Connections

August 4-11

- Creating Exact Moments of Healing

August 4-9

- Five Day Massage Intensive

August 9-11

- Psychosynthesis: Personal and Transpersonal Growth
- Taking Care of Yourself While Helping Others

August 11-18

- Bonding: The Heart of Dialogue

August 11-16

- Core Zero Balancing: Basic I & II
- Advanced Cortical Reeducation® and the Feldenkrais Method®

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August 16-18

- Innovative Hypnotherapeutic Approaches to Mind-Body Healing

August 18-25

- Constructing Psychotherapy Hypnotically

August 18-23

- The Transformational Enneagram: Mindfulness, Insight, and Experience

August 23-25

- Breema Bodywork: The Nonjudgmental Treatment

August 25-30

- Movement, Touch, and the Healing Process

August 30-September 1

- Chi Kung/Nei Gung
- Weekend Massage Intensive

September 1-6

- Spiritual Healing: Laying-on-of-Hands
- Managing With Heart: Changing the Leadership Paradigm

September 6-8

- Time Shifting: Creating Time for Your Life

September 8-13

- Intuition and the Dance of Attention
- The Upledger Institute's SomatoEmotional Release I

September 13-15

- Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach

September 15-20

- Gestalt Practice

September 20-22

- Awakened Mind II: Advanced Brainwave Training and Transcendent States
- The Art of Leadership: Communication, Creativity, Vision

September 22-27

- Turning on the Light: A Choice to Live Consciously
- Healing Without Medicines: Qigong and the Medical Knowledge of Yin-Style Bagua

September 29-October 4

- The Heart of Sports Massage

October 4-6

- Self-Empowerment and Purification: The Farther Reaches of Gestalt

October 6-11

- Treasure Maps to the Soul
- A Course in Miracles

October 20-25

- Continuum

October 25-27

- Pandora's Gifts: On Secrets, Health, and Healing
- Reflexology—Foot Compression Massage

October 27-November 3

- Cortical Reeducation® and the Feldenkrais Method®

October 27-November 1

- Five-Day Massage Intensive
- Vocal Awareness: Empowerment Through Voice
- Starting to Heal Yourself

FOR PSYCHOLOGISTS

Esalen has been approved as a provider of continuing education for psychologists in the State of California, accredited by the California Psychological Association, provider number ESA001. Workshops for which C.E.U. credit has been approved are listed here. Those workshops for which C.E.U. applications have been filed and approval is pending are noted in the Seminars section. For current status information, contact Brita Ostrom at 408-667-3040.

Please note: *Two-day workshops will offer 10 hours of C.E. credit and five-day workshops will offer 26 hours.*

May 24-26

- Communication and Partnership
- OpenMind Training: Innovations in Meditation and Mind/Body Healing

WORK STUDY PROGRAM

The Work Study Program is for those interested in an intense and complete involvement with the Esalen environment. It is a work-oriented program, emotionally and physically, and only rarely is it restful. Participants work thirty-two hours per week in one of Esalen's departments (kitchen, garden, farm, housekeeping, maintenance, or grounds) and participate, along with staff and long-term students, in that department's program.

During most evenings and one weekend intensive, work students are together in one of two groups (see below) exploring different practices and approaches available at Esalen, with specifically assigned leaders who are with the group throughout the month, coordinating the study schedule and facilitating many of the evening sessions.

The selection of work students is done by Bette Dingman, the Work Study Coordinator, in consultation with department supervisors. Since this is a work program, preference is given to applicants who are open and willing to learn about themselves within the work context as well as within the evening and weekend study/process groups. Applicants with particular skills or physically limiting conditions are urged to mention them on the application. It is necessary for applicants to be able to speak and understand English.

First-month work students, in particular, are assigned to departments largely on the basis of community need. No work students will be assigned to the office until they have fulfilled a minimum of one month in one of the aforementioned departments, either during a current or a previous stay.

The study portion of the program is divided into two groups each month: each emphasizes one type of growth practice, such as gestalt, meditation, Reichian work, massage or somatics work, and so forth. Applicants must select one group and be prepared to stay at Esalen for the full duration designated for that particular program, assuming that they meet the standards of the Work Study Program.

Please note: This program is designed to explore and apply human values and potentials in both the evening groups and the workplace. It is not intended as a substitute for therapy or as a "cure."

It is sometimes possible to receive college unit credit for participating in the Work Study Program. Please check with your college or university for eligibility requirements.

Work Study Programs scheduled for this catalog period are:

April 28-May 26

Joyce Frazee will invite the creative power of the dream and the dreamer to connect during this monthlong. Gestalt practice, dreamwork, meditation, drawing, storytelling, bioenergetics, and dancing will all be used to reveal that through our dreams we are connected to each other and to ourselves.

With an emphasis on the practice of massage, **David Streeter** will explore the inner power of the human being. He will combine the essence of Zen meditation with movement from the martial arts and yoga. These principles will be applied to the art of massage and the art of being in the world.

May 26-June 23

The basis of a month with **Seymour Carter** will be the gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, and aikido. Each participant's process of development will be honored, encouraged, and treated as unique.

Lenore & Mel (Rudra) Lefer will lead this program. Lenore will offer an exploration of the inner journey within the framework of psychosynthesis, using guided imagery, journal writing, dreams, ritual, storytelling, and nature to create a supportive environment in which healing and transformation can occur. Mel will teach all levels of Integral Yoga, including postures, progressive relaxation, breathing practices, meditation, and visualization.

June 23-July 21

Eduardo Eizner & Guests will lead a month concentrating on emotional release work and self-awareness, incorporating gestalt practice, group and individual process, rituals, movement, and bodywork.

Olga Luchakova will lead an integral mind-body-spirit training (raja and maha yoga) exploring the connection between subtle energy practices and self-realization. Meditation, special movement, work with chakras and meridians, psychospiritual exercises, and self-inquiry will be used to cultivate awareness and healing of the deepest layers of our mind-body system. (It is suggested that participants follow an ovo-lacto-vegetarian diet—eggs and dairy allowed—during this training.)

July 21-August 18

Patrick Douce will share the essence of his work with Moshe Feldenkrais, Balinese healers, and Indonesian Silat Martial-Art-for-Health systems. This program will focus on movement and touch to increase the sensitivity, flexibility, coordination, relaxation, and freedom of the body. Individual problem areas will be approached in order to improve chronic stiffness and pain. Group experience and interaction will help facilitate balance in the overall growth of each participant.

Elaine Hughes will offer an intensive writing program based in evocative imagery exercises which incorporate meditation, visualization, body awareness, sense perception, and movement. Expect to look deeply into the nature of your own experience, to challenge and surprise yourself, and to open your imagination to new possibilities. Please bring a writing journal you like and a favorite pen or two. Weekly gestalt open seats will be scheduled.

August 18-September 15

Eric Erickson will lead a group devoted to the development of integral practices. Gestalt practice, meditation, movement exercises, and the experience of nature will be explored as complementary awareness practices which, when combined, integrate mind-body-spirit into a greater whole and enhance personal development and transformation.

Kathleen O'Shaughnessy will teach the fundamentals of Esalen-style massage, with emphasis on both form and quality of contact. She will also introduce ancient and contemporary meditation approaches—of stillness and of movement—including Soto Zen practice, hatha yoga, dynamic breath in healing, and Continuum intrinsic motion and sounding (developed by Emilie Conrad Da'oud) as a means for inner understanding.

September 15-October 13

Maria Lucia Sauer Holloman will lead a monthlong program teaching spiritual massage and healing, the laying-on-of-hands. This practice incorporates both hands-on and energetic work. Yoga, meditation, artwork, and Tibetan and bioenergetic exercises will be introduced to complement this energy work and to help bring participants in tune with their bodies.

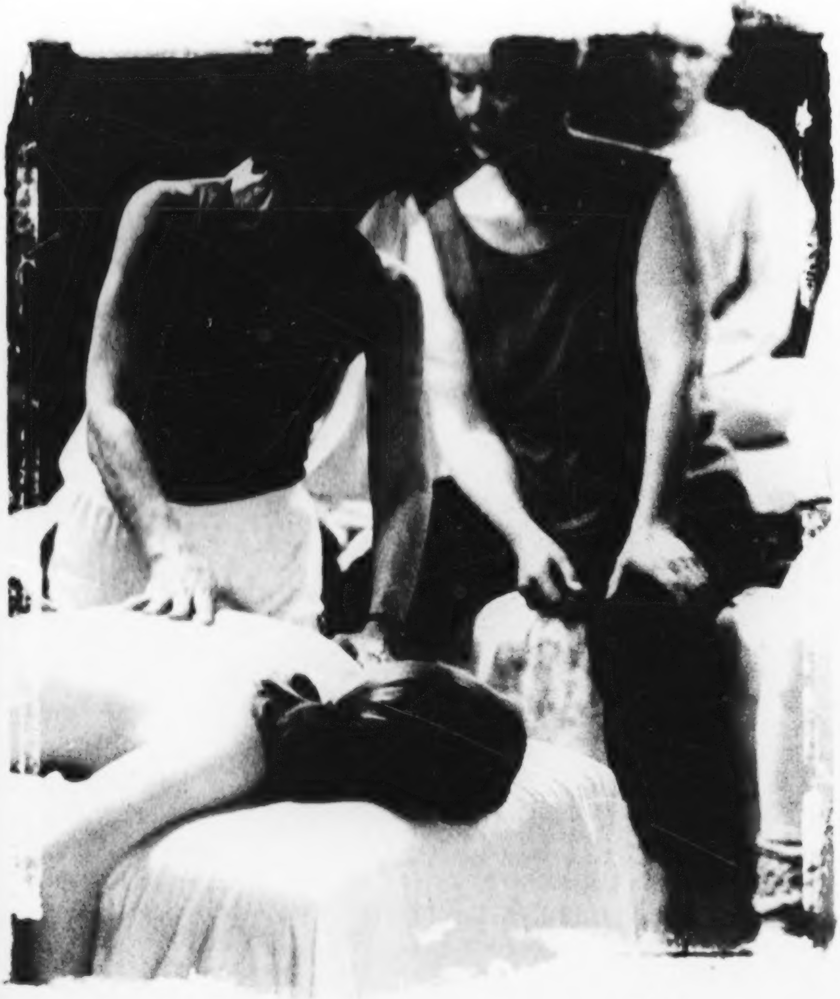
The focus of a month with **David Schiffman** will be on the theme of transition. It is geared for people facing major changes who would like an opportunity to create a time for sanctuary and a mood of mutual support. The intention will be to cultivate an individual style of approaching change that is heartfelt, open-minded, and resourceful in spirit.

October 13-November 10

A month with **John Soper & Friends** will focus on ways to improve the quality of life for participants. Gestalt practice will be the vehicle for personal growth in a group setting. The group may also experience other practices, including games, to bring into focus those areas of our lives that are ripe for change.

David Streeter. See April 28-May 26.

Inasmuch as the Work Study Program is a complete program in itself, please do not plan to take regularly scheduled catalog workshops during your stay. Professional services, such as massage, are available at staff rates.



TOM GALLOWAY

Fees: A deposit of $400 in U.S. currency is required with your application. The work scholar fee is $750 for the first month, $700 for the second month, and $650 for the third month. Work students may be invited to remain for a second or third month depending on space available and community needs. Occasionally it is possible to stay for a longer period as an Extended Student. There are no scholarships available for the Work Study Program.

Housing: Accommodations are shared (occasionally co-ed), with up to four people to a room, usually at South Coast Center, a staff complex located 1.5 miles north of Esalen.

For more information contact Bette Dingman: 408-667-3010.

Please note: Application is not registration in the program. Registration is made only after approval of application and upon receipt of deposit. The balance of the fee is due on arrival. Of the original deposit, $100 is nonrefundable and may be transferred to other programs within one year of receipt. Please return the application form (see next page) with your deposit to:

Work Study Program
Esalen Institute
Big Sur, CA 93920

Institute of Transpersonal Psychology Offers External Master's Degrees

WORK STUDENTS have the opportunity to integrate their work study experience at Esalen with the external degree program of the Institute of Transpersonal Psychology. The external degree format enables students to study at any location. Work students will be able to continue the dynamics of personal growth fostered at Esalen while earning master's degrees in transpersonal studies or in transpersonal psychology.

Inquiries and applications should be made directly to ITP. Contact:

Nancy Fagen
External Program
Institute of Transpersonal Psychology
744 San Antonio Road
Palo Alto, CA 94303
415-493-4430

WORK STUDY PROGRAM APPLICATION

Name ______________________ ☐ Male ☐ Female

Date of Birth ______________ Occupation ______________

Place of Employment ______________________

Daytime Phone (____) ______________ Home Address ______________

Evening Phone (____) ______________ City/State/Zip code ______________

Date of Application ______________ Country ______________

Do you have any physically limiting conditions which might affect your full participation in this program? ☐ Yes ☐ No

If yes, please be specific. ______________________

____

Are you currently taking any medications? ☐ Yes ☐ No If yes, please specify: ______________

Which program(s) are you interested in? Please list the leader's name. ______________

____

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Please note: When focused programs continue with the same leader for more than one month, participants must be prepared to stay at Esalen for the full duration of that particular program.

The Work Study Program is for 28 days, beginning and ending on Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: __________ to __________ 2nd: __________ to __________ 3rd: __________ to __________

Work students may be invited to remain for a second or third month, depending on space available and the needs of the Esalen community. Please indicate your availability for such an invitation.

☐ No extension ☐ One-month extension ☐ Two-month extension

Assignments to departments are made according to community labor needs. However, if you have particular skills that you're willing to use, especially in food preparation, gardening, maintenance, mechanics, construction, or housecare, please mention them here.

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☐ Please check here if you have emergency medical skills (M.D., R.N., or E.M.T.) and are willing to use them during your stay.

Attach a personal statement about your interest in the Work Study Program and why you'd like to participate.

All applicants are required to sign a standard release from liability and assumption of risk form as a condition of participation in the Work Study Program.

Please Note: No pets allowed.

WILDERNESS PROGRAMS

June 2-8

Origins: A Rites-of-Passage Journey in the Ventana Wilderness

Little Bear Nason & David Schiffman

We are initiated into authentic self-knowledge by genuine challenges, experiences that test us, stretch us, and open us to inner resources that we can rely on. This workshop is patterned after ancient tribal rites of passage used for awakening to the powerful healing influences of one's inner visions.

The journey begins with a gathering at the Esselen Tribe's ceremonial grounds high in the Big Sur hills. Here participants will be initiated by tribal leaders into the sacredness of ceremony, dreamtime, and ritual in preparation for the rites of passage.

After hiking some of the most beautiful high ridge country in northern Big Sur, the group will arrive at an area used by generations of Esselen Indians for restoration and purification. From here each person will go off alone for two days and nights to his/her own sacred practice ground for the retrieval of the simple reverence for life and personal effectiveness that grows out of diligent cultivation of the soul.

Regathering after this solo time, participants will have an opportunity to share their stories. The practical application of the insights gained will be examined, marked, and celebrated.

This workshop is geared for people interested in making real changes in their lives who are willing to take the time to receive the support necessary to make such changes.

Backpacking experience is not necessary. Be prepared for vigorous physical activity. The workshop begins on Sunday, June 2, at 6:30 p.m. at the Ventana Wilderness Ranch in Carmel Valley. Complete details and an equipment list will be sent upon registration.
$790

October 20-25

Apprenticeship to the Earth—Return to Sacred Ground

Little Bear Nason & David Schiffman

David Schiffman writes: "This wilderness adventure is for people who value the restorative and inspirational power of the natural world. We will journey on foot and/or horseback toward a simpler mode of being. Our destination: Pine Valley, deep in the woods of Big Sur's most pristine backcountry, a convergence of earth, sky, and mountains, filled with centuries-old towering pines, sparkling streams and waterfalls, surrounded by high granite cliffs and secret caves inscribed with petroglyphs. It is an ancient, sacred gathering-place for the Esselen Indians, used for countless generations as a tribal sanctuary for new visions, purification, celebration, and community.

"It will be a time to share the elemental realities of outdoor living and travel: sleeping under starry skies in the fragrance of the forest, immersed in the music of creek and wind, sharing meals around blazing fires in an unhurried mood of common support.

"Our time together will also be used for self-realization and personal mastery. We will employ a variety of shamanic practices for uncluttering our minds and hearts and freeing our spirits. Our tools will combine the ancient and the modern, including:

- Music and ceremony as spirit medicine
- Native American prayer and purification practices
- Opportunities for individual initiation into dreamtime
- Healing and kinship through the sensitive use of touch
- Free-form adventures in the heart of the forest

This trip is suitable for newcomers as well as old hands."

Participants can elect to hike or ride.* All gear and food will be packed in on mules. Be prepared for some physical exertion. Further details sent upon registration. $790*
(*$890 if you choose to ride)

MARGARET LIVINGSTON

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The Esalen Wilderness Program refund policy reflects the fact that few of these expenses can be recovered.

To reserve a space in a wilderness workshop, a nonrefundable deposit of $200 is required. The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your nonrefundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your deposit is forfeited.

✱ AUDIO RECORDINGS

The Dolphin Tape Series

Each new tape list has a somewhat different emphasis in its selection of titles and speakers. In addition to the many well-known titles from familiar speakers included for the special attention of new customers, there are several additional tapes from some old favorites, the most recent recordings from others, and a few entirely new speakers, events, and subjects.

Dolphin Tapes has no complete catalog, just overlapping tape lists. When you place an order, let us know your field of interest or your favorite speakers. We may have more information on some of them. Many tapes are in stereo. Tape length is normally 1 to 1 1/2 hours.

Single-tape titles are $10:

Abraham/McKenna/Sheldrake: TRIALOGUES: *Preview and Sampler*, 1989-90
Abraham/Thompson: *Eccentric Sunday Morning: Chaos and Order*, 1993
Gregory Bateson: *The Limits of Science*, 1978
Robert Bly: *Six Powers of Poetry*, 1983
David Brower: *Breaking the Species Barrier*, 1971
Joseph Campbell at 80: *The Hero's Journey* (Celebration), 1984
Barry Commoner: *Human Meaning of Environmental Crisis*, 1971
Big Sur Drums: *The Sky Children*, 1968
Richard Feynman: *Quantum Mechanical View of Reality*, 1983
David Finkelstein: *A New Quantum Logic*, 1976
Stanislav Grof: *A New Paradigm for Psychotherapy*, 1980
Willis Harman: *Origin of the Psychedelic 1960s*, 1977
Arthur Hastings: *Transpersonal Realities*, 1979
Gerald Heard: *The Power of Wonder*, 1954
John Heider: *Living in the Tao*, 1987
Albert Hofmann: *LSD and the Nature of Reality*, 1978
Al Huang & David Darling: *Dancing Cello, Dancing Tao*, 1989
Aldous Huxley: *Human Potentialities* (MIT Cambridge), 1961
Laura Huxley: *Recipes for Living and Loving* (Guided Imagery), 1963
Robert Johnson: *The Roots of Modern Masculinity*, 1990
Robert Johnson: *The Wounded Feeling Function*, 1993
Stanley Keleman: *Biological Roots of Consciousness*, 1970
Jack Kornfield: *The Simplicity of Spiritual Practice*, 1982
Jack Kornfield: *On Buddhism: A Personal Story*, 1983
Timothy Leary: *American Culture: 1945-1985* (College of Marin), 1977
Janet Lederman: *Early Childhood Experience* (Gazebo), 1987
John C. Lilly: *The Dolphin Experience*, 1969
John & Toni Lilly: *Integrating Science and Mysticism*, 1981
Abraham Maslow: *Self-Actualization*, 1966
Terence McKenna: *Surfing on Finnegan's Wake*, 1993
Terence McKenna: *Hot Concepts and Melting Edges*, 1994
Terence McKenna: *Laws and Freedom, Habits and Novelty*, 1994
Humphrey Osmond: *Early Psychedelic History*, 1967
Joseph Chilton Pearce: *Intelligence of the Heart*, 1992
Joseph Chilton Pearce: *Unconflicted Behavior*, 1994
Fritz Perls: *Gestalt Therapy and How It Works*, 1966
Carl Rogers: *My Philosophy and How It Grew*, 1972
Rogers/Bateson: *Dialogue on Thinking, Feeling, Learning*, 1975
Will Schutz: *Principles and Philosophy of Encounter*, 1970
Daniel Sheehan: *Philosophy of Christic Institute*, 1991
Rupert Sheldrake: *Morphic Resonance and Memory*, 1985
Sheldrake/Pearce: *Resonant Fields of Heart and Brain*, 1993
John "Jay" Shelfer: *Taoist Chi Energy Breath Movement*, 1993
Julian Silverman: *A Lighthearted Course in Miracles*
Huston Smith: *The Nature of Reality* (Boston), 1970
David Steindl-Rast: *The Body, Sensuousness, and Spirituality*, 1990
Richard Tarnas: *The Passion of the Western Mind*, 1993
Wilson Van Dusen: *The Nature of Humanness*, 1969
Alan Watts: *Divine Madness*, 1968
Carl Whitaker: *On Becoming a Professional Therapist*, 1989
Arthur M. Young: *The Reflexive Universe*, 1973

Two-tape titles are $18:

Walt Anderson & Ted Roszak: (2) *The Upstart Spring* (Esalen), 1984
Gregory Bateson: (2) *Balinese Culture and Shamanism*, 1976
Joseph Campbell: (2) *Myths of Alienation and Rapture*, 1970
Joseph Campbell & Sam Keen: (2) *The Dark Side of the Forest*, 1985
Ram Dass: (2) *One Man's Journey to the East*, 1969
David Finkelstein: (2) *Ancient, Medieval, and Classical Physics*, 1984
Bruce Kumar Frantzis: (2) *Taoist Philosophy and Practice*, 1994
Buckminster Fuller: (2) *The Critical Path* (Maui), 1982
Stanislav Grof: (2) *The Birth Trauma*, 1981
Stanislav Grof: (2) *The Cosmic Game*, 1987
Jean Houston: (2) *The Possible Human* (Boston), 1979
Robinson Jeffers's Poetry: (2) *A Dramatic Celebration* (Carmel), 1972
Timothy Leary: (2) *The Power of Imprinting*, 1982
Terence McKenna: (2) *The Magical Mystery Tour*, 1989
Daniel Sheehan & Sara Nelson: (2) *Politics and Natural Law*, 1995
Frederic Spiegelberg: (2) *India and the Saints*, 1964
Alan Watts: (2) *Eastern Religion and Western Therapy*, 1971
Watts/Grof/Silverman: (2) *The Science of Madness*, 1968
Janet Zuckerman: (2) *The Feeling Process*, 1987

Four-tape titles are $36:

Ralph Abraham: (4) *The Chaos Revolution*, 1994
Joseph Campbell: (4) *Imagery in the Novels of James Joyce*, 1968
James Fadiman: (4) *A Weekend of Stories*, 1984
David Finkelstein: (4) *Indeterminacy and Undecidability*, 1978
Roland Fischer: (4) *Creative, Psychotic, and Ecstatic States*, 1969
Buckminster Fuller: (4) *Integrity Day* (Marin), 1983
Abraham Maslow: (4) *An Informal Weekend in Big Sur*, 1966
Terence McKenna: (4) *Conversation at the Edge of Magic*, 1994
Terence McKenna: (4) *Eros, Chaos, and Meaning's Edge*, 1994
Terence McKenna: (4) *Deeper and Broader Questions*, 1994
Rupert Sheldrake: (4) *Resonance and the Habits of Nature*, 1987
Rupert Sheldrake: (4) *Rebirth of Nature: Revival of Animism*, 1990
David Steindl-Rast: (4) *Mysticism as a Frontier Experience*, 1985
David Steindl-Rast: (4) *Living in the Now*, 1988
David Steindl-Rast: (4) *Enjoying Poetry*, 1992
Andrew Weil: (4) *New Insights into Addiction*, 1987
Colin Wilson: (4) *Human Evolution and a New Psychology*, 1968
Arthur M. Young: (4) *The Reflexive Universe Interviews*, 1983

The Dolphin Vinyl Album Tape Sets:

Angeles Arrien & Robert Bly: (6) *Love in the Western World*, 1984	$56
Gregory Bateson: (6) *Steps to an Ecology of Mind*, 1980	$56
John C. Lilly: (6) *Ego, Self, and Essence*, 1971	$56
John C. Lilly: (6) *The East Coast Workshop*, 1973	$56
Abraham Maslow: (6) *The Eupsychian Ethic*, 1969	$56
Joseph Chilton Pearce: (6) *Journey to the Heart*, 1990	$56
Rupert Sheldrake: (6) *Resonance and Presence of the Past*, 1985	$56
Andrew Weil: (6) *All You Wanted to Know About Drugs*, 1993	$56
Robert Anton Wilson: (6) *The "Coincidance" of Joyce*, 1985	$56
Ruthy Alon: (6) *Lessons in the Feldenkrais Method* (Series I or II)	$60
Joseph Campbell: (8) *Legends of Courtly Love and the Grail*, 1983	$66
Terence McKenna: (8) *Collected Talks: Series I* (1982-83) or II (1983-86)	$66
Terence McKenna: (8) *The Esalen Scholar-In-Residence Series*, 1989	$66
Julian Silverman: (8) *Commentaries on* A Course in Miracles, 1980	$66
Colin Wilson: (8) *The New Analytic Philosophy*, 1967	$66
Colin Wilson: (8) *New Pathways in Human Evolution*, 1990	$66
Buckminster Fuller: (8) *The Pajaro Dunes Tapes*, 1977	$72
Moshe Feldenkrais: (6) *Awareness Through Movement Lessons* (Series I)	$72
Terence McKenna: (8) *True Hallucinations* (*A Talking Book*), 1984	$72
Abraham/McKenna/Sheldrake: (10) TRIALOGUES *at the Edge*, 1989-90	$84
Virginia Satir: (10) *Conjoint Family Therapy*, 1968	$84
Joseph Campbell: (10) *World Mythology Series*, 1969 (Library Archives)	$84
Gregory Bateson: (12) *Informal Esalen Lectures*, 1975-1980 (Archives)	$96

Please add $3.00 to your complete order for handling and mailing (add $3.00 more if you wish priority mail). Overseas orders add $1.00 per tape for mailing. California residents include 6 1/2% tax. Institutional purchase orders please add 10% to tape cost for invoicing and deferred payment. Allow 4 to 6 weeks for delivery (most orders are mailed within two weeks).

Please mail your order and your check payable to:
DOLPHIN TAPES, P.O. Box 71, Big Sur, CA 93920

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BIOGRAPHICAL INFORMATION

A

Jeremiah Abrams is a Jungian therapist and writer. His books include The Shadow in America and Meeting the Shadow. As director of the Mt. Vision Institute in Sausalito, Calif., he conducts a certification program in soul-centered psychology and psychospiritual integration. p. 28

Sarah Abukutsa is a professional singer and dancer who trained in her native Kenya before working in Europe and the U.S. She has worked with Babatunde Olatunji and Quincy Jones. p. 18

Carol Adrienne is the coauthor (with James Redfield) of The Celestine Prophecy: An Experiential Guide, and author of The Numerology Kit and Your Child's Destiny. She has been an intuitive counselor, teacher, and lecturer since 1976. p. 41

Mandy Aftel is a Berkeley psychotherapist who has specialized in working with artists and writers for almost twenty years. She is the author of The Story of Your Life: The Author of Your Experience and Death of a Rolling Stone: The Brian Jones Story. p. 28

Andra Akers is founder and president of the International Synergy Institute, an interdisciplinary think tank for new ideas in art, science, and social change. She is presently writing a book, Conversations with the 21st Century. p. 28

Ronald Alexander is a health psychologist in private practice in Santa Monica, Calif., and a clinical core faculty member at Ryokan College. He is a consultant to the entertainment industry, specializing in creativity and leadership skills. p. 19, 20, 50

Anne Armstrong has been doing transpersonal counseling for more than thirty years and has trained professionals to use their intuitive abilities. p. 13, 47

B

Nancy Bacal is a lyricist, screenwriter, and aikido black-belt. She edited Leonard Cohen's Stranger Music and Raga, a film starring Ravi Shankar. She leads ongoing writing workshops in Los Angeles and West Marin. p. 46

Oliver Bailey is a practitioner and instructor of Esalen massage. His background includes training in gestalt practice, neurolinguistic programming, intuitive work, and meditation. p. 22, 45

Richard Balaban is a clinical psychologist in private practice in Bloomington, Ind., who delights in leading groups. His focus is on joyfulness and the creation of a sense of self and community. p. 15

James Baraz has taught vipassana insight meditation retreats since 1977 and is cofounder of Spirit Rock Meditation Center in Marin County, Calif. A licensed psychologist, he has a counseling practice in Berkeley. p. 25

Ysaye Barnwell has since 1979 performed, composed, and recorded with the internationally renowned a cappella quintet Sweet Honey in the Rock. She also holds a doctorate in speech pathology and a post-doctoral degree in public health. p. 21

Tandy Beal, dancer, choreographer, actress, comedienne, and dreamer, has performed as a solo artist and with her own ensemble in major cities and festivals throughout the world. She was recently appointed director of the New Pickle Circus. p. 56

Brian Bergstrom is a structural bodywork practitioner and yoga instructor with over fifteen years' experience. He has a private practice in Palm Springs, Calif. p. 53

Judith Blackstone is a counselor, meditation teacher, author, and dancer. She is the founder of The Subtle Self Work, a method of realizing the natural integration of the body, authentic self, and spiritual consciousness. p. 44

Robert Blaisdell is a master martial artist holding multiple black belts in Aikido, Taiji, and Pa Kua Chang. Founder of the Ching Lien school of Nei Chia Gung Fu, his teaching integrates his studies of consciousness, meditation, and healing. p. 45

Charlie Bloom is a teacher, consultant, and therapist specializing in relationship issues. He has designed and facilitated experiential seminars since 1982, and co-directs The Empowerment Network with his wife Linda. p. 30

Linda Bloom is a psychotherapist, seminar leader, and co-director of The Empowerment Network. She has facilitated relationship workshops throughout the U.S. as well as in Japan. p. 30

Joan Borysenko is a medical scientist and psychologist. She is the author of Minding the Body, Mending the Mind; Fire in the Soul; and several other books. p. 31

Julie Bowden, pioneer in the children of alcoholics (COA) field, is cofounder of the National Association of COAs. She coauthored Recovery: A Guide for Adult COAs and Genesis: Spirituality in Recovery. p. 15, 20

C.J. Bradbury is a member of the Esalen massage staff and a teacher of t'ai chi ch'uan with an avid interest in brainwave training. He is the grandfather of Joshua and Jazzelyn. p. 15

Carolyn Braddock is a body-centered therapist and consultant in private practice in Lakewood, Colo. She authored Body Voices: Using the Power of Breath, Sound, and Movement to Heal and Create New Boundaries. She trains professionals in post-traumatic stress disorder. p. 15

George Brandon has been playing music professionally for most of his life and has performed with Jimmy McGriff's Big Band, Sun Ra and his Arkestra, and The Mighty Sparrow. He is the recipient of an NEA grant to study theory and composition. p. 21

Jessica Moore Britt, is a teacher of the Ridhwan School. A Gestaltist at Esalen for seven years, she presently teaches the Diamond Approach in the Bay Area, Seattle, and Europe. p. 34

John Broomfield, author of Other Ways of Knowing, is a New Zealand educator, world traveler, and student of shamanism and hatha yoga. He has written extensively on intercultural and interspecies learning. p. 29

Lee Brown is a classically trained art maker and jeweler who now applies his creativity to the medium of polymer clay. His focus is exploring healing through teaching. p. 30

Angela Browne-Miller is the author of numerous books, including Embracing Death and Omega Point. Her work as a seminar leader and psychotherapist focuses on spiritual transformation, lifestyle change, addiction reversal, and the death release. p. 33

Jerilyn Brusseau founded Peace Table, an international organization dedicated to peacemaking through food and hospitality. Her emphasis is empowering women and men to bring the strength of their personal values to their business and professional lives. p. 49

Robin Burnside is co-manager of the Esalen kitchen and former chef/owner of two successful restaurants. She has over twenty-five years of professional cooking experience. p. 23

C

Don Campbell is a musician, composer, and writer who, for fifteen years, has researched psychoacoustics, the science of how sound and rhythm affect the brain and consciousness. He is founder/director of the Institute for Music, Health, and Education. p. 44

Chris Carmines writes on Western alchemy and practical Qabalah. Her book, The Celluloid Warrior, considers the application and misapplication of magic in film. She is president of Raven's Wolf Films. p. 22

Seymour Carter, longtime gestalt teacher at Esalen and in Europe, combines studies in family systems theory with Zen Buddhism, sensory awareness, aikido, and other body-oriented practices. p. 13, 18, 39, 62

Billy Cauley is a musician and percussionist committed to opening new horizons through music. Over the past twenty-five years, he has collaborated with such artists as Al Jarreau, Grover Washington, Airto, and Flora Purim. p. 39

Chamalu, a Quechua Indian, has authored twenty-one books and given over 2,000 lectures. He founded the Universal Pachamama Movement in Bolivia, hosting a spiritual community and international conferences. p. 14

Dorothy Charles is a gestalt practitioner and long-term Gazebo staff member who has lived at Esalen since 1982. p. 30

Carl Chase (C.C.) is a bodyworker who specializes in cross-fiber friction and deep tissue methods. He has also studied sports massage and soft-tissue manipulation. p. 20

Randy Cherner conducts a three-year apprenticeship training program for practitioners in the field of somatic education. He is founder of a somatics center in Corte Madera, Calif. p. 13, 47

David Chrislip is a writer and teacher with over twenty years' experience leading workshops internationally, focusing on leadership and community. He is the coauthor of Collaborative Leadership: How Citizens and Civic Leaders Can Make a Difference. p. 55

Stephen Cohen, gestalt practitioner and longtime golf hacker, is founder and president of The Shivas Irons Society, a nonprofit organization dedicated to enhancing golf's beauties and virtues. p. 53

Emilie Conrad-Da'oud is the founder of Continuum. Her innovative approach to movement has enhanced the creativity of artists in many fields and has led to new insights in the healing process. p. 54

Ann Weiser Cornell has taught Focusing in eleven countries on nine continents. She is the author of The Power of Focusing: A Practical Guide to Emotional Self-Healing, and a past president of the Association for Humanistic Psychology. p. 53

Judith Cornell, award-winning author of Mandala: Luminous Symbols for Healing, is a pioneer in the synthesis of sacred art with psychology, science, holistic health, and ancient wisdom. She is an international seminar leader in transpersonal psychology. p. 45

Dale Cummings, certified Radix® teacher and marriage and family counselor in West Los Angeles, Santa Cruz, and San Francisco, is director of training for the Radix® Institute. p. 20

D

Lama Surya Das is a Buddhist scholar, poet, and translator of Tibetan texts. He is founder of the Dzogchen Foundation of America and author of The Snow Lion's Turquoise Mane: 150 Wisdom Tales from Tibet. p. 46

Bernie DeKoven, groupware pioneer and author, has designed business games for Sun Microsystems and Apple Computer, computer games for Children's Television Workshop, and community celebrations for hundreds of thousands of people. p. 14

Russell Delman was one of the first people chosen to lead authorized professional training programs in the Feldenkrais® Method. He has maintained a Zen meditation practice since 1971. p. 17

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Laura DeNuccio (Ma Prita), longtime Esalen group leader, has over twenty years' experience guiding people internationally in breathwork, gestalt, vision improvement, movement, and meditation. Her current interest is swimming with wild dolphins in Hawaii. p. 27, 51

Prema Desara began her dance studies at age three, embarking on a career that carried her through ballet and modern dance to the sacred dances of Bali, India, and Tibet. Her work has been praised by the Dalai Lama. p. 50

Jed Diamond is a psychotherapist specializing in addiction recovery and gender reconciliation. He is the author of The Warrior's Journey Home: Healing Men, Healing the Planet and Looking for Love in All the Wrong Places: Overcoming Romantic and Sexual Addictions. p. 27

Patrick Douce, one of Moshe Feldenkrais's first American students, has lived at Esalen since 1972. Since 1986 he has lived half of each year in Bali, developing programs with Indonesian Silat Martial-Arts-for-Health schools. p. 31, 44, 49, 62

E

Eduardo Eizner, a licensed psychologist from Belgrano University in Argentina, is an Esalen staff member and director of Gazebo School Park. p. 30, 62

Sigrid Emerson has been a certified personal trainer since 1989 and has worked internationally. Her training and experience include aerobics, weight training, yoga, and Alexander Technique. p. 43

Eric Erickson is a long-term student of gestalt and Eastern philosophical traditions. p. 62

Paméla Espinoza is an Esalen massage practitioner who integrates spiral patterning and movement with the interconnective relationships of the body. Her interests include llamas, wilderness explorations, dance, and the Medicine Wheel. p. 17

Maty Ezraty is a founder and director of Yoga Works in Santa Monica, Calif. She has been teaching and promoting yoga for the past ten years. p. 27

F

Warren Farrell, author of Why Men Are The Way They Are and The Liberated Man, has been a pioneer in both the women's and men's movement and has appeared on over 1,000 television and radio shows. p. 32

Peter Finkelstein is a psychiatrist in Woodside, Calif. He has taught Stanford psychiatric residents and writes and lectures about psychological aspects of medical training. He currently studies human development under the guidance of Jonah and Tory Peterschild, ages 5 and 7. p. 38

John Firman, a psychotherapist in Palo Alto, trained in psychosynthesis with its founder Roberto Assagioli. He is an adjunct faculty member at the Institute of Transpersonal Psychology. p. 37, 40

Corey Fischer, actor, writer, and teacher, has been creating and performing theatre for over twenty years. He cofounded A Traveling Jewish Theatre, and teaches solo performing, ensemble creation, and storytelling. p. 47

Reinhard Flatischler, a Viennese composer, percussionist, and rhythm therapist, has studied and taught worldwide, and from these experiences has created TA KE TI NA. He also tours with his world-class Megadrums project. p. 52

Joyce Frazee, a gestalt practitioner in private practice, is the senior supervisor of the Gestalt Training Institute of Vancouver, Canada. She gives dream workshops in the U.S., Canada, and Europe. p. 62

Hal French has received multiple teaching awards at the University of South Carolina, and has authored several books on Asian religion. He lectures and leads study tours internationally. p. 21

G

Sherry Sanders Galloway is an Esalen massage staff practitioner and teacher whose focus is sports massage balanced with Esalen bodywork. A practicing R.N., she specializes in emergency medicine and psychiatric intervention. p. 57

Lillian (Lesefko) Garnier is an expert on facial communication. She studied facial analysis with her Chinese grandmother and has researched Chinese texts and Western studies that correlate this ancient science with modern psychology and medicine. p. 21

Ann Gila is a psychotherapist in Palo Alto who has been a psychosynthesis teacher and trainer for twenty years. She is an adjunct faculty member at the Institute of Transpersonal Psychology. p. 37, 40

Mariah Fenton Gladis, longtime gestalt practitioner and trainer, founded and has for thirteen years directed the Bucks County Institute. She is director of the Pennsylvania Gestalt Center for Psychotherapy and Training. p. 38

Marcia Shantipriya Goldberg has taught yoga, meditation, and psychospiritual evolution throughout North America for twenty years. From 1989-95 she was spiritual director of the Kripalu Community and Retreat Center in Pennsylvania. p. 39

Michael Goldberg, a management consultant specializing in workteam dynamics, is the author of the soon-to-be-released The Enneagram at Work. He consults using the Enneagram to a wide range of companies including Motorola and the CIA. p. 15

Mary Goldenson (Devarani) is a clinical psychologist, chiropractor, and certified Radix® teacher in Los Angeles. She has a private practice specializing in relationship therapy and transitions. p. 18, 25, 38, 41, 45, 51, 56

David Gordon has been a concert and opera soloist for twenty-five years, appearing in thousands of performances on four continents. At the Carmel Bach Festival, he created and directs a training program for young singers. p. 39

Harriet Goslins is the originator of Cortical Reeducation®. She is a Feldenkrais® practitioner with a background in psychosynthesis, applied kinesiology, craniosacral work, and social anthropology. p. 19, 41, 57

Lynda Greenberg is an exhibiting sculptor who has taught drawing nationally since 1981. She has been a colleague of the center for the Educational Applications of Brain Hemisphere Research since its founding in 1985. p. 35

Pierre Grimes is a philosopher who founded the Noetic Society for the Study and Exploration of Platonic and Neo-Platonic Works. Author of The Art of Delivering False Beliefs, he has developed the art of philosophical midwifery. p. 39

H

Robert Hall is a physician of the body/mind, psychiatrist, poet, and meditation teacher. He is cofounder of the Lomi School and the Lomi Community Clinic in Santa Rosa, and on the teaching staff of Spirit Rock Meditation Center. p. 22

Ryushin Paul Haller, Zen priest, is spiritual director of the San Francisco Zen Center and a member of the Board of Directors of the Zen Hospice Project. He co-leads volunteer trainings and provides spiritual counseling to the dying and their caregivers. p. 27

Betty Halpern, professor of education at Sonoma State University since 1968, has been teaching the Esalen Gazebo staff for over seven years. Her focus is on the learning community formed by teachers and children and their families. p. 30

Anna Halprin has pioneered the exploration of dance and movement for healing and the creation of community. She founded the San Francisco Dancers' Workshop, co-founded the Tamalpa Institute, and performs and teaches around the world. p. 39

Steven Harper coordinates Esalen's Wilderness Programs. He has led both traditional and experimental expeditions internationally for nearly twenty years. His work focuses on wild nature as a vehicle for awakening. p. 18, 23, 24, 31, 41, 44, 47, 55

Susan Harper teaches Continuum Dance Meditation workshops in Los Angeles and San Francisco, leads Dance the River trips on wild rivers, and has presented at the Joy Spangler Asilomar Conference. p. 23

Rachel Harris was in the 1968 Esalen Residential Program. She is a psychotherapist in private practice in Princeton, N.J., and a consultant for executives on leadership and interpersonal skill development. p. 55

Andrew Harvey, born and raised in South India and educated at Oxford, was the youngest-ever professor of All Souls College. Scholar, educator, and author, his twenty-two books include novels, poems, and translations. p. 16, 47

Robert Helm is a senior member of the Esalen massage/bodywork staff. p. 19

Julie Henderson has studied mind-as-body/body-as-mind for twenty years in both Tibetan and Western traditions. She is the author of The Lover Within and the forthcoming How to Feel as Good as You Can in Spite of Everything. p. 24

Christian Hendricks is an Aston Patterner®, Ju Jutsu instructor, and licensed massage therapist. He is in private practice in Seattle, Wash., specializing in increasing performance, rehabilitating injuries, ergonomic consultation, and movement education. p. 35

Deborah Ardell Hill is a licensed massage therapist and reflexologist with twelve years' experience in a variety of modalities, including shiatsu and craniosacral. She also incorporates the chakras and meridians as a framework for looking at the body. p. 57

Edward Hoffman is a licensed clinical psychologist in the New York City area and the author of nine books in the fields of psychology, mysticism, and spirituality, including, most recently, Opening the Inner Gates. p. 30

Maria Lucia Sauer Holloman has practiced spiritual healing in Brazil and the U.S. since 1982. She has been a resident student and teacher at Esalen and conducts trainings and seminars internationally. p. 46, 63

Jonathan Horan has been a professional actor for the past ten years. He is a certified massage practitioner and currently on the teaching faculty of the Moving Center. p. 49

Peggy Horan has been practicing and teaching massage at Esalen for twenty-five years. She is a student of childbirth, dance, and movement. p. 30

Lawrence Hudetz is both artist and scientist. From electrical engineering he moved into photography emphasizing science and art in synergy. His work is exhibited at the International Center of Photography and the Art Institute of Chicago. p. 23

Russ Hudson has been teaching Enneagram Professional Trainings with Don Riso since 1991. He is coauthor of their forthcoming The Wisdom of the Enneagram, and has fifteen years' experience with Fourth Way schools, Buddhism, and other traditions. p. 42

Elaine Hughes, author of Writing from the Inner Self and several other books on writing, has been combining meditation with writing exercises in her teaching for over twenty years. p. 62

Dorothy S. Hunt has been practicing psychotherapy since 1967 and is the founder of the San Francisco Center for Meditation and Psychotherapy. She is the editor of Love: A Fruit Always in Season. p. 48

Leigh Hyams is a painter/teaching-artist at UC Berkeley Extension, adjunct professor at JFK University, and teacher at Atsitsa in Greece. A Fulbright Scholar whose work has been exhibited internationally, she leads art tours for museums and universities. p. 14

I

Jo Imlay, a writer and fabric artist, combines shamanism with insights drawn from Buddhism and contemplative Christianity. A former Californian, she and husband John Broomfield are establishing a 50-acre nature preserve in New Zealand. p. 29

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Ione is a writer, director, and playwright, author of the memoir Pride of Family: Four Generations of American Women of Color. She is also a psychotherapist who facilitates access to dreams, myths, and ancestral memories. p. 15

Anne Isaacs, a licensed clinical social worker, has been practicing body-psychotherapy in Los Angeles for eighteen years. She trains professionals in Bodynamics, an advanced form of somatic developmental psychology. p. 37

Joel Isaacs has a Ph.D. in physics and is a body-psychotherapist practicing in Los Angeles for nineteen years. He has trained professionals in Reichian approaches, and leads Bodynamic trainings with his wife Anne. p. 37

J

Ovid Jacob is a particle physicist and research associate at the Stanford Linear Accelerator Center. He has written and performed on quantum physics and its relation to alchemical and kabbalistic models. p. 22

Eli Jaxon-Bear was a keynote speaker at the First International Enneagram Conference at Stanford in August, 1994. His most recent book is The Enneagram and Self-Realization. p. 37

Alan Jones trained for the priesthood in England, taught the Christian mystical tradition in New York for twelve years, and in 1985 became dean of Grace Cathedral, San Francisco. He is the author of Soul Making and The Soul's Journey. p. 17

Arthur Samuel Joseph is a teacher and professor of voice with over thirty years' experience. He is the creator of Vocal Awareness, a method that integrates mind/body/spirit through the vocal arts. p. 57

K

Norman Katz is a director of the Milton Erickson Institute of Hypnosis and the Behavioral Sciences of New Mexico. He teaches in Albuquerque and Santa Fe. p. 16

Tim Kennedy is a molecular neurobiologist whose work focuses on the characterization of molecular mechanisms which guide the development of the nervous system. Popular accounts of his work can be found in Discover, Nature, and Science. p. 28

Sharon Kleinberg has twenty years of experience as a teacher, workshop leader, and psychotherapist. With partner Patricia Zorn she cofounded Relationship Resources, which presents couples workshops nationally for the gay and lesbian community. p. 38

George Kohlrieser, a psychologist with an international practice, researches and applies attachment and separation theory to relationships, psychosomatic illness, violence prevention, and hostage negotiations. p. 40

Michael Krasny, professor of English at San Francisco State University, is host and producer of the award-winning Northern California radio program "FORUM." He is also a prize-winning teacher, journalist, scholar, and fiction writer. p. 34

Susan Kuttner is a marketing and communications consultant, both in business and the healing arts. Her focus is on assisting her clients in becoming more effective, more powerful, more heartful, and more successful in their efforts. p. 23

L

Dale Larson, associate professor and director of the Graduate Health Psychology Program at Santa Clara University, is a clinician, researcher, former Fulbright Scholar, international lecturer, and author of The Helper's Journey. p. 56

Sarah La Saulle is a psychotherapist and teacher who specializes in healing blocks to self-love and creativity. She is in private practice in Santa Monica, Calif. p. 22, 44

Laura Lawrence is a board-certified psychiatrist in Dallas who specializes in meditation, mind-body medicine, and women's spirituality. p. 30

Barbara Lee is a circlemaker who has worked with groups for the past fifteen years. She focuses on "heart-centered" remembrance of the Divine. p. 22

Lenore Lefer is a psychotherapist in San Francisco who teaches and leads professional training in psychosynthesis in the U.S. and Russia. She also facilitates retreats for women and for people with heart disease and cancer. p. 33, 62

Mel Lefer has been a research participant and teacher at Dr. Dean Ornish's Preventive Medicine Research Institute for ten years, and has shown reversal of his own heart disease without surgery. He has practiced and taught Integral Yoga for ten years. p. 43, 62

Marc Lehrer teaches clinical hypnosis and biofeedback internationally. He studied hypnosis with Milton Erickson and John Grinder, and resides in Santa Cruz, Calif. p. 16

George Leonard is the author of Mastery, The Silent Pulse, and The Transformation. He is a fourth-degree black belt in aikido and founder of Leonard Energy Training (LET). p. 21, 51

Master Share K. Lew, a youthful 78, is a healer and Taoist priest from Wong Lung monastery in Southern China with over half a century's experience teaching Taoist health practices such as Chi Kung. p. 30

Elisa Lodge is an expressive arts therapist with thirty years' experience teaching body/mind practices. She is a professional actress and performing artist. p. 24

Ron Loeb is a corporate lawyer who focuses on corporate governance and responsibility. He is a member of The Jefferson Circle, a learning group for senior corporate executives drawn to the issues of individual and corporate renewal. p. 25

Paul Lounsbury, a founding member of the New York Forum for Psychotherapy Cybernetics, studied hypnosis and psychotherapy with Milton Erickson. He is in private practice in New York and specializes in the innovative use of hypnosis. p. 42

Francis Lu is a clinical professor of psychiatry at UCSF and deputy chief for inpatient psychiatry at San Francisco General Hospital. He has conducted seminars at Esalen on film and transpersonal psychology. p. 43

Olga Luchakova is a spiritual teacher with an extensive background in Christian mysticism, Advaita-Vedanta, Raja yoga, Buddhism, and Slavic paganism. She is an adjunct professor at the California Institute of Integral Studies. p. 49, 62

Nancy Kaye Lunney, formerly a vocal coach and accompanist, is the originator of Singing Gestalt, which utilizes lyrics and songs as a means of self-expression. She is director of programming at Esalen. p. 51

Ron Luyet is a psychotherapist, group facilitator, and organizational development consultant. His work is based on openness, responsibility, and compassion, as detailed in his recent book, Where Freedom Begins, coauthored with Marion Pastor. p. 21

Kathryn Lydecker, licensed marriage and family therapist, is a senior associate of the Lomi School. She is in private practice in Taos, N.M., and Amarillo, Texas. p. 14

Joyce Lyke is a teacher in the Ridhwan Work School, which is dedicated to understanding the relationship between personality and being. She has been part of the Esalen Gestalt staff for many years. p. 26

M

Sandra Maitri is a teacher of the Ridhwan School, home of the Diamond Approach. She has been involved in spiritual and psychological work for the last twenty-five years. p. 26

Helen Jerene Malcolm, artist, consultant, and teacher, works with a visionary consulting team designing long-range vision paintings for individual clients and Fortune 500 corporations. p. 49

Noel Mapstead is a local fine artist and potter. He has studied and exhibited extensively in New York and is now at home with Big Sur clays using traditional firing techniques. p. 31

Bonnie Mark is a psychotherapist specializing in child, adolescent, and family therapy. Author of The Handbook of Infant, Child, and Adolescent Therapy, she consults and supervises at the Reiss-Davis Child Study Center and teaches at UCLA extension. p. 34

Dennis Marriott is a graduate of the New England Culinary Institute and co-manager of the Esalen kitchen. p. 23

Daniel Martin, a former priest and educator, is the founder/director of International Communities for the Renewal of the Earth, whose mission is to assist the process of value and structural change in an emerging ecological context. p. 52

Robert Maurer is Director of Behavioral Sciences for the Family Practice Residency Program at Santa Monica Hospital and a faculty member at the UCLA School of Medicine. He works with theatrical companies and writers on the challenges of creativity. p. 16

Kim McCourt is a licensed marriage and family counselor and a senior associate at the Lomi School. Her bodywork practice incorporates craniosacral, intuitive hands-on energy work, orthopedic massage, and shiatsu. p. 35

Barbara McGavin is accredited as a Focusing Trainer by the Focusing Institute in Chicago. She is a founding member of the British Focusing Network and the British Focusing Teachers' Association. p. 53

Jamie McHugh is a Registered Somatic Movement Therapist, AIDS activist, and performance artist. He is assistant professor at John F. Kennedy University and adjunct faculty at Tamalpa Institute. p. 14

Terence McKenna has spent twenty-five years studying ontological foundations of shamanism and the ethnopharmacology of spiritual transformation. He is the author of True Hallucinations, The Archaic Revival, and Food of the Gods. p. 38

Alix McLaughlin has been practicing CranioSacral Therapy since 1986 and now heads the Cranial Therapy Centre in Toronto. A senior instructor for the Upledger Institute, she teaches and lectures internationally. p. 32

Deborah Anne Medow, Esalen workshop leader and bodywork practitioner since 1969, teaches ashtanga yoga, massage, creative movement, gestalt awareness, and related healing disciplines throughout the U.S. and Europe. p. 20, 57

Charles Miedzinski is a cofounder of the Arts and Consciousness graduate program at JFK University. He has taught courses and workshops on masks and transformative and sacred arts at numerous universities for twenty-five years. p. 26

Chuck Miller has been practicing yoga for twenty-one years and is an advanced Ashtanga student and teacher. His teaching reflects his deep commitment to yoga as a way of life. p. 27

Robert Moss is a dreamworker, shamanic counselor, former professor of ancient history and philosophy, and student of the Western mystery traditions. Australian-born, he first encountered the ways of a dreaming people through his friendship with Aborigines. p. 52

Caroline Muir has been a yoga practitioner for over twenty years. She is a Tantric sex expert who specializes in sexual healing and awakening the goddess energy in women. p. 53

Charles Muir, a professional yoga instructor for twenty-five years, is director of the Source Schools of Tantra Yoga in Hawaii and California. He is coauthor (with his wife) of Tantra: The Art of Conscious Loving. p. 53

N

Little Bear Nason is the seventh generation spiritual leader of the Esselen Indian Tribe of Big Sur. His life is an apprenticeship to the Earth. p. 20, 31, 54, 65

Sara Nelson is executive director of the Christic Institute, national labor chair of the National Organization for Women, and director of both Community Access TV Productions and American Documentary Films. p. 45

Maria Nemeth, *a clinical psychologist, has been leading seminars for twenty-five years emphasizing successful communication and the development of excellence with ease.* p. 20

Paul Newham, *director, composer, and writer, synthesizes elements of artistic practice with the principles of therapeutic inquiry in his work in contemporary arts therapy. He is author of* The Singing Cure. p. 34

Andrew Nugent-Head *is the China Director of the Association for Traditional Studies. He has lived in Beijing since 1987, where he works and studies with the last generation of traditional masters born and educated pre-1949.* p. 51

O

Babatunde Olatunji, *master percussionist from Nigeria, has performed and recorded internationally for over thirty-five years and is known for his album* Drums of Passion. *He is an authority on African religion.* p. 28, 29

Sharon Olds *teaches writing workshops in the Graduate Creative Writing Program of New York University and at the Squaw Valley Community of Writers. She has published many books of poems, including* The Gold Cell *and* The Father. p. 49

Kathleen O'Shaughnessy *has an extensive background in Soto Zen, the major psychotherapies, movement therapy, nutritional healing, shamanic states, bodywork, and the practicalities of transpersonal crisis.* p. 17, 34, 62

Frank Ostaseski *is founding director of the Zen Hospice Project. He has seventeen years of Buddhist practice and has studied a variety of psychotherapeutic methods. He gives professional trainings on compassionate care of the dying.* p. 27

Brita Ostrom *has led massage and other workshops at Esalen for twenty-one years. She is trained in gestalt awareness work and participated in Esalen's two-year somatics education project. She is a licensed* MFCC. p. 22, 30

P

Eileen Paris, *coauthor of* I'll Never Do To My Kids What My Parents Did to Me!, *grew up on Neill, Reich, and Jung. Her focus is giving parents new self-abilities they can hand on to their children.* p. 23

Thomas Paris, *coauthor of* I'll Never Do To My Kids What My Parents Did to Me!, *is a body psychotherapist whose focus is on pre- and perinatal psychology and body therapy to help parents further the evolution of consciousness.* p. 23

Danaan Parry *is executive director of the* Earthstewards Network *and the author of* Warriors of the Heart *and* The Essene Book of Days. *He has mediated conflicts around the world, including Pakistan, Northern Ireland, and the former Soviet Union.* p. 49

Larry Payne, *a pioneer in the field of yoga and back care, is president of the* International Association of Yoga *Therapists, and featured in the video* Healthy Back, Healthy Mind. p. 29

Char D. Pias, *Esalen Massage Staff member since 1980, is a facilitator and founding member of the Esalen Arts Center. She is a licensed graduate and minister of the Center for Spiritual Healing, Tiburon, Calif.* p. 34

Ayala Pines *is a couples' therapist and the author of* Romantic Jealousy: The Shadow of Love and Keeping the Spark Alive. Preventing Burnout in Love and Marriage. *She coauthored* Career Burnout *and* Experiencing Social Psychology. p. 36, 42

Jeanine Pollak *is the founder of Botanic Adventures, a wilderness adventure-travel company. She has eighteen years' experience lecturing, consulting, and formulating herbal products, and teaches at UC Santa Cruz and throughout Northern California.* p. 23

Dennis Portnoy *is a licensed counselor specializing in burnout prevention and codependency in the workplace. He conducts trainings for organizations, medical groups, and schools, and is the author of* Overextended and Undernourished: A Self-Care Guide for People in Helping Roles. p. 40

Christine Stewart Price *is a teacher and ongoing student of gestalt practice and other approaches to developing awareness.* p. 19, 32, 49

Carol Proudfoot-Edgar *leads workshops on integrating shamanic methods and Native American teachings, with a special interest in Bear Medicine. She is a certified shamanic counselor and teaches for Michael Harner's Foundation for Shamanic Studies.* p. 15

Johanna Putnoi, *a somatic educator and communications consultant, teaches the Enneagram to bodyworkers, screenwriters, women inmates, and in corporations throughout the U.S. and Europe. She is a senior associate of the Lomi School.* p. 14, 15

R

Gustavo Rabin *is a clinical psychologist who focuses on relationships, life's transitions, and spiritual creativity. He has a private practice in Los Angeles.* p. 33

Stephan Rechtschaffen, *founder/president of Omega Institute, is a physician concerned with holistic approaches to wellness and longevity. He uses concepts of time as the focus for developing optimal health.* p. 47

Layne Redmond *is a writer, musician, and leader of the Mob of Angels, a women's ritual drumming group. She performs and records internationally, and researches the visual history of goddesses, priestesses, and women playing the frame drum.* p. 40

Christopher Reed *has been practicing meditation since 1970, teaching since 1981, and has received* Dharmacarya *transmission as a teacher from Thich Nhat Hanh. He is cofounder and resident teacher at* Ordinary Dharma *and* Manzanita Village Meditation Centers. p. 15

Patricia Reis *has an MFA from UCLA and a degree in depth psychology from Pacifica Graduate Institute. Author of* Through the Goddess: A Woman's Way of Healing, *she has a private psychotherapy practice for women in Yarmouth, Maine.* p. 36

Tracey Rich *has earned the title of "Yoga Acharya" and is the associate director of the White Lotus Foundation in Santa Barbara, Calif. She trains teachers and students and leads seminars nationally.* p. 16

David Richo *has a doctorate in clinical psychology and is the author of* How To Be An Adult. *He emphasizes Jungian active imagination techniques to integrate psychological and spiritual work.* p. 13

Gabriele Rico, *professor of English, creative arts, and humanities at San Jose State University, lectures widely on the application of brain research to the creative process. She is the developer of the ground-breaking clustering process.* p. 55

Don Richard Riso *is president of Enneagram Personality Types, Inc. in New York, and is the most published author in the field. His books include* Discovering Your Personality Type *and* Enneagram Transformations. p. 42

Jane Marla Robbins, *a professional actress, teacher, and writer for twenty-five years, has acted in movies, television, and on Broadway. Her plays have been produced in New York, London, Copenhagen, and Spoleto.* p. 47

William Roll *is an internationally renowned parapsychologist who made his career studying apparitions, hauntings, and poltergeists.* p. 51

Ernest Rossi *is a hypnotherapist, teacher, and author who has pioneered innovative approaches to mind-body healing and the optimization of human consciousness.* p. 41

Gabrielle Roth *is an artist, healer, and philosopher. She is the author of* Maps to Ecstasy: Teachings of an Urban Shaman *and is musical director of The Mirrors.* p. 49

Ilana Rubenfeld, *thirty-year pioneer in the integration of body-mind-spirit and originator of the Rubenfeld Synergy® Method, is a certified teacher of Alexander Technique, Feldenkrais Method®, and trained with Fritz and Laura Perls in gestalt practice.* p. 35, 37

Gordy Ryan *has written and recorded music for film, theater, TV, and record albums with artists such as David Sanborn, Carlos Santana, Mickey Hart, Airto, and Spike Lee. He is a founding member of Arica Institute.* p. 30

S

Stephano Sabetti, *founder of the Life Energy Process, has a doctorate in psychology and trains therapists internationally. He is also an organizational consultant.* p. 46, 47

Irene Sanders *is author of the forthcoming* Chaos, Complexity, and Change: A Context for Strategic Thinking, *which explains the dynamics of change and how to link one's intuitive sense with one's intellectual understanding by learning to think in pictures.* p. 23

Robert Sanoff, *a senior associate of the Lomi School, has led workshops and trainings in personal growth for fifteen years. He has been in private practice since 1976, currently in Santa Rosa, Calif.* p. 14

Melody Schaper *is a movement artist and teacher. A Laban Movement Analyst and teacher of the Alexander Technique, she focuses on awakening, clarifying, and enhancing expression through the body.* p. 21

Howard Schechter *focuses his work on spiritual and emotional growth. His teaching integrates the insights and practices of a variety of Eastern and Western psychological and spiritual traditions. He is the author of* Rekindling the Spirit in Work. p. 22

David Schiffman *is a longtime group leader at Esalen. His primary interest is in facilitating people who are in transition toward a more heartful, unstrained existence.* p. 16, 20, 23, 25, 31, 44, 48, 54, 57, 63, 65

Meir Schneider *healed himself of congenital blindness at age sixteen using the Bates vision exercises. He is the founder and director of the Center and School for Self-Healing in San Francisco and Tel Aviv.* p. 57

Jon Schreiber *has been teaching and practicing Breema Bodywork worldwide since 1980. He directs the Institute for Health Improvement, the center for teaching Breema, and has a private chiropractic practice in Oakland, Calif.* p. 43

Laurie Schutz, *senior Esalen massage practitioner and teacher, integrates her degree in body awareness psychology with a nonintrusive massage approach to maximize the release of both mind and body tension.* p. 45

Suzanne Scurlock-Durana, *a certified instructor of CranioSacral Therapy for the Upledger Institute since 1986, has a private wholistic body therapy practice in Reston, Va.* p. 26

Bill Sechrest, *a past board member of Esalen, is Vice Chairman (U.S.) of the World Business Academy and president of CDAC, a Dallas-based charitable corporation that focuses on neighborhoods, communities, and cities as organic systems.* p. 25

Maggie Seeley *is an organizational consultant to business (UNICEF, GE) as well as state and local governments (Utah Corrections Department, Santa Fe Arts Commission). She teaches organizational change and ethics at the University of New Mexico.* p. 46

Phyllis Shankman *is a licensed counselor in Santa Monica and has led groups at Esalen for eighteen years. She is founder and director of The Mountains AIDS Foundation, which offers retreats and groups for people living with HIV/AIDS.* p. 25

Paula Shaw, *a professional actress and acting teacher for over twenty years, conducts workshops in expanding self-expression, well-being, and creativity for non-actors across the United States and Canada.* p. 36, 37

Daniel Sheehan *is president and general counsel of the Christic Institute whose history-making legal cases include Karen Silkwood, the Pentagon Papers, Three Mile Island, Wounded Knee, Greensboro, and Iran/Contra.* p. 45

Judith Sherven is a psychologist and relationship specialist who teaches internationally. With husband James Sniechowski she coauthored the forthcoming book, Loving the Differences: The Secret to Fulfilling Relationships. p. 28

Fred Shoemaker, a teacher and golf professional, is founder of The School for Extraordinary Golf. He has taught seminars for the U.S., Canadian, and Japanese P.G.A.s, and often writes about the deeper game. p. 53

Jason Shulman is a psychic healer, minister, and longtime student and teacher of many healing modalities. Former senior-class teacher at the Barbara Brennan School of Healing, he directs A Society of Souls, a three-year professional healing training program in Millington, N.J. p. 36

Julian Silverman is a psychologist and educator. He harmonizes a spiritual vision with the theory and methods of both Gestalt psychotherapy and community psychology. p. 52, 54

David Silverstein is a teacher in the Ridhwan Work School, which is dedicated to understanding the relationship between personality and spiritual development. He is a longtime student of meditation. p. 34

Renee Slonaker is the former lead teacher and current director of PCS Learning Center in Corte Madera, Calif. She has a degree in elementary and kindergarten education and has worked with public school children from coast to coast. p. 33

Fritz Smith is a physician, cranial osteopath, certified acupuncturist, and founder of Zero Balancing. He is the author of Inner Bridges: A Guide to Energy Movement and Body Structure. p. 41

Gerald Smith is a licensed psychologist in private practice in San Mateo, Calif. He has authored two books on relationships, Couple Therapy and Hidden Meanings, and has led workshops at Esalen for twenty-nine years. p. 17

James Sniechowski is founder and director of the Menswork Center in Los Angeles. He and wife Judith Sherven have appeared on numerous television and radio shows, and have conducted over 2500 relationship and gender reconciliation workshops. p. 28

George Solomon, physician and professor of psychiatry at UCLA, is a pioneer in the field of psychoneuroimmunology. His current research concerns psychoneuroimmunologic aspects of AIDS and of aging. p. 14

Marion Solomon is a psychologist and writer in Los Angeles specializing in the problems of intimate relationships. She is coordinator of mental health training programs for UCLA Extension's Department of Humanities, Sciences, and Social Sciences. p. 33

Titos Sompa is a dancer, choreographer, and percussionist who specializes in the cultural arts of the Congo and Zaire. He is the artistic director of Mbongi Dance Theatre Project in Santa Cruz, and teaches and performs worldwide. p. 15

John Soper is a gestalt practitioner with a background in international business. He is deeply aware of the need to improve the environment. p. 63

Kathleen Riordan Speeth is a transpersonal psychologist trained in Buddhist, Sufi, and Hindu methods who emphasizes Occidenial art, literature, and philosophy in her workshops. A lover of Bach and Rilke and roses, she is the author of The Gurdjieff Work. p. 18, 43

Brother David Steindl-Rast, Benedictine monk, psychologist, and author, has lectured on five continents. He is Spiritual Teacher-in-Residence at Esalen, concerned with the unique challenges and opportunities of our time. p. 41, 43, 44

Margaret Stevens is a senior member of the Esalen massage staff and a student of yoga, dance, and voice. p. 15

Gail Stewart directs reSource, a bodywork training and continuing education program in Berkeley, Calif. She teaches and practices massage, Trager, and Reichian approaches. p. 19

David Streeter, a certified sports massage practitioner on the Esalen massage staff, has taught yoga and anatomy and worked as an athletic trainer. Before joining the Esalen faculty, he lived as a Camaldolese monk. p. 26, 35, 52, 62, 63

Keiko Suga is a ceramic artist whose focus is on traditional pottery-making techniques using local clays. p. 31

Sara Szpektor is a clinical psychologist in private practice in Buenos Aires, Argentina. Working with couples and groups, she combines gestalt practices, strategic counseling, and spiritual development. p. 33

T

Yao Tamakloe studied African dance, music, and literature at the University of Ghana and at UCLA. He dances with the Drums of Passion Dancers. p. 18

Jim Tamm is an administrative law judge dealing with labor-management disputes. Over the past twenty-five years he has conducted over 1000 settlement conferences, many involving highly emotional strike situations. p. 21

Richard Tarnas, former director of programs at Esalen, is professor of philosophy and psychology at the California Institute of Integral Studies, and is the author of The Passion of the Western Mind and Prometheus the Awakener. p. 55

Jeremy Taylor has taught dream work for over twenty-five years. He is president of the Association for the Study of Dreams and author of Dream Work and Where People Fly and Water Runs Uphill. p. 20

Howard Teich is a psychologist in San Francisco and Sonoma, Calif. For the last ten years he has pioneered, on an international level, the practical use of solar/lunar psychology and mythology as the basis of matter, life, and thought. p. 50

Paul Temple is a management consultant for New England businesses and hospitals. A member of the Social Venture Network, he has written for Business Ethics Magazine and is a spokesman for new paradigm business strategies. p. 46

Lia Thompson-Clark apprenticed for ten years with Janet Lederman at Esalen's Gazebo School, and currently directs the Gazebo School Park at Kenyon College. She has developed and taught children's workshops throughout the U.S. p. 29, 30, 31

Vicki Topp has been part of the Esalen massage staff and community since 1968. She currently teaches workshops and training groups internationally and is a student of Body-Mind-Centering®. p. 39

Michael Tracy has been an artistic director of Pilobolus Dance Theatre since 1974, and served as touring artistic director from 1981-1987. He has taught at many colleges and universities, most recently Trinity College and Yale University. p. 25

David Trickett, president of the World Business Academy, has worked in business, government, and education. He has degrees in history, ethics, and worldwide spiritual traditions, and a doctorate focusing on values in complex human systems. p. 25

U

John Upledger is an osteopathic physician recognized for developing CranioSacral Therapy and SomatoEmotional Release. Author and alternative treatment innovator, he established the Upledger Institute, which has trained thousands of health care professionals. p. 48

V

David Viscott is a psychiatrist and the author of fourteen books. He hosted a popular program on KABC Talk Radio as well as an Emmy Award-winning TV program, Night Talk with Dr. David Viscott. p. 54

W

Dan Wakefield is a novelist, journalist, and screenwriter whose books include Returning: A Spiritual Journey; The Story of Your Life: Writing a Spiritual Autobiography; and New York in the Fifties. p. 46

Ellen Watson practices and teaches at Esalen where she has studied since 1984. Her bodywork style reflects her training in yoga, dance, Reichian and holotropic breathwork, hypnosis, and spiritual healing. p. 26

Matt Weinstein is the founder and Emperor of Playfair, Inc., an international management consulting and team-building organization based in Berkeley, Calif. He is the author of Managing to Have Fun. p. 14

Ganga White, Yogi, author, and teacher, has practiced and taught internationally for thirty years. Founder of the White Lotus Foundation in Santa Barbara, Calif., he trains teachers and holds the titles of "Yoga Acharya" and "Yogiraj." p. 16

Marianne Williamson is the author of A Return to Love, A Woman's Worth, and Illuminata: Thoughts, Prayers, and Rites of Passage. She lectures internationally on spirituality and new thought. p. 54

Nancy Winston is a counselor in New York City who has studied with Milton Erickson and has taught and trained clinicians in the use of hypnosis and counseling. p. 42

Scott Wirth is a San Francisco Jungian analyst/psychologist specializing in work with gay men. He co-edited and contributed to Same Sex Love and the Path to Wholeness. p. 53

Anna Wise has been using EEGs to measure and train brainwaves for high performance and meditative states for the past twenty years. A member of the Academy of Certified Neurotherapists, she leads workshops internationally. p. 17, 50

Terra Wise is a certified yoga instructor, herbalist, and body-mind integration therapist in private practice in Laguna Beach, Calif. p. 55

Linda Piscitelli Wolf is a transpersonal counselor and lead trainer for the Eupsychia Institute in Austin, Texas. Co-director of the certification program at the Mt. Vision Institute in Sausalito, Calif., her work is founded on the premise that the "healer is within." p. 28

X

Xie Peiqi is the only known person to know the complete Yin-style Bagua system, including both its martial and healing sides. In 1993, Dr. Xie began working to fully document and test the methods he has used to cure patients declared terminal. p. 51

Y

Anne Yeomans, a psychotherapist in Concord, Mass., has used psychosynthesis as the central framework for her work for over twenty years. She has worked with women's groups in the U.S., Canada, Russia, and Lithuania. p. 33

Z

Phillip Zarrilli has studied kalarippayattu with Gurukkal Govindankutty Nayar in Kerala since 1977. Professor at California State University, Los Angeles, he also teaches t'ai chi ch'uan and yoga, and has authored/edited five books. p. 18

Patricia Zorn, a psychotherapist for over twenty-five years, trained with Harville Hendrix at the Institute of Relationship Therapy. Her warmth and humor help create a safe environment for couples to have fun while understanding their relationship. p. 38

Ofer Zur is a psychotherapist, author, and teacher who focuses on effective therapy, the psychology of the caregiver, and integrative ways of healing. He practices in Sonoma, Calif. p. 26

Mira Zussman is associate professor of comparative religion and coordinator of Middle East Studies at San Jose State University. She is currently working on her second book, The Feminine Roots of Kabbalah. p. 22

✱ ESALEN INSTITUTE RESERVATION FORM

This form is for your convenience in reserving a space in Esalen workshops. If you wish to make reservations for more than one person, please photocopy this form so that each registrant has his/her own form, unless you are registering as a couple with the same address and phone number. A nonrefundable deposit for each person registering and each workshop applied for must accompany this form. (Please see Reservation Information, page 4, under Fees and Reservations, Making Contact with Us, and Cancellation and Refund Policy.)

Name of Registrant ______________________ Sex: M ☐ F ☐ Couple ☐
PLEASE PRINT

Address ______________________

City ______________ State ______________ Zip ______________

Home Phone: (___) ______________ Work Phone: (___) ______________

☐ Check if you have previously been to Esalen and this is a new address.

Occasionally there are unexpected situations that require us to contact you immediately before your stay here. If you will not be at the above numbers during the two weeks prior to the workshop, where may we reach you?

____

Please mark your first and second choices for housing after referring to page 4 for accommodation descriptions and rates. Total cost includes workshop fees, lodging, and meals.

☐ Check for standard accommodations, if available.

☐ Check for bunk bed room, if available.

☐ Check for sleeping bag space, if available.

☐ Check if you wish to room as a couple.

Write here the name(s) of any person(s) with whom you wish to room.

____

All workshop reservations require a nonrefundable deposit. Balance is due at time of check-in. (See page 4.)

Workshop Date	**Leader's Name**	**Fee**

Workshop Deposits Enclosed: ______________

Tax-deductible contribution to Esalen (Optional): ______________

$5 Catalog Contribution (Optional): ______________

Subtotal: ______________

Total Amount Enclosed: ______________

☐ Check here for $10 prepay discount (see page 5)

☐ Check here if this is your first visit to Esalen

☐ Check here if you need directions to Esalen

☐ Check here if you are a senior.

FOR OFFICE USE ONLY

DATE REC	RES INITIALS	CIRCLE DEPOSIT CC CK CA SUS
DEPOSIT AMT.	RES. BK	CC AUTH. #
DATE TYPED	TYPED INITIALS	PP SCHOL LIMO SENIOR

Passenger Van Service:
I want transportation from (check one):

☐ Monterey Greyhound Bus Stop at approximately 3:45 PM
1042 Del Monte Avenue (corner of Aguajito)

☐ Monterey Airport at approximately 4:00 PM on

____
(date of arrival, Fridays and Sundays only).

The $30-per-person charge (subject to change) is payable on arrival at Esalen. Please prepare to arrive at the airport well before 4:00PM so you do not miss our van. Esalen cannot be responsible for taxi fare or other transportation costs. **If your plans for use of the passenger van service change after you have made your reservation, please notify us.** The only departing van service from Esalen is on Fridays and Sundays at approximately 5:30 PM. Passenger van service is not available at any other time.

Other Notes:
All of our rooms are non-smoking. If you smoke, please plan to do so outside.

No pets allowed.

We are unable to act as a banking service for our guests. Please bring adequate funds for your stay.

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

☐ Check here if you do not want your phone number given out for ride-sharing.

Please make checks payable to Esalen Institute, in U.S. currency only. (There will be a $15 fee for returned checks.) Overseas residents must pay by checks drawn on U.S. banks or with one of the charge cards below. Checks or credit card information must accompany the reservations form. Or, you may **fax** this form to us at **408-667-2724.** If you do so, *you must include payment via one of the credit cards below.*

Your reservation can be charged to:

☐ MasterCard ☐ Visa ☐ American Express

Card No. ______________________

Expiration Date ______________________

Authorizing Signature ______________________

Thank you for your reservation. As soon as it is processed you will receive by return mail a receipt for your deposit and a notice of confirmation. Please review your confirmation for accuracy.

Esalen Institute is a center to encourage work in the humanities and sciences that promotes human values and potentials. Its activities consist of public seminars, residential work-study programs, invitational conferences, research, and semi-autonomous projects.

Esalen Institute
Highway 1
Big Sur, California 93920

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The Esalen Catalog
September 1996–February 1997

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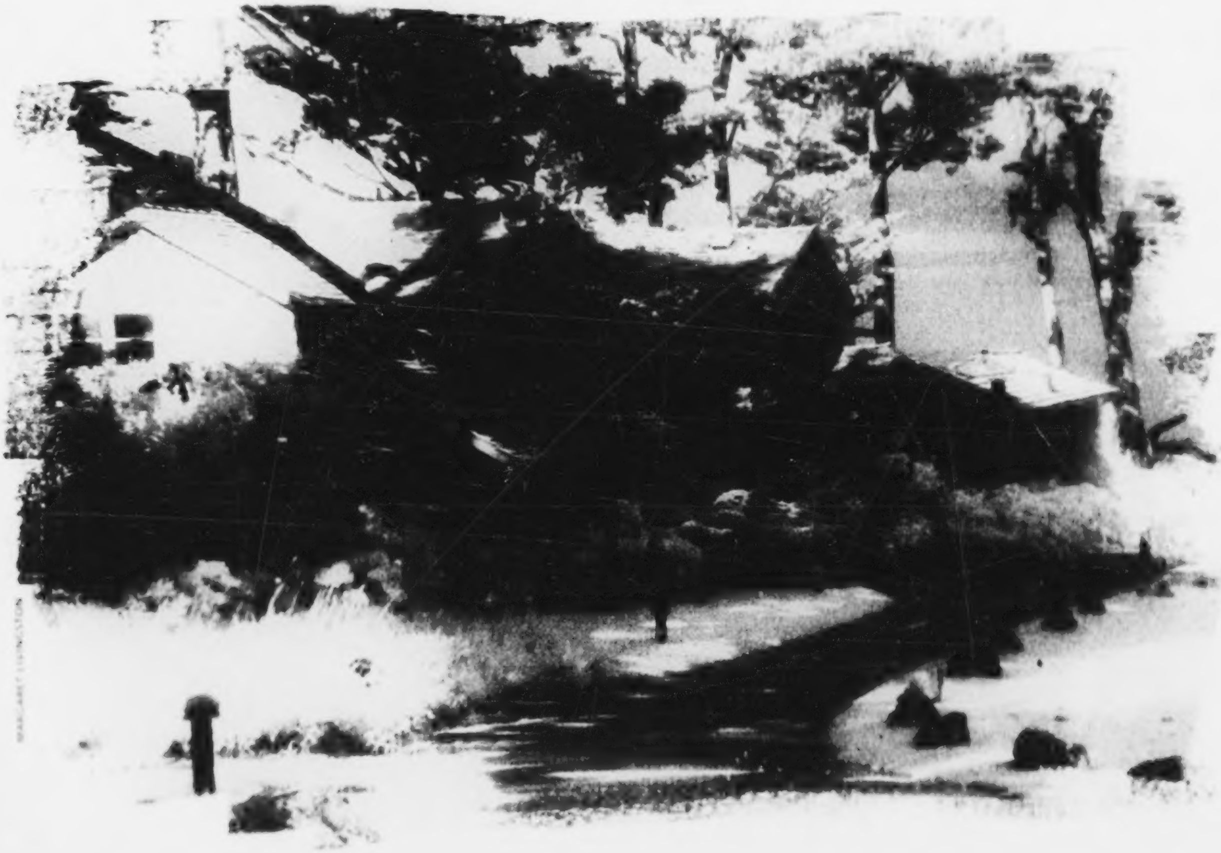
Esalen



Esalen Institute is a center to explore work
in the humanities and sciences that promotes human values and potentials.
The Institute exists to sponsor, encourage, and attempt evaluation of work in these areas,
both inside and outside our own organizational framework. Esalen's activities consist of
public seminars, residential work-study programs, invitational conferences,
research, and semi-autonomous projects.

Since Esalen is a center for experimental education,
we ask that persons come to our programs out of an educational interest.
We do not offer "cures" or assurances of change. As a center to foster personal and
social transformation, Esalen offers those who join us the chance
to explore more deeply the world and themselves.

Welcome to Esalen.

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The Esalen Catalog is published triannually by the Esalen Institute, Big Sur, California 93920-9616. Printed on recycled paper.
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ISSN 1088-2782

Subscription Information:
Subscription cost for one year is $15 for the United States, $17 for Canada and Mexico, $22 for Europe and South America, and $25 for all other countries.

Although we're delighted to provide you with this issue of the catalog, if you are not currently a subscriber we would appreciate a $5 contribution to defray postage and production costs.

Cover art adapted from "Nepenthe"
woodcut by Tom Killion
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GENERAL INFORMATION

ESALEN was founded in 1962 as an educational center devoted to the exploration of unrealized human capacities. It became known for its blend of East/West philosophies, its experiential/didactic workshops, the steady influx of philosophers, psychologists, artists, and religious thinkers, and its breathtaking grounds blessed with natural hot springs. Once home to a Native American tribe known as the Esselen, Esalen is situated on 27 acres of spectacular Big Sur coastline with the Santa Lucia Mountains rising sharply behind.

There are various ways to experience Esalen, ranging from an overnight visit to a long-term stay as a seminarian. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen. The "Experiencing Esalen" workshops, scheduled periodically, offer an introduction to practices such as gestalt, massage, sensory awareness, and meditation. From such a sampling, participants can then choose those approaches they are most attracted to and pursue them in subsequent seminars.

Another way of being at Esalen which allows a greater involvement at a lower expense is the Work Study Program, an intensive twenty-eight day work-oriented program for individuals who want to make a directed, personal commitment to self-exploration and growth, and a contribution to the Esalen community. For a full description of the Work Study Program, please turn to page 62.

For those who wish an extended stay, there are periodic long-term programs which involve didactic seminars or professional trainings as well as experiential workshops. Please see Special Programs.

Finally, there are other events that enrich life at Esalen. There are occasional forums in which writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights there may be lectures, films, dance performances, or other events. Bodywork of various kinds is available by appointment with individual practitioners. There is also a community event schedule offered. Please check the bulletin board when you arrive.

Esalen is a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute, By Reservation Only.

Catalog Subscriptions

If you would like to receive the Esalen Catalog, please refer to page 2 for subscription rates and send your check or money order (U.S. currency) in the enclosed subscription envelope, or mail it to: *Subscriptions*, Esalen Institute, Big Sur, CA 93920 (see Income Tax Regulation 1.162-5).

The Hot Springs at Esalen

We would like those people who are planning their first visit to Esalen to know that swimsuits are optional, and nudity common, in the hot springs, massage area, and swimming pool. We encourage each individual to choose what is most comfortable, either wearing a swimsuit or not, and emphasize that the environment we strive for at Esalen is one of personal sanctuary and respect for the human body.

In addition to around-the-clock availability for Esalen guests, the hot springs are open to the general public by reservation only from 1 AM to 3 AM. There is a $10 fee. To make a reservation, please call 408-667-3047.

Please note: We are planning to begin upgrading our bath facilities in the fall of 1996. During this time, the baths will remain open with limited access. Massages will be available in alternate locations.

Accreditation

Many formal educational institutions recognize the time spent at Esalen as being worthy of credit in their own curricula; check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs. Please submit a written request to the office supervisor.

Continuing Education at Esalen

Esalen is a provider of continuing education credits for both nurses and psychologists.

Approved workshops for nurses are noted in the Seminars section of this catalog as well as listed separately in the Continuing Education section, page 60. There is a $10 fee for each certificate of completion.

Workshops approved for psychologists are noted in the Seminars section and listed in the Continuing Education section. Those workshops for which C.E.U. applications have been filed and approval is pending are noted in the Seminars section only. For current-status information, please phone Brita Ostrom at 408-667-3040.

Disabled Access

Esalen now provides a means of transportation to the baths for those with physical limitations which prevent them from walking. A vehicle was purchased, in part, through the generosity of Dr. John W. Harris, who believes, as we do, that those among us who are aged, infirm, or handicapped should also be able to enjoy the hot springs.

If you are disabled and would like to plan a visit to Esalen or participate in a workshop, please give the office as much advance notice as possible. While disabled access to some parts of the property is difficult, with enough planning, arrangements can be made for access to most of our facilities.

Recommended Reading and Mail Order Merchandise

Most books listed as recommended reading for workshops are available through Esalen's bookstore. All other bookstore items are also available via mail order. For ordering information please call 408-667-3049.

Ongoing Residence Program

Offered beginning mid-September and ending mid-June, the Ongoing Residence Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A Residence Program stay is 26 days (four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay with weekends free to enjoy room and board. Occasionally workshops are cancelled, so second choices are advised.

The cost is $3435 per 26-day period for standard accommodations and $2710 for bunk bed rooms.

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RESERVATION INFORMATION

Making Contact with Us

Mail or Fax: The most efficient way to register for a workshop at Esalen is to fax or mail your reservation. If you fax your reservation, be sure to include accurate credit card information.

Esalen's Fax: 408-667-2724
(Our fax line is exclusively for reservations—no personal correspondence, please.)

Phone: If you prefer to make your reservation by phone, please be prepared with your completed reservation form, workshop dates and leaders, and your credit card. We know that all calls to Esalen are long-distance and will try to be as efficient as possible.

General Information: 408-667-3000

Express Reservations: 408-644-8477
(This is only for those who have previously taken a workshop at Esalen and know the workshop, date, and leader of the workshop for which they are registering.)

All Other Reservations: 408-667-3005

Catalog Requests: 408-644-8476

Phone Reservation Hours:*

Mon., Tues., Thur.:	10 AM to 7 PM
Wednesday:	10 AM to 12 NOON
Friday:	10 AM to 5 PM
Saturday:	10 AM to 3 PM
Sunday:	12 NOON to 5 PM

**The reservation office is closed on Christmas and New Year's Day.*

World Wide Web: http://www.esalen.org

Fees

Fees and Reservations: Preregistration, by fax, mail, or phone, is required prior to arrival. A registration form is provided on page 72. Since workshops fill quickly, it is advisable to sign up as early as possible. In order to reserve a space in any workshop, we require full payment or the following deposits:

Weekend:	$150	19 to 21 days:	$450
5 to 7 days:	$300	More than 21 days:	
12 to 14 days:	$400		$600

Deposits are payable in U.S. currency only. Overseas residents must pay by checks drawn on U.S. banks or use a credit card. Balance of payment is due on arrival. (Please see page 5 for information on discounts and reduced rate options.)

Please indicate your second choice for a workshop in case your first choice is cancelled and we are unable to reach you.

Esalen Institute reserves the right to cancel any program at any time.

Workshop Accommodations

Please Note: Workshop fees cover tuition, food, and lodging.

Standard Accommodations: This is shared housing with two or three persons per room. In some cases, bathrooms are shared. Couples will always be housed together. The rates listed with the workshop descriptions throughout the catalog refer to these shared standard accommodations.

7-Day Rate, per person	5-Day Rate, per person	Weekend Rate, per person
$1220	$795	$425

Bunk Bed Rooms: Bunk beds are available for seminar participants who are willing to share a room with three or more persons. There are a limited number of these spaces, which are reserved on a first-come, first-served basis.

$920	$595	$325

Sleeping Bags: For sleeping bag information, please see Scholarship Information below.

Own Accommodations: If you are staying off the property the following rates apply:

$715	$460	$255

Camping on the grounds, either in tents or campers, is prohibited. We do not have parking space to accommodate RVs.

We would like to remind you that scholarship assistance is available; refer to Scholarship Information as well as Reduced Rate Options and Discounts for other economical ways of staying at Esalen.

Room and Board

Occasionally, when beds aren't needed for seminarians, room and board is available. This gives visitors the opportunity to enjoy the grounds, the baths, and massage without participating in a workshop. Accommodations are standard (2 or 3 per room) or bunk bed (4 or more per room). Not all rooms have private baths. Room and board rates include dinner on the day of arrival and breakfast and lunch on the following day. We require full payment at the time of reservation. This payment is nonrefundable and nontransferable.

Note: Room and Board reservations must be made with a reservation specialist by phone, not by fax machine.

For a room and board stay between Sunday and Thursday, please call us no earlier than the Thursday before for room availability. For a Friday or Saturday night stay, please call no earlier than the Sunday before. The following rates are per person, per day.*

	Weekend (Friday and Saturday nights)	Weekday (Sunday through Thursday nights)
Standard Accommodations (2 or 3 per room):	$125	$105
Bunk Bed (4 or more per room):	$85	$80

**Off-season rates are in effect from October 1 through March 31, holidays excepted.*

Cancellation Policy

Cancellation and Refund Policy: If you cancel or change any part of your reservation at least five full days before the start of your workshop(s), your nonrefundable deposit, less a $30-per-workshop processing fee, will be transferred to a credit account to be used within one year. If you cancel with less than five days' notice, you forfeit your entire deposit. If you have prepaid your entire reservation fee, we will retain the deposit, as above, less the $30 processing fee, and return the balance to you. (*Please note:* Wilderness Programs has a different cancellation and refund policy.)

Scholarship Information

Standard and Bunk Bed Accommodations: Esalen is able to provide some scholarship assistance to workshop participants in exchange for a work commitment (usually in the kitchen). Approved scholarship recipients will receive their work schedules upon arrival at Esalen. The following assistance is available for standard and bunk bed accommodations only:

	Assistance	Work
Weekend	$ 50	4 hours
5-9 days	$100	8 hours
12-14 days	$200	16 hours
14+ days	$300	24 hours

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Sleeping Bag Accommodations: Sleeping bag accommodations are a form of scholarship assistance in which Esalen meeting rooms are used as shared sleeping bag space. Sleeping baggers have only limited access to these rooms, as they are frequently in use. The following rates apply:

7-Day Rate	5-Day Rate	Weekend Rate
$570	$375	$200

These rates entail the following work commitment:

10 hours	8 hours	4 hours

To reserve a sleeping bag space, a written application explaining the basis of your scholarship request is required. *Sleeping bag space cannot be reserved by phone.* The application must be received at least 2 weeks prior to your workshop. Please write "Scholarship" and the dates of the workshop on the *outside* of the envelope. Sleeping bag spaces are assigned according to financial need.

If additional scholarship assistance is required, please send a letter of explanation to: Scholarships at Esalen. Due to the number of requests we receive, we can only provide one scholarship per person per year.

Reduced Rate Options and Discounts

If you pay in full at the time you make your reservation, you will receive a $10 prepayment discount per workshop and be eligible for express check-in upon arrival. This discount does not apply to scholarship recipients or sleeping bag accommodations.

Senior Citizen Discount: Esalen offers a special discount to individuals over 60 years of age. The discount for a weekend workshop is $25; for a five-day or longer workshop, it's $50. Please request this discount at the time of registration. When you complete the reservation form on page 72, please indicate the discounts for which you qualify. If you qualify, and you make your reservation by phone, be sure to ask for this discount. (Please note: Senior discounts are not available for the Work Study Program.)

Accommodations for Families: Two full-paying adults housed in standard accommodations may have their children in the room for a meal charge of $19 per child per day ($9 for children under six). **Note:** If children are enrolled in Gazebo School Park or an Esalen workshop, additional fees are required. Contact the Gazebo, 408-667-3026, for information regarding their fees.

Workshops for Families: Participating families will pay full workshop rates for the first two participants (adult or child). Each additional participant will pay the following rate:

2-day workshop	*3-day*	*4-day*	*5-day*
$115	$165	$210	$245

Additional sleeping mats and bedding will be provided for each room.

The Gazebo School Park Early Childhood Program

The Gazebo School Park is a unique educational experience for children one to six years. It is open year-round and has an average of 15 to 20 children in attendance each day.

The Early Childhood Program is available to seminarians who would like child care at Esalen. Child care is provided during workshop hours only. Daytime activities for the children include gardening, pony rides, learning about animal care, exploring nature, a real boat, the magic castle, and an Indian tepee. Evenings are spent with a teacher in the Gazebo Farmhouse, engaged in activities that are age appropriate, such as reading, learning and playing with the computer, baking, arts and crafts, or building-block play.

Reservations should be made at least a month in advance. Call the Gazebo Farmhouse, 408-667-3026, for more information and reservations.

Weekend: $200   Week: $400

Internship Program: This is a three-month program for those who wish to have intense exposure to life at the Gazebo School Park and its unique educational resources. The Internship Program offers experience with children, the Gazebo environment, and its teaching philosophy. Applicants must have completed at least three work scholar months at Esalen before being considered for this program.

Call the Gazebo Farmhouse, 408-667-3026, for more information or reservations.

First month	$400
Second month	$350
Third month	$300

Seminarians as Volunteers

Seminarians in residence at Esalen are invited to contribute one or two hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out.

Transportation to Esalen

Van Service: On Fridays and Sundays we have van service from the Monterey Greyhound stop leaving at approximately 3:45 p.m. and from the Monterey Airport at approximately 4 p.m. If you plan to use this service, please inform the Esalen office at least 24 hours prior to your arrival. The $30 one-way fee (subject to change) is payable to the Esalen office when you check in. Return reservations may be made at that time. The only departing van service from Esalen is on Fridays and Sundays at approximately 5:30 p.m.

Checking In

Check-in and Meals: Rooms become available at 4 p.m.; however, guests are welcome to arrive anytime after 2 p.m. Weekend programs begin with dinner on Friday and end with brunch on Sunday. Five-day and longer programs begin with dinner on Friday or Sunday and end with lunch on Friday or Sunday. Check-out time is noon on departure day.

F. Y. I.

Health Services: There are no medical services or pharmaceutical supplies available at Esalen. If you will require medical attention or supplies during your stay, please come prepared to administer to your own needs. Esalen is 45 miles from the nearest medical facility or pharmacy.

For Your Safety: Please bring a flashlight for use at night while walking on the grounds.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Lost and Found: To inquire about items left behind from your Esalen visit, call 408-667-3019.

Guests: Seminarians are not allowed guests on the property during their stay.

Pets: No pets are allowed on the property.
Smoking: Smoking is not permitted in any of our accommodations or meeting rooms.

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The Heart Aroused

POETRY AND THE PRESERVATION OF THE SOUL IN CORPORATE AMERICA

David Whyte

Editor's Note: *In* The Heart Aroused, *poet David Whyte maintains that the best way to respond to the current call for creativity in organizational life is to overcome our habitual fear and reticence and bring our full passionate, creative human souls right inside the office with us. In telling the story of Beowulf, he shows us how to face the unconscious nightmares that intrude into even the most organized workplace, nightmares we face in the demands, conversations, and relationships that make up our work life. What follows is an excerpt from the Beowulf chapter.*

NO MAN OR WOMAN, standing at the edge of their own inner pool of darkness, is exempt from the wish to pass by this stage, to find a safe, dry land bridge and walk across. We intuit in those waters the potentialities and dreams of a lifetime, but,finding them hidden by the strangely irrational depth of our fear, we are not sure they are worth the grief.

The early English teller of *Beowulf* asked his listeners to drop beneath the surface of their daily existence, where the rational mind continually prays for dry feet. Since that time the physical details of life may have changed. The elemental motifs have not. We could describe Beowulf himself as a sixth-century consultant. He was a prince and warrior who did not make his home in any one kingdom, but went offering his services to foreign kings for the same mixture of personal honor, self-education, prestige, and personal gain that motivates his modern consultative counterpart.

Hearing that Hrothgar, King of Denmark, was suffering the predations of Grendel, a diabolical swamp creature, Beowulf presented himself in Hrothgar's hall as the answer to his problems. Apparently, at night, after the feasting and gift-giving was done, a large green creature smeared with mud would emerge from the lake, enter the hall, fight off Hrothgar's best warriors, tear men and women limb from limb, and drag their remains back to the swamp. This image may seem outlandish to the modern mind, but it is a frighteningly accurate description of what happens to men or women who refuse to confront their more powerful creative urges. It is all very well in the broad light of day at work, or during the feasting and celebrations, when bonuses and employee-of-the-month wall plaques are being handed to the worthy; but at three in the morning, when we are alone, our defenses are down, and we cannot sleep, the huge green hand rises from below and drags us into something hitherto ignored, deeper and more urgent.

Beowulf is welcomed by Hrothgar, and that night lies in wait for Grendel with his men inside Herot, Hrothgar's great hall. Sure enough, in the ensuing fight, Beowulf mortally wounds Grendel who then staggers back to die in the mere.

The problem, it seems, has been solved in one swift movement. But that night, as Beowulf sleeps with his men in a different hall, something *else* comes from the swamp of Herot, fights off the best warriors, and retreats with its human victim. Grendel's *mother*. The message in this portion of the poem is unsparing. It is not the things you fear that you must deal with, it is the *mother* of the things you fear. The very thing that has given birth to the nightmare.

The man who had been taken by Grendel's mother was the closest friend and confidant of Hrothgar. The king is grief-stricken. Visibly moved, Beowulf decides he must go down into the lake where Grendel's mother lives to confront her directly.

Clad in his web of rings, Beowulf leaps into the water and sinks to the very bottom of the lake, where Grendel's mother waits for him. Beowulf finds that the great sword Grunting, given to him by the Danes to help him in his pitch-black travail, is useless against this she-monster, as is another gift from above, the Danish king's helmet. He is forced to throw them away and wrestle barehanded with Grendel's mother. Locked together in a death-like embrace, they tumble into her den, where Beowulf sees, glowing on the wall, an unknown but marvelous sword. He breaks the chain on its hilt, and with a sudden blow, kills Grendel's mother with the glowing blade.

* * *

The internal willingness to wrestle with our inner demons does not necessarily mean that anyone else in the office is brought into the drama. The real achievement is found when we acknowledge that these unresolved forces, our demons, affect our lives and those who work with us tremendously, simply because everything we do is determined by the fears and hopes we bring to a situation. Recognizing the presence of these forces in our own outlook, we can stop them from playing out unconsciously with our colleagues in the workplace. Nevertheless, a form of healing seems to take place when we find a truly sympathetic ear for our more difficult struggles.

* * *

A close friend of mine, a senior manager for a large London publishing company and the epitome of steadiness and understatement, suddenly, around thirty-five, found himself plunged into a complete abyss over the path his life had taken. He looked around one day and wondered how he could carefully construct, over so many years, a daily life he could barely endure.

In a catastrophically short time he came to the edge of a nervous breakdown. The state of his soul became imperative to him, but his very professionalism at work prevented him from giving himself the time to wrestle with the long-buried compulsions and neglected longings that to his distress were now rising to the surface of his consciousness. In an act of courage, he asked for an open-ended leave from the company to deal with his emotional life. In an equal act of courage, the company gave it to him. He was told to take the time he needed.

The next few months of the fall were spent with family and friends, taking a hard look at the way his life was constellated. Everything was up for appraisal, including the place of his work. Toward the end of his two-month sabbatical from work, I made a sudden decision to fly to Britain and join him. We took off for the West borderlands, exploring the mist-wreathed hills of that frosty December, fetching up in small pubs and inns, continually picking up the conversation around old threads of his life and possible new directions.

We reached the bottom of Grendel's lake in the small Shropshire town of Church Stretton, sheltering from the freezing damp in a small café. After three days of being the eternally supportive friend, I took a deep breath and said something about him I knew he wouldn't like. Almost immediately our conversation turned adversarial. I briefly remember making some wild statement, almost like an accusation, an appraisal of one portion of his life about which only a close friend could have the arrogance or foolishness to make. Fixing him with my best steely glare, I told him something about the way he was, and that he shouldn't *be* the way he was, that I was disappointed in him, and that he had better change or he would never surface again.

* * *

Looking back it wasn't even important whether I was right or not, only that I felt his will re-engage half in outrage and half in recognition of what I had said. He first went white and silent, slowly warmed into a violent pink, and in best English fashion strode off to make a phone call to his wife. "Well done, David," I said to myself, "with friends like me, who needs enemies?" But when he returned and sat down again, I felt in a strange way that he had met, recognized, and now accepted something of himself he had only half known previously as monstrous. Like Grendel, it had until now been a raider on his sanity, an interloper and violator of the grand hall of his upper conscious mind.

Looking back, that afternoon became the pivot around which the compass needle of my friend's future life began to move. The crisis was not simply about his work life, nor was it his home life alone. When the soul begins to turn over and prepare its internal ground for the new season, it refuses to make those distinctions so easily.

* * *

The point is that we eventually come to the realization that it is injurious to the soul to remove portions of our life from exploration, as if, at work, certain parts of experience suddenly lie out of bounds. We simply spend too much time and have too much psychic and emotional energy invested in the workplace for us to declare it a spiritual desert bereft of life-giving water.

Whatever strategy we employ, or whoever we choose to speak with, we are eventually compelled to bring our work life into the realm of spiritual examination. Life does not seem to be impressed by our arguments that we can ignore our deeper desires simply because we happen to be earning a living at the time.

If the first steps along the creative path almost always involve awaking in Dante's dark wood, or descending down to meet Grendel's mother, then a narrow image of what it means to be professional can continually prohibit us from taking *any* first step as we vainly attempt to exclude human darkness and inner struggle from work life. What would it be like to take a professional approach to the longings of our soul for fulfillment in the world?

Whatever seemingly small possibilities we have for including our struggles in our work life, there seems little choice but to look for them. Whether we work with supportive or unsupportive colleagues, we will always be hunted by what we have most denied in ourselves. Waking or sleeping, it takes many different forms, but most often the shape of a devouring creature trying to include us, literally, in the greater body of its experience.

Ironically, our place of refuge is the lake where the greater devouring animal of our disowned desire lies in the shape of Beowulf's mother. The refusal to go down into the lake is the refusal to be eaten by life. The delusion is that there might be a possibility of immunity from the natural failures that accompany the soul's explorations in the world. But the story says you are going to be swallowed by something greater one way or another. The question is whether you will give yourself to that greater life consciously.

The German poet Rilke said:

> *Winning does not tempt that man.*
> *This is how he grows: by being defeated, decisively*
> *by constantly greater things.*

The only real question is not one of winning or losing, but of experiencing life with an ever-increasing depth. The storyteller says, why not go down, at home or at work, into the lake, consciously, like Beowulf. Don't die on the shore. The stakes are very high; the stakes are your life. ✱

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The Heart Aroused *can be ordered through the Esalen Bookstore at 408-667-3049.*

ESALEN NOTES

Esalen Profile:

Nancy Kaye Lunney, Director of Programming

JOYCE LYKE

To the 10,000 or so seminarians who journey to Esalen each year, Nancy Kaye Lunney *is* Esalen. For the past 15 years she has been Esalen's director of programming, responsible for selecting the workshops and leaders that comprise the lion's share of Esalen's work.

Originally trained as a musician, Nancy first came to Esalen in 1972 for a workshop in gestalt practice with Dick Price, an event she describes as "life-changing." She went on to study gestalt, receive her MFCC, and return to Esalen to work with people using an innovative synthesis of music and gestalt she developed called "Singing Gestalt." (If you would like to experience Nancy's workshop, "Singing Gestalt" can be found in the Seminars section of this catalog). Before becoming director of programming, she worked as editor of the Esalen Catalog and was producer of the first Esalen Revue, which is now a yearly theatrical event offering some of the best talent south of the Monterey peninsula.

Nancy believes in the transformational power of the arts, a belief reflected in Esalen's extensive workshop offerings in music, dance, theater, and the visual arts. As director of programming she strives for balance, innovation, depth, and diversity, seeking teachers who practice what they teach. "Esalen is constantly evolving," says Nancy. Her efforts continue to support its creative future.

The Esalen Catalog via Internet

We are pleased to announce that the Esalen Catalog is available on-line. In addition to updated workshop availability and information on ways of being at Esalen, the new World Wide Web site also includes announcements of upcoming special events as well as history and feature stories from Esalen. To access the site, set your web browser to:

http://www.esalen.org

For more information or comments on the Esalen site, send e-mail to:

ghs@esalen.org

Scheduling Private Conferences at Esalen

It is possible to arrange for your group or organization to hold its conferences at Esalen. We can accommodate large groups (up to 100) on a space-available basis.

Smaller groups may schedule private conferences in our renovated Big House. This facility is available for individuals who work together and would like to design their own Esalen program, drawing on our leaders and other resources. Ten bedrooms, nine bathrooms, a kitchen, dining room, and meeting room make it possible to house group members together, thereby enhancing the retreat environment.

We schedule all conferences a year in advance. To schedule or discuss possible formats, please contact conference coordinator Kasia Zajac at 408-667-3038.

THE FRIENDS OF ESALEN

Membership in Friends of Esalen supports the scholarship fund to allow financial aid for those who wish to attend our workshops but cannot otherwise afford them. A membership gift also provides additional funding for our pioneering work in health, education, the environment, and the humanities. With annual membership, Friends of Esalen receive the Esalen Catalog as well as a special newsletter.

Members at the Supporting level or above receive an autographed copy of Michael Murphy's book *The Future of the Body*. At the Sustaining Member level, gifts are also acknowledged in the newsletter, unless the donor wishes to remain anonymous. Benefactors receive all of the aforementioned along with an individual gift from Esalen.

Group 2000 is composed of individuals committed to assisting Esalen in building the long-term financial capability to fulfill its mission into the year 2000 and beyond. The Group 2000 meets together and with staff members at Esalen every year. Members of the Founders Circle are invited to meet individually with our CEO.

We deeply appreciate the generosity and interest of the Friends of Esalen. You are invited to join us in extending the experience of Esalen into the lives of more people. For more information, or if you would like us to call you to discuss your gift, please contact us at 408-667-3032 or via e-mail at *friends@esalen.org*

☐ Basic member $35
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☐ Sustaining member $500-950
☐ Benefactor $1000
☐ Group 2000 .... $2000
☐ Founders Circle $5000

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Please complete this form or the inside flap of the envelope insert included in the catalog and return with your gift. Check the box on the outside of the envelope marked "Friends of Esalen." Thank you for your support.

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GUIDE TO WORKSHOPS

THIS IS A GUIDE to the workshops offered in this catalog. Although many of them could be cross-referenced—and some resist easy categorization—most are listed only in their main subject area. We recommend that you read the workshop description before deciding to register. If you have never been to Esalen or taken an Esalen workshop, you might want to consider the "Experiencing Esalen" workshop scheduled throughout the catalog and listed in the Integral Practices section of this directory. Please call the Esalen office if you have questions concerning a workshop.

THE ARTS / CREATIVITY

September 1-6 • The Writer's Way: Freeing the Authentic Voice
September 6-8 • The Art of the Actor for Everyday Life
September 8-13 • The Soul's Theatre: The Practice of Improvisation
September 13-15 • Poetry Workshop: Writing New Poems
September 13-15 • Vision Painting
September 15-20 • The Naked Soul: A Ritual Theatre Lab
September 20-22 • The 21 Praises of Tara: A Sacred Dance Practice
September 27-29 • Singing Gestalt
October 4-6 • TA KE TI NA: The Forgotten Power of Rhythm
October 13-18 • Esalen Arts Festival
October 20-25 • Writing the Natural Way
October 25-27 • Imagination, Presence, and Joy: A Performing Arts Workshop
October 27-November 1• Vocal Awareness: Empowerment Through Voice
November 1-3 • The Naked Voice
November 1-3 • Horror and Spiritual Transformation: A Study in Film and Life
November 3-8 • Comedy, Joy: The Practice of Connectivity
November 3-8 • Carving Wood: Expressing the Invisible
November 10-15 • Creative Arts Center at Esalen
November 24-29 • Expressive Painting
December 1-6 • Big Sur Ceramic Alchemy
December 6-8 • A Workshop for Poets
December 8-13 • The MAX: Stretching the Limits of Your Self-Expression
December 8-13 • Icons: Faces of Darkness and Illumination
December 20-22 • Big Sur Bead Making
December 20-22 • The Psychology of Storytelling
December 22-27 • Improvisational Being
December 22-27 • Painting the Soulscape
December 29-January 3 • Feeling and Creativity: Reinvigorating (Ad)ventures in Life
January 3-5 • Music for Everyone: Finding Your Long-Lost Musician
January 3-5 • Fire in the Earth: Poetry, Silence, and the Heart's Desire
January 5-10 • Vision Painting
January 5-10 • Tao Mentoring in Music and Tai Ji Dance
January 12-17 • Creative Arts Center at Esalen
January 12-17 • Body Poetry East and West
January 26-31 • Hypnosis and Creativity
January 31-February 2 • Writing Children's Books
February 2-7 • The Painting Experience
February 2-7 • Proprioceptive Writing: Demystifying the Creative Process
February 7-14 • The Painting Experience
February 7-9 • Singing Gestalt
February 16-21 • Writing Through Loss

BIOFEEDBACK / HYPNOSIS / INTUITIVE DEVELOPMENT

September 8-13 • Intuition and the Dance of Attention
September 20-22 • The Awakened Mind: Brainwave Training
November 10-15 • Facilitating Deep Process Using the Penniston Protocol Alpha/Theta Brainwave Training Technique
November 24-29 • The High-Performance Mind: Awakened Mind Brainwave Training
January 26-31 • Hypnosis and Creativity

BUSINESS / WORKPLACE / SOCIAL RESPONSIBILITY

September 1-6 • Managing with Heart
September 13-15 • Essential Peacemaking: Women and Men
September 20-22 • The Art of Leadership
October 4-6 • Dialogue
October 20-25 • Facing Each Other, Facing Ourselves
January 24-26 • When Success is Not Enough

CHILDREN / FAMILIES / HOME & HEARTH

December 8-13 • Cooking as Spiritual Practice: Finding Your Way in the Kitchen
December 27-29 • Baking Bread at the Big House
February 21-23 • The Path of Parenting: A Spiritual Approach
February 21-23 • The Secrets of Good Bread

CONTEMPLATIVE / SPIRITUAL & RELIGIOUS STUDIES

September 1-6 • Dzogchen—Awakening the Buddha Within
September 6-8 • Light Upon Light: Rumi Today
September 8-13 • Spiritual Journeys, Sacred Lives
September 13-15 • The Meditation Hall and Everyday Life
October 6-11 • A Course in Miracles
October 11-13 • A Weekend with Marianne Williamson
November 1-3 • The Enneagram of the Passions: An Oral Tradition Class
November 3-8 • Working with the Enneagram Types: The Heart Center
November 8-10 • Buddhism, Therapy, and the Therapist
November 22-24 • Finding the Sacred in Our Everyday World
December 8-13 • Icons: Faces of Darkness and Illusion
December 13-15 • Toward Waking Up: Cultivating Mindfulness
December 29-January 3 • Inner Marriage: The Union of Absolute and Relative
January 10-12 • Prayer of the Heart
January 24-26 • The Flame: An Introduction to the Diamond Approach

January 31–February 2 • Introduction to Mindfulness Meditation
February 2-7 • Inquiry: The Path and Practice of the Diamond Approach
February 9-14 • Dzogchen–Awakening the Buddha Within

DREAMS

September 29-October 4 • Conscious Dreaming: The Path of the Shaman in Everyday Life
November 24-29 • Entering the Dreamtime: Walking Between Two Worlds
December 13-15 • Exploring the World of Lucid Dreaming

HEALTH / HEALING

September 1-6 • Spiritual Healing: Laying-on-of-Hands
September 22-27 • Healing Without Medicines: Qigong and the Medical Knowledge of Yin-Style Bagua
October 27-November 1 • Starting to Heal Yourself
December 20-22 • Stress Reduction: An East/West Approach
December 22-27 • Spiritual Healing: Laying-on-of-Hands
December 29-January 3 • SIKE: Healing and Health through Ki Energy
January 3-5 • Taking Better Care of Yourself: An Eclectic Physician's Guide to a Healthy New Year
January 12-17 • Chakra Integration: A Complete Approach to Health and Healing
January 26-31 • Qigong and Psychoneuroimmunology: An East/West Healing System
January 31-February 2 • Secrets Kept From the Mind But Not From the Body

INTEGRAL PRACTICES

September 1-6 • Life Energy Process®
September 20-22 • Experiencing Esalen
September 22-27 • Turning on the Light: A Choice to Live Consciously
September 27-29 • The Tao of Practice
October 25-27 • Experiencing Esalen
November 8-10 • The Vision and Practice of Human Transformation
November 17-22 • Thanksgiving into Healing
November 22-24 • Experiencing Esalen
December 6-8 • The Elements of Transformation
December 8-13 • Purpose and Passion: Returning to Your Soul's Memory of Wholeness
December 20-22 • The Healing Power of Humor, Compassion, and Gentle Touch
December 22-27 • Healing the Emotional/Spiritual Body: The Rubenfeld Synergy® Method
December 27-29 • Experiencing Esalen
January 5-10 • The Wildness Within
January 17-19 • Experiencing Esalen
January 19-24 • Life Energy Process®
February 7-9 • Experiencing Esalen
February 21-23 • The Life We Are Given

MARTIAL ARTS / YOGA / SPORT

September 6-8 • Sabetti Sphurana Yoga: The Yoga of Inner Vibration
October 6-11 • Golf in the Kingdom
October 20-25 • Celestial Bodies: Archetypal Astrology and Transformative Yoga

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January 5-10 • Tao Mentoring in Music and Tai Ji Dance

January 10-12 • The Tao of Saging

January 12-17 • Body Poetry East and West

January 19-24 • Yoga and Healing

January 24-26 • ISHTA: The Yoga of Empowerment

MYTH / RITUAL / SHAMANISM / ANTHROPOLOGY

September 20-22 • Beyond Gender Language: The Union of The Sun and The Moon

September 22-27 • Evocation of the Deceased in a Latter-Day Psychomanteum

September 29-October 4 • Conscious Dreaming: The Path of the Shaman in Everyday Life

November 15-17 • All Our Relations: Shamanism and Ecopsychology

November 24-29 • Entering the Dreamtime: Walking Between Two Worlds

December 1-6 • Soul Dramas: Past-Life Regression and Spiritual Healing for (Helping) Professionals

December 29-January 3 • Clearing Our Vision for the New Year

January 26-31 • The Medicine Wheel Way

February 7-9 • The Way of the Shaman: The Shamanic Journey, Power, and Healing

February 9-21 • Advanced Training in Shamanism and Shamanic Healing

February 16-21 • Waking to the Power of a New Myth

February 23-28 • Cross-Cultural Shamanic Practices

PHILOSOPHICAL INQUIRY / INTELLECTUAL PLAY

October 20-25 • Celestial Bodies: Archetypal Astrology and Transformative Yoga

November 1-3 • The Second Coming of Science

November 29-December 1 • The Patterns of Life

December 13-15 • Quantum Realities: Eight Plus One

January 5-10 • The Next Question: What Happens to Us After We Die?

PROFESSIONAL GROWTH / TRAINING

October 25-27 • Pandora's Gifts: On Secrets, Health, and Healing

November 8-10 • Buddhism, Therapy, and the Therapist

November 10-15 • Facilitating Deep Process Using the Penniston Protocol Alpha/Theta Brainwave Training Technique

November 17-22 • Hakomi and Internal Family Systems: A New Synthesis

November 22-24 • The Intersubjective Approach to Psychotherapy

December 13-15 • Powerfully Presenting Yourself

January 17-19 • Intimate Connections

January 31-February 2 • Secrets Kept From the Mind But Not From the Body

PSYCHOLOGICAL / TRANSPERSONAL PROCESS

September 6-8 • Time Shifting: Creating Time for Your Life

September 8-13 • The Practical Art of Creative Risk-Taking

September 15-20 • Gestalt Practice

September 20-22 • Beyond Gender Language: The Union of The Sun and The Moon

September 22-27 • Letting Go—Moving On

October 4-6 • Self-Empowerment and Purification: The Farther Reaches of Gestalt

October 6-11 • Treasure Maps to the Soul

October 18-20 • Emotional Resilience

October 20-25 • Opening to Ourselves and Others

October 25-27 • Forgiveness: The Key to Intimacy

October 25-27 • Pandora's Gifts: On Secrets, Health, and Healing

October 27-November 1 • Playing the Edge

November 3-8 • I—You—Us: Pleasure, Intimacy, and the Search for Connectedness

November 10-15 • Courage

November 17-22 • Hakomi and Internal Family Systems: A New Synthesis

November 17-22 • How to Want What You Have

November 24-December 1 • Healing from Trauma

November 29-December 1 • The Sources of Growth

December 1-6 • Change, Challenges, and Self-Esteem

December 8-13 • Healing Our Hearts

December 13-15 • Introduction to Gestalt Practice

December 20-22 • A New Beginning: Courage and Heart

December 22-27 • Selves Transformation: The Voice Dialogue Process

December 27-29 • 'Tis a Gift to Be Simple

December 27-29 • *Beauty and the Beast*: The Secrets of Love and Death

December 29-January 3 • The Practical Art of Creative Risk-Taking

December 29-January 3 • Feeling and Creativity: Reinvigorating (Ad)ventures in Life

January 3-5 • Reinventing Love

January 10-12 • The Body: Doorway to Self-Discover—The Gestalt Practice Approach

January 10-12 • Emotional Literacy

January 12-17 • Gestalt Practice

January 12-17 • Completions and Transitions

January 17-19 • The Practice of Love

January 19-24 • Journey From Betrayal To Trust: A Universal Rite of Passage

January 19-24 • Creating Exact Moments of Healing

January 26-31 • Playing the Edge

January 31-February 2 • Winning the Battle Between Faith and Hopelessness

February 2-7 • The Power of Growth

February 23-28 • El Lenguaje de la Libertad (The Language of Freedom)

RELATIONSHIP / COMMUNICATION

September 13-15 • Essential Peacemaking: Women and Men

October 6-11 • Tantra: The Art of Conscious Loving
November 3-8 • I—You—Us: Pleasure, Intimacy, and the Search for Connectedness
November 15-17 • Mindfulness and the Pursuit of Intimacy
November 17-22 • Relationship: The Courage to Begin
November 22-24 • In Tenderness and in Fire: A Couples Workshop
December 6-8 • Conscious Loving: A Body-Centered Approach to Relationship Transformation
December 13-15 • Powerfully Presenting Yourself
January 17-19 • Intimate Connections
January 24-26 • Interdependence and Intimacy: A Workshop for Couples
February 14-16 • Communication and Partnership
February 23-28 • Dialogue: A Way of Life, A Path to Wholeness

SOMATICS

September 8-13 • The Upledger Institute's SomatoEmotional Release I
September 13-15 • Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach
September 29-October 4 • The Heart of Sports Massage
October 20-25 • Continuum
October 25-27 • Reflexology—Foot Compression Massage
October 27-November 3 • Cortical Reeducation® and the Feldenkrais Method®
October 27-November 1 • Five-Day Massage Intensive
November 8-December 6 • 28-Day Massage Practitioner Certification Program
November 10-15 • Rolfing®, Yoga, and Your Body
November 15-17 • Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach
November 15-17 • Sensory Awareness
December 1-6 • The Incredible Lightness of Being: A Transformational Movement Workshop
December 6-8 • Weekend Massage Intensive
December 27-29 • Weekend Massage Intensive
January 5-10 • Five-Day Massage Intensive
January 17-19 • Hanna Somatics: Mastery of Muscles and Emotions
January 19-24 • Fit to Lead: Shape-Shifting into the 21st Century
January 26-31 • Art of Trigger Point Massage
January 31-February 2 • Reinhabiting Your Body: An Experience in Authentic Movement
February 2-7 • The Upledger Institute's CranioSacral I
February 14-16 • Couples Massage Weekend
February 16-21 • Five-Day Massage Intensive
February 23-28 • You Don't Have to Be Good

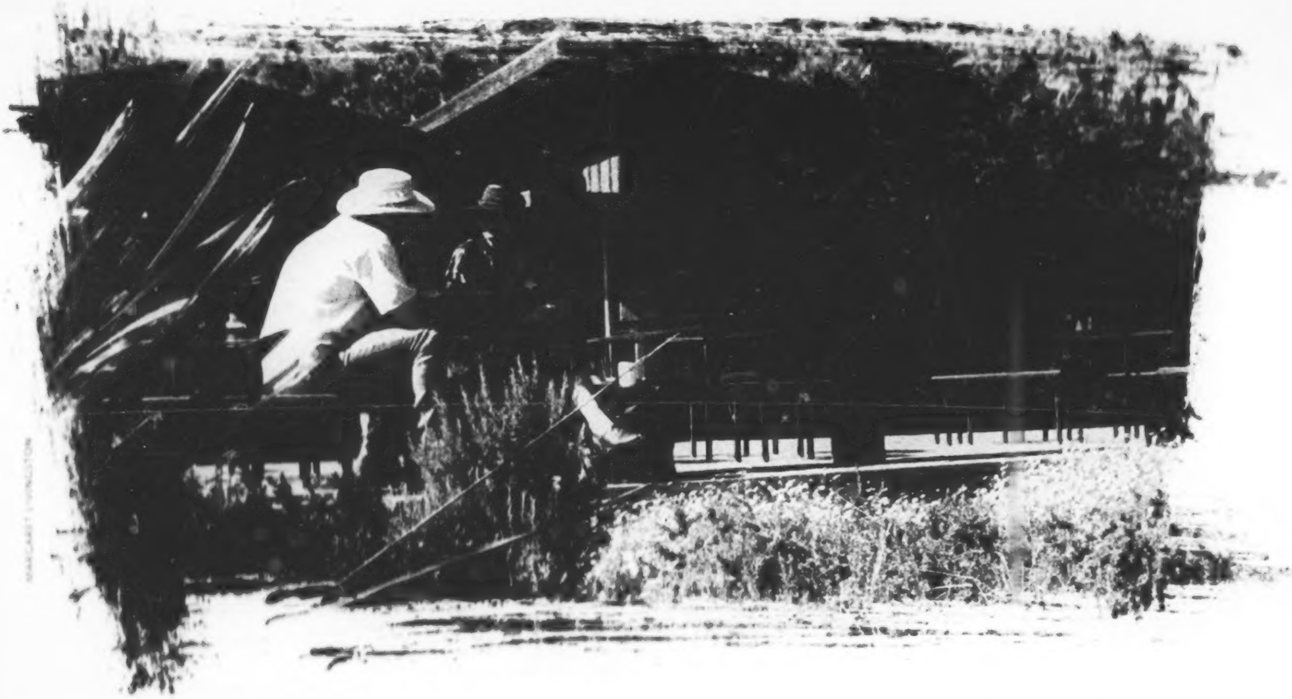
WILDERNESS / ECOPSYCHOLOGY

September 6-8 • Big Sur Wilderness Experience
October 20-25 • Apprenticeship to the Earth: A Return to Sacred Ground
November 15-17 • All Our Relations: Shamanism and Ecopsychology
January 5-10 • The Wildness Within

WOMEN'S / MEN'S STUDIES

October 4-6 • Joy, Inspiration, and Hope: A Retreat for Gay Men
January 24-26 • Why Men Are the Way They Are

ESALEN SEMINARS



MARGARET LIVINGSTON

Price Changes: *Please note that beginning November 1996 there will be a rate increase. This is the first increase in over three years. Prices on page 4 reflect the increased rates and do not apply for the months of September and October.*

As a non-profit, we remain committed to using our resources efficiently and keeping our expenses at a minimum. Our objective is to keep Esalen as financially accessible as possible. We appreciate your support.

Week of September 1–6

Dzogchen—Awakening the Buddha Within: A Silent Meditation and Self-Inquiry Retreat

Lama Surya Das

Buddhism teaches awareness techniques for awakening to inner freedom. Dzogchen introduces the inherent freedom, purity, and perfection of innate Buddha-Mind. Dzogchen—Tibetan for "the Natural Great Perfection"—is considered the summit of all Buddhist teachings: swift, easy, joyful, and direct.

This retreat will introduce the quintessential Vajrayana path, practiced according to the nonsectarian way of the Practice Lineage of Tibetan Buddhism, relying on authentic Tibetan texts, meditation manuals, oral tradition, and personal experience. Much of the day will be devoted to sitting practice, interspersed with both guided and walking meditations, chanting, self-inquiry, question-and-answer periods, and breath/energy relaxation exercises. Constant themes of this nondual awareness practice will include appreciating the true joy of meditation, the incredible lightness of being, and opening to effortlessness.

This retreat, conducted in silence, offers a unique opportunity for experienced meditation practitioners as well as beginners to better know themselves through the timeless wisdom of this ancient Tibetan teaching. $740

Spiritual Healing: Laying-on-of-Hands

Maria Lucia Sauer Holloman

This workshop will present practical methods for using the hands as instruments of physical and spiritual healing. This practice incorporates both hands-on and energetic work, using the power of natural forces for healing. The emphasis will be on using intentionality and personal clarity as the fundamental tools of any healing art. "Intentionality moves energy," says Maria Lucia, "and it is through this focus that you can learn to take responsibility for your own thoughts and actions."

Born into a family of healers with a generations-old tradition, Maria Lucia studied with healers in her native Brazil, where spiritism—receiving healing knowledge from the spirit world—is a practice familiar to much of the population. Having also lived and studied at Esalen for nine years, she applies both Brazilian and North American approaches to healing.

Participants will be shown how to practice and refine this approach, as well as experience the personal benefits that come from receiving this work. The workshop is designed for bodyworkers, therapists, health professionals, and anyone interested in working with energy and people's bodies.

C.E. credit is available for nurses; see page 60.
$740

The Writer's Way: Freeing the Authentic Voice

Nancy Bacal

Imagine five days of writing where you substitute kindness for self-criticism, liberate the writer's voice, and put it to use! Writing personal story is an invitation to claim everything you know and are as material. The task is simple. You place a breath of air between

BEST COPY AVAILABLE

yourself and the event/the feelings/the madness/the grace, wide enough for a trail of ink to transform it into story. As the details emerge, they can release you from self-judgment, bringing vitality back to your writing, into your life. When you claim your experience for the page you cease to be a victim of circumstance; in that moment, you substitute curiosity for expectation and are free.

Whether you are a nonwriter, occasional writer, or professional, the goal is the same: to challenge old habits and attitudes, to coax the mind out of its cycle of expectation and disappointment into a useful relationship with your work. The schedule will include laughter, tears, moments of resistance, and awesome discovery. With the assistance of movement and meditation, you'll write, in and out of the group, and read and discuss pertinent material.

Recommended reading: Needleman, *Work of Craft*; Chodron, *The Wisdom of No Escape*.
$740

Life Energy Process®

Stephano Sabetti

The Life Energy Process (LEP) is a spiritually-oriented approach to self-development and professional growth based on Eastern and Western energy dynamics. Specially designed subtle and intensive movements (microments) can increase energy flow and lead to the discharge of nonessential processes in the body (repressed emotions, chemical toxins, etc.). Each of us has an energy frequency that can be felt when attuned through LEP. This unique vibration helps to center and ground, as well as to find clearer direction and meaning in daily life. Each participant will have a chance to feel her/his unique energy process and explore it through process inquiry.

Life Energy Process includes: dance, theater, massage, pool work, and various other forms. The workshop is of particular interest to professionals and laypersons who are excited by the integration of theory, pleasure, and hands-on application of energy concepts. $740

Managing With Heart: Changing the Leadership Paradigm

Maggie Seeley & Paul Temple

"Managing With Heart" is about bringing the wisdom of the heart into the business world. It is about rediscovering your passion. It is a time to re-vision your life and your work.

Our inherited business paradigm is hard, heartless, competitive. Its sole objective is to make money and/or sustain bureaucracy. To be successful, one must fight to survive, protect one's turf, and hide one's feelings.

The essence of the new leadership is building an intentional culture of mutual trust where people can bring forth their creativity and sensitivity. Tapping into one's essential self, integrating the heart, the head, and the body, can stimulate a new level of personal excitement and organizational motivation.

This seminar emphasizes personal change while providing in-depth training in organizational dynamics and paradigm shifting. It offers coaching, experiential learning, and concrete material in such areas as: leadership practices, outdoor teamwork, organizational culture, acknowledgment of ancestors, and conflict, change, and wounding. Movement, music, meditation, massage, art, time in nature, and intuitive practices will be interwoven throughout. Participants will spend a day writing a Personal Vision Statement, with specific steps to bring the learning back to work and home. "Managing With Heart" can be transformational, inspiring, and joyous.

C.E. credit is available for nurses; see page 60.
$740

Weekend of September 6–8

Big Sur Wilderness Experience

Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. Using this natural reserve as the primary teacher, participants will walk into the Los Padres National Forest. Drawing on various traditions, this wilderness experience will help participants develop the quality of their awareness and open to the natural world.

Weeklong workshops will venture out on five hikes (4-10 miles long). Weekend workshops will take two hikes (3-6 miles long). Using Esalen as a base camp, the group will explore the different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each hike will begin after breakfast and conclude in time to enjoy the hot springs and dinner each evening at Esalen. Basic outdoor skills such as map reading and minimum impact concepts will be practiced. Participants will be taught enough skills to begin exploring the wilderness on their own after these outings. More information will be sent upon registration. $380

Light Upon Light: Rumi Today

Andrew Harvey

In this workshop, the Divine Fire is lit by Rumi, one of the world's greatest poets and religious teachers of all times. Rumi's work is a treasure of great value to seekers of every tradition and to everyone able to appreciate the timeless truth and beauty of his message. In this workshop, we'll share insights into Rumi's teaching and poetry, and try to put his words in action. $380

Self-Transformation: The Art of the Actor for Everyday Life

Jane Marla Robbins

Transforming feelings of anxiety and insecurity into feelings of self-confidence and joy is a miracle that can happen in all areas of one's life—physical, emotional, spiritual. This transformation can help us fulfill our potential for the roles we have chosen to play—child, parent, artist, public speaker, shaman, sensualist, or spouse.

The workshop will explore and discuss a wealth of acting techniques, including: physical, mental, emotional, vocal, and spiritual preparations, relaxation, sense memory, the magic "as if," animal exercises, overcoming self-consciousness, speaking the truth, perfect props, and psychophysical action.

Participants can learn how to replace old fears and paranoid projections with self-generated pleasures and positive projections. Many "real-life" situations ordinarily fraught with worry can easily be transformed using the Actor's Imagination. The power and pleasure of being able to create a sense of well-being can be experienced by everyone, and, once discovered, it cannot be easily shaken.

No previous acting experience is necessary.
$380

Time Shifting: Creating Time for Your Life

Stephan Rechtschaffen

Time is a mysterious flow of which we are a natural part. Yet in our fast-paced, overscheduled lives, we have lost touch with living "in the flow of time." Caught up in the stress of running from work to home to recreation, no one seems to have the time to do the important things. Anxious about the future, regretful of the past, we miss the hidden fullness of each moment.

This workshop helps participants understand their own attitudes toward time and the effect those attitudes have on lifestyle, health, and longevity. Stephan Rechtschaffen, a medical doctor and cofounder of Omega Institute, will introduce practices to move perception away from societal time pressures into the unexplored territory and emotions of "freedom-within-time." Using meditation, visualization, and time evaluation and planning (not scheduling), participants can begin to experience their own natural rhythm in time and the simple power and pleasure of being "present" in each moment.

Participants will explore the effect of dysrhythmic, hurried schedules—on health, relationships, work, and creativity—and, using their expanded sense of time, explore what they really want and how to bring the freedom of "timelessness-within-time" into their everyday lives.

Recommended reading: Rechtschaffen, *Time Shifting: Creating More Time to Enjoy Your Life.*

C.E. credit is available for nurses; see page 60.

C.E. credit is available for psychologists; see page 61. $380

Sabetti Sphurana Yoga: The Yoga of Inner Vibration

Stephano Sabetti

Sphurana, according to spiritual teacher Ramana Maharshi, is the spiritual self that one feels especially in the heart chakra. When our spirit is oriented toward sphurana in a continual and effortless manner, we can experience, says Maharshi, a "taste of enlightenment."

Sabetti Sphurana Yoga was developed by Stephano Sabetti, in conjunction with the Life Energy Process, to support wholeness on many levels simultaneously. It integrates:

- Vibratory energy—experiencing bodily the vibrations of the spirit and opening the healing channel
- Asanas—physical postures which are not static forms but may be spontaneously created as energy movement changes
- Balance—finding balance in imbalance, discovering order in chaos, to more easily integrate the practice into daily life

Sphurana Yoga, unlike other yoga, works with emotions in order to experience them without becoming attached to them, to help them become more essential and direct. Sphurana Yoga also incorporates humor and pleasure to soften the muscles, minimize tension, support humanness, and allow energy to flow in its inherent rhythm.

This will be a weekend full of music, humor, and pleasure. $380

Week of September 8–13

Intuition and the Dance of Attention

Anne Armstrong & Randy Cherner

> *At the still point of the turning world.*
> *Neither flesh nor fleshless;*
> *Neither from nor towards; at the still*
> *point, there the dance is,*
> *But neither arrest nor movement. And*
> *do not call it fixity.*
> *Where past and future are gathered.*
> *Neither movement from nor towards,*
> *Neither ascent nor decline. Except for*
> *the point, the still point,*
> *There would be no dance, and there is*
> *only the dance.*
> — T.S. Eliot, *The Four Quartets*

Intuition is a gift that everyone possesses. It takes many forms. The foundation for intuitive practice is the process of shifting one's attention in very precise ways to lead to enhanced awareness. Anne Armstrong's intuitive opening came through the psychic intuitive process, Randy Cherner's through movement and touch.

The aim of this workshop is for participants to reclaim their intuitive powers in all areas of their lives—personal, professional, and spiritual. Group members will learn to develop their intuitive styles through meditations, sensing practices, refined touch, aikido, and Feldenkrais exercises. This workshop is unique in its attention to intuitive style in both its psychic and somatic dimensions.

C.E. credit is available for nurses; see page 60. $740

The Soul's Theatre: The Practice of Improvisation

Corey Fischer

Improvisation is the art of the present moment. Our modern Western culture has pretty much left improvisation to jazz musicians. We hardly remember the traditions of improvised poetry, storytelling, and theatre that have flourished at different times in many cultures.

"In this workshop," writes Corey Fischer, "we'll begin to reinvent those traditions. We'll improvise with movement, nonverbal sounds, language, and story. We will work with our own moment-to-moment experience, our memories, our secrets, dreams, and desires. We will discover how we can transform the demons of fear, self-criticism, and resistance into powerful allies to create moments of spontaneous, self-revelatory performance."

While no previous theatre background is required, please note that a high level of commitment is necessary to create the level of trust that is the basis of this work. This is not an "acting class" or a workshop in sketch comedy or theatre sports. This is an opportunity to learn that, as Eduardo Galeano writes, ". . . every single one of us has something to say to the others, something that deserves to be celebrated or forgiven by others."

Bring writing materials and wear loose, comfortable clothing. $740

Spiritual Journeys, Sacred Lives

Dorothy Hunt

The seeds of spiritual realization are always present in the human heart. This workshop will introduce film biographies of such spiritual leaders of our century as Mother Teresa, Ramana Maharshi, Bede Griffiths, the Dalai Lama, Thomas Merton, and Martin Luther King Jr. to help inspire, inform, and stimulate the exploration of our own spiritual unfolding. As the weekend proceeds, participants will write and share stories of their own spiritual journeys (no prior writing experience is necessary).

Through writing, drawing, discussion, and silence, this course will explore such matters as: the people, places, and experiences which have had the greatest impact on our spiritual life; the themes or questions which keep repeating in our life story; the moments of despair and the moments of grace; ways we view God; the surprises which are so often present in spiritual awakening; and the hidden gifts which only an open heart can see.

By sharing and celebrating the rich and varied ways the Divine manifests in human life, we honor the sacredness of our individual stories and the creating, sustaining Spirit present in each one. $740

The Practical Art of Creative Risk-Taking

David Schiffman

To make effective, creative choices, you need courage, imagination, and the willingness to know your heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set—the choice to move against the powerful grain of old fears, habits, and the constant pressure of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of our natures, befriending rather than suppressing or denying the sexuality and power out of which initiative and enthusiasm spring.

This workshop will focus on how to develop a more adventurous, resourceful, and buoyant way of living. In an atmosphere based on warmth and humor, group members will explore their capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as nontraditional innovative approaches in bodywork, kinesthetic retraining, music, and guided imagery.

$740

The Upledger Institute's SomatoEmotional Release I

John Upledger

SomatoEmotional Release is a healing process that helps rid the mind and body of residual effects of past trauma and associated negative emotional experiences. Joint research efforts by Dr. John Upledger and biophysicist Dr. Zvi Karni led to the discovery that the body often retains (rather than dissipates) physical forces as the result of an accident, injury, or emotional trauma, and then isolates the dysfunctional area, creating what we call an "energy cyst."

Although a reasonably healthy body can work and adapt to "energy cysts," extra energy is required to perform normal bodily functions. As the years pass, the adaptive pattern of the body loses its effectiveness, and symptoms and dysfunctions begin to appear which become more difficult to ignore or suppress.

In SomatoEmotional Release I, students learn how to assist the patient/client in physically identifying and expelling the "energy cyst" and in re-experiencing and resolving unpleasant memories.

Before participating in this course, students must complete Upledger CranioSacral I and II, either at Esalen or elsewhere. For further information see Special Programs, page 57.

Required reading: Upledger, *SomatoEmotional Release and Beyond* and *CranioSacral Therapy II: Beyond the Dura*; Fisher & Ury, *Getting to Yes*.

C.E. credit is available for nurses; see page 60.

$740

Weekend of September 13–15

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach

Patrick Douce

The work of Moshe Feldenkrais is based on the natural process by which we learned to move as children. During this workshop, soft, easy, gentle movements will be used to increase awareness of the body and to improve the ease and ability of movement. Special emphasis will be placed on the difficulties in movement that arise from chronic conditions such as lower back and neck pain, tension in the neck and shoulders, and knee injuries. These conditions can be improved

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by approaching the difficulties as problems in learning rather than as therapeutic troubles. Situations which were "incurable" become "reeducable." Workshop participants will also be introduced to methods for improving their ability to sense each other's bodies through touch and massage.

This workshop is valuable for anyone interested in learning more about his/her body through direct experience. It may be of special interest and benefit to dancers, athletes, doctors, nurses, physical therapists, psychologists, health care professionals, and elderly citizens who may discover new ways of moving with ease and increased flexibility—painlessly and immediately.

C.E. credit is available for nurses; see page 60.

$380

Essential Peacemaking: Women and Men

Danaan Parry & Jerilyn Brusseau

We stand at a threshold of new understanding about the "next step" for women and men—co-leadership of a completely re-created twenty-first century.

"Essential Peacemaking: Women and Men" was created by Jerilyn and Danaan, both experienced conflict negotiators, to answer a deep need: trained, awake, skilled teams of men and women who understand that men and women speak different languages, listen differently, have different needs and reasons for being, and who also know how to facilitate other men and women to listen and truly hear each other.

Essential Peacemaking is about finding a common language between the sexes. This weekend at Esalen combines the first two training workshops of Essential Peacemaking. It is a rare opportunity to explore, in one weekend, the skills and discoveries that make it possible for women and men to deeply and clearly come to know one another.

Please note: There are more than 350 Essential Peacemaking facilitators in twenty-five countries. If, after this weekend, you wish to become an accredited facilitator of this program, only the final three-day accreditation training will be needed. $380

Poetry Workshop: Writing New Poems

Sharon Olds

This is an intensive workshop for the writing of new poems in an atmosphere of encouragement and adventure. The focus will be on the new poems written during the weekend and where they can lead us. There will be individual conference times as well as group meetings. The goal will be to help each other bring forth something fresh and alive from deep inside. Beginners as well as experienced writers are encouraged to apply.

Sharon Olds teaches in the Graduate Creative Writing Program of New York University. She has been given a San Francisco Poetry Center Award, a National Book Critics' Circle Award, a Lamont Award from the Academy of American Poets, and grants from the NEA and the Guggenheim Foundation.

To apply, please send a letter with your name and address, and between three and five pages of your poems, typed (no dot-matrix, please). Do not include a SASE; applications will not be returned. Send them to Sharon Olds Workshop, c/o Esalen Institute, Big Sur, CA 93920. Your poems must be received no later than July 1, 1996. Participants will be notified of their acceptance into the workshop on July 22, 1996.

Recommended reading: Poetry by Sharon Olds: *Satan Says*; *The Dead and the Living*; *The Gold Cell*; and *The Father*. $380

The Meditation Hall and Everyday Life: Transcending the Separation

Olga Luchakova

The goal of this workshop is to transcend the imaginary gap between sitting meditation and everyday activities by experientially realizing that the Self/God/Love is ever present. Tranquility and freedom are not states to be achieved but rather to be unveiled in the present moment.

The sublime teaching of self-realization, called Advaita-Vedanta or Jnana Yoga, has been transmitted since ancient times by such sages as Dattatreya and Shankara. In this century, through the grace of Ramana Maharshi and Nisargadatta Maharaj, this teaching has become known to a larger number of Western spiritual seekers.

These sages recommended certain practices that help to progress from temporary awakening experiences to the steady flow of Realization. The group will practice those most direct meditative methods that allow us to reveal our divine nature in its different aspects:

- Tracing the "I" to its Source (the aspect of Being)
- Halting the mindstream (the aspect of pure Awareness)
- Cultivating the longing (the aspect of Love/Bliss)
- Total surrender and gratitude (the aspect of Non-doing)

The workshop will address the most common doubts, concerns, and fears sometimes associated with rapid spiritual growth. $380

Vision Painting

Helen Jerene Malcolm

Vision painting is a nonverbal gestalt experienced via color, light, and form. It is a subtle process exposing the conditioned mind and its limitations. In an atmosphere of exploration and acceptance you are encouraged to suspend judgment, enabling the creative impulse to play, take risks, and face fears. The resulting paintings become a visual journal of your stream of consciousness.

Prompted by visualization, meditation, music, and movement, expression is evoked from the feeling centers, through the hand, and onto paper. Your intuitive voice is encouraged to uncover a source of wisdom reflected in the impulse desiring expression. Beyond the rational mind, from deeper levels of motivation, the painting seemingly paints itself and reveals its message.

Expanding consciousness through your work permits a look at the life you create for yourself physically, spiritually, and professionally. Your vision paintings become a treasure map of your life where change and healing are affirmed. This is a transformative adventure in personal creativity. It is also fun and profoundly educational.

Those who are sure they can't paint, beginners, and artists are all welcome.

$380

(plus $20 materials fee paid directly to the leader)

Week of September 15–20

Gestalt Practice

Christine Stewart Price

> *The Way, when declared*
> *Seems so thin and flavorless.*
> *Nothing to look at, nothing to hear—*
> *And when used—is inexhaustible.*
>
> —Lao Tzu

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that awareness is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. This form is similar to some Reichian work as well, in that emotional and energetic release and rebalancing are allowed and encouraged.

The emphasis is intrapersonal rather than interpersonal. It is explicitly understood that participants are not patients but persons actively consenting to work (or play) in awareness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure, or accomplishment. Through group exercises, meditations, and discussion, this workshop will introduce participants to the gestalt practice approach. The format will combine introductory group work with the open seat form in which each participant will have the opportunity to work with the leader in a group context.

Recommended reading: Perls, *Gestalt Therapy Verbatim*; Chodron, *The Wisdom of No Escape*.

C.E. credit is available for nurses; see page 60.

$740

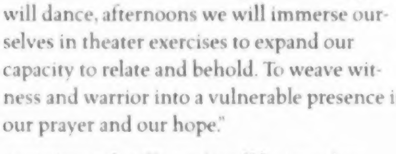
The Naked Soul: A Ritual Theater Lab

Gabrielle Roth

Gabrielle Roth writes: "This is a workshop for those who want to explore the mysteries and dynamics of relating fearlessly with humor and compassion. We will cultivate and deepen our ability to see and hear each other as we break through masks and myths to face each other with naked souls.

"Each day will include movement practice and specific theater techniques. Mornings we will dance, afternoons we will immerse ourselves in theater exercises to expand our capacity to relate and behold. To weave witness and warrior into a vulnerable presence is our prayer and our hope."

Assisting Gabrielle Roth will be Jonathan Horan. $740



Weekend of September 20–22

Experiencing Esalen

Experiencing Esalen Staff

> *Contact is the appreciation of differences.*
>
> – Fritz Perls
>
> *. . . and the recognition of similarities.*
>
> – Richard Price

This workshop is designed to introduce the various practices of Esalen to first-time participants or to those renewing their acquaintance with Esalen. Emphasis will be on finding those approaches to self-awareness that work most effectively for each participant. Sessions may include: meditation, sensory awareness, gestalt practice, group process, art, movement, and massage. There will also be time to explore the magnificence of the Big Sur coast. $380

The Awakened Mind: Brainwave Training

Anna Wise

Inside each person lives a wealth of knowledge, capacities, and power rarely transmitted to the conscious mind. Brainwave training, combined with meditation and biofeedback monitoring, can help develop these deeper resources, allowing access to greater creativity, reduced stress, and a deeper awareness and understanding of the inner self. After assessing the brainwave patterns of hundreds of unusually highly-functioning people, C. Maxwell Cade of London's Institute for Psychobiological Research began to see similarities in the patterns of optimal states of mind. Drawing upon Cade's work, Anna Wise has developed a training program to help access these optimum states.

Different methods of meditation, visualization, and psychophysiological relaxation affect our brainwaves in particular ways, as do specific acts such as tongue, eye, and body positions. In this workshop you will learn techniques for brainwave development and management, and begin to determine which methods of practice are best for your particular brainwave pattern. You will also address how you can use these optimum states for your own creativity, mental flexibility, self-healing, problem solving, and spiritual development.

The Mind Mirror EEG will be used to demonstrate brainwave patterns, and each participant will be able to use an Electrical Skin Resistance Meter to measure the depth of arousal or relaxation of the nervous system.

Please note: Our previous catalog incorrectly listed this workshop as Advanced Brainwave Training.

C.E. credit is available for nurses; see page 60.

$380

Beyond Gender Language: The Union of The Sun and The Moon

Howard Teich

In C.G. Jung's last major work (*Mysterium Conunctionis—An Inquiry into the Separation and Synthesis of Psychic Opposites in Alchemy*), he reveals the "hidden secret," the ingredients of the fiery light of nature. Jung travels beyond anima and animus, beyond feminine and masculine, to the most ancient and archetypal psychic opposites—the sun and the moon.

This workshop will be a shamanic journey toward integration and healing of the solar/lunar split in our nature. The vehicle for this journey will be drawn from Navajo ceremonies, using archetypal images from Navajo sand paintings for initiation into the Pollen Path of peace, prosperity, and happiness. Traditionally, these sand paintings are used to purify initiates in the unification of psychic opposites.

This process can liberate men and women from the distortions and fragmentations of gender-based language. The workshop will teach participants to use these unifying principles in an ongoing way and to live this solar/lunar energy day to day—conscious, embodied, and practical.

Other elements of this workshop will include alchemy, quantum physics, and archetypal psychology. Tools will include yogic breathing, active imagination, Gestalt, and meditation. This work can be particularly helpful for psychiatrists, psychologists, and counselors in diagnosing and healing splits of psyche and matter such as narcissistic wounds, phobias, and addictions in play, work, and relationships. $380

The 21 Praises of Tara: A Sacred Dance Practice

Prema Desara

Tara is the great Mother Goddess of unconditional love. Ages ago, Tara was an ordinary woman who practiced dharma and reached enlightenment. Instead of entering nirvana, she vowed, "I will stay in the body of a

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woman until the end of time, helping all those who call out to me to cross the ocean of sorrow and attain enlightenment." She is said to answer the cries and prayers of all lost or suffering beings, and to overcome obstacles and dissolve ignorance. The chanting of Tara's 21 Praises is an ancient healing practice through which fear and other afflictions clouding the mind are dispelled and life challenges met with clarity and compassion.

Prema Desara combines her dance training from the temples of India with ancient Tibetan practices of self-empowerment. In this ritual of transformation, participants will be guided to embody the sublime qualities of Tara, and to embrace their own essence of feminine wisdom, compassion, and power. They will learn the subtleties of sacred movement, mudras, offerings, and visualizations. At the end of the workshop, the dancers will adorn themselves in silk costumes (provided by the leader) and dance a ritual offering and autumnal equinox celebration in the presence of the Esalen community.

Please note: This workshop is for women only. No dance experience is required. $380

The Art of Leadership: Communication, Creativity, Vision

Ron Alexander

> *In the beginner's mind there are many possibilities*
> *While in the expert's mind there are few.*
> —Suzuki

This workshop is for entrepreneurs, executives, managers, and others committed to improving their communication and leadership skills. It is especially intended for those open to doing deep personal work with a commitment to transform the self and thereby become more effective and productive in their leadership style. The major areas of focus will be: resolving conflict, developing trust with those who feel threatened, addressing blind spots in self-esteem, healing blocks in creativity, and building support for transforming vision into reality.

The workshop is primarily experiential and will include gestalt open seat work, sharing feedback on leadership and communication styles, improving coaching skills, developing the unconscious to creatively solve problems, and role-playing and problem-solving exercises for real-life work situations.

Recommended reading: Depree, *Leadership is an Art*; Wing, *The Tao of Power*; Crum, *The Magic of Conflict*.

C.E. credit is available for nurses; see page 60.

$380

Week of September 22–27

Turning on the Light: A Choice to Live Consciously

Laura DeNuccio (Ma Prita) & Guest Leaders

> *In the sunlight of awareness, each thought and action becomes sacred.*
> —Thich Nhat Hanh

Laura DeNuccio writes: "To live fully in the present moment, deeply in touch with life, is a choice each individual can make—one breath at a time. This week we will honor, empower, and celebrate each person as we explore what it means to live fully moment to moment. Choices can emerge as we ask: What would you love to see in your life? What matters most to your heart? What is truly of value?

"Through the creative use of breath, sound, movement, and visioning, we can awaken and remember what our spirit longs to express. Guided meditations will be introduced to increase body awareness and aliveness, to dissolve and balance energetic blockages, and to quiet, still, and expand the mind. Personal growth, self-care, and integral practices for daily living will be offered for increasing mindfulness, self-knowledge, and responsibility.

"Emphasis will be on cultivating compassion, honesty, and kindness as we align with our own truths in relation to others and the Earth. Through attunement with the natural world—gentle nature walks and light hikes in Big Sur—we can deepen our capacity to listen to our innate wisdom. The group will experiment with co-creating community, an environment of trust and acceptance, as we reclaim our wholeness/holiness as human beings making choices to live fully."

Recommended reading: Fields, et al., *Chop Wood, Carry Water*; Chopra, *Ageless Body, Timeless Mind*; Hanh, *The Miracle of Mindfulness*.

C.E. credit is available for nurses; see page 60.

$740

Healing Without Medicines: Qigong and the Medical Knowledge of Yin-Style Bagua

Xie Peiqi & Andrew Nugent-Head

One of the great focuses of 76-year-old healer and warrior Dr. Xie Peiqi has been the concept of healing without medicines. The last person fully trained in both the healing and martial aspects of the traditional Chinese art of Yin-style Bagua, Dr. Xie has spent almost sixty years practicing medicine, as well as being one of China's most respected martial artists. In the last three years, Dr. Xie has been working with longtime China resident Andrew Nugent-Head to make his knowledge accessible to the West.

During this workshop, participants will learn three of Yin-style Bagua's powerful Qi (energy) healing systems—the Luohan Patting Method, the Twelve Sitting Meditations, and the Eight Healing Sounds—each of which is designed to treat illnesses and allow the practitioner to attain a higher state of internal development and health.

Dr. Xie will also talk about Chinese medicine from the *Yi Jing* (*Book of Changes*) and Bagua perspective, a traditional approach all but lost in China's schools which claim to teach traditional Chinese medicine. Finally, by integrating this traditional medical theory with the Qigong exercises presented during the workshop, participants can learn to apply this knowledge or incorporate it into their healing practices for their patients.

Recommended reading: Xie, *The Eight Healing Sounds of Yin-Style Bagua* and *The Twelve Guiding Energy Sitting Meditations* (books and accompanying videos available through the Association for Traditional Studies, 415-337-4129).

C.E. credit is available for nurses; see page 60.

$740

Letting Go—Moving On

Mary Goldenson (Devarani)

Beliefs, fears, and emotions from the past can continue into present relationships and interfere with spontaneous feelings of trust, love, and joy. The goal of this workshop is to experience and let go of these defenses and create new ways to relate—in the moment—to ourselves, our work, and those we love.

The workshop includes periods of intense bodywork for those who want to let go of past anger, fear, and pain, which are reflected in the body as armor and tension. As armor softens, feelings held in since childhood can be released, and positive feelings can be experienced more fully. By also using dreamwork, massage, dance, and group process, a new capacity for loving can emerge.

This workshop may have up to thirty participants. $740

Evocation of the Deceased in a Latter-Day Psychomanteum

William Roll

In ancient Greece, there were institutions known as oracles of the dead, or psychomanteums, where people traveled, so the early historians and poets tell us, to be reunited with the spirits of loved ones lost to death. Dr. Roll will describe how, in collaboration with Dr. Raymond Moody, he re-created a latter-day psychomanteum through the use of the venerable technique of mirror gazing. He will demonstrate how this environment may evoke vivid reunion encounters and other transcendent experiences. Dr. Roll will show video clips from his investigations of hauntings and poltergeists, and explore the meaning of apparitional experiences in general, including angels and transformative aliens.

This unusual workshop will also present other procedures for connecting with the deceased, including the soul dance, psi sessions, and guided regression, to share the transition of the loved one to another state of consciousness.

Recommended reading: Moody & Perry, *Reunion*; Duncan & Roll, *Psychic Connections*.

$740

Weekend of September 27–29

The Tao of Practice

George Leonard

We've tried them all—the ten easy steps to power and prosperity, the programs offering instant enlightenment or total fitness in fifteen minutes a week—and we've discovered they simply don't work. More and more people are beginning to say no to the false and often destructive promises of the quick fix. Moreover, new research is showing the efficacy of patient, long-term practice, which, it turns out, is far more important than talent in achieving mastery.

In this workshop, human potential pioneer George Leonard introduces a path (*tao*) of practice that can bring pleasure and fulfillment, not just during this weekend but for months and years to come. Drawing on the Integral Transformative Practice (ITP) he cofounded with Michael Murphy, Leonard will offer the fundamentals of a long-term program for realizing the potential of mind, body, heart, and soul.

You will have a chance to learn a forty-minute series that includes physical movement, breathing practice, relaxation, transformative imaging, and meditation. You will practice balancing and centering, the use of *chi*, focused surrender, and the creation of effective affirmations. There will be discussions of the principles of human transformation, as revealed in a two-year experiment Leonard and Murphy conducted.

This workshop involves physical movement but is not strenuous. All that's needed is a generous heart and a willingness to participate.

Recommended reading: Leonard & Murphy, *The Life We Are Given*; Leonard, *Mastery*; Murphy, *The Future of the Body*. $380

Singing Gestalt

Nancy Kaye Lunney

Singing can be an experience of great joy, poignant tenderness, or overwhelming fear. It can provide illuminating moments of pure expression or a persona to hide behind.

"Singing Gestalt" is singing about yourself, who you are, what you feel. It is about being yourself in front of other people without judging how well you sing. It is not about performance—it is about making contact, feeling, expressing, and being there, with and for yourself and others.

If the idea of getting up and singing in front of other people terrifies you more than anything you can think of, this workshop is for you. If you love to sing in front of other people and want to stretch yourself further, this workshop is for you. It is a chance to take your singing self out of the shower, out of the car—out of the closet.

Some guided imagery and gestalt may be used. Bring lyrics to songs that express thoughts and feelings you'd like to explore. Accompaniment and lots of music are provided. $380

Week of September 29–October 4

Conscious Dreaming: The Path of the Shaman in Everyday Life

Robert Moss

Among Native Americans, the shaman is widely known as "one who dreams." The gifts of dreaming come in many ways: through the spontaneous wisdom of sleep-dreams, through creative incubation, through conscious dreaming in a relaxed state, through shamanic soul-flight to other worlds and times—and by paying attention to the dreamlike symbols and synchronicities of waking life.

In this adventure with Robert Moss, a leading dream explorer and shamanic teacher, participants can become dreamers in all these senses. The workshop is a journey through the gateway of our personal dream images to approach the sources of healing, creativity, and insight. With the aid of drumming, guided visualization, and partner exercises, participants will experiment with shape-shifting, shared dreaming, and folding time, scouting possible futures and other life experiences. The goal is to confirm and clarify our relationship with spiritual allies and develop rituals for spiritual cleansing, psychic self-defense, and soul recovery.

Conscious dreaming is a key to soul-remembering—reclaiming the knowledge that belonged to you before you entered this lifetime—and a creative and playful way to walk the path of soul in everyday life. $740

The Heart of Sports Massage

David Streeter

"In this week together," writes David Streeter, "we will focus on the most powerful and effective techniques that have evolved from contemporary sports massage and explore the power within our own bodies as we practice these techniques. This essential knowledge is drawn from the internal martial arts and shiatsu where the internal power of the practitioner is fully utilized. In this way it is possible to apply deep tissue, trigger point, and cross-friction massage without strain, fatigue, or injuries to our own hands, arms, or backs. Demonstrations and lectures will be brief and to the point. We will move to the table and practice with as much personal instruction as possible."

This workshop is designed to give each student the tools and the confidence he or she needs to work deeply and effortlessly. The techniques are uncomplicated and will be of great value to anyone with a sincere interest in the fine art of massage.

C.E. credit is available for nurses; see page 60.

$740

Weekend of October 4–6

Dialogue

Daniel Martin

Thought invents the world and then denies it. The very world we have created we now find to be problematic. And we are caught in its web. We cannot solve our problems with the same thinking that created them. Solutions or, more accurately, resolutions will come from deconstructing our thought processes and constructing new ones.

Dialogue is the skill of thinking in a new way: thinking collectively. We do this by freeing ourselves from the assumptions that shape our perceptions and by learning how to collaborate at progressively deeper levels. This requires skills of inquiry and listening—to ourselves, to one another, and to the energy field we create together. Dialogue is participating in the unfolding of meaning, assisting the emergence of what wants to happen.

This most natural human skill, lost in a world of fragmentation and narrow individualism, can be relearned. It is founded, however, on a certain level of self-conscious awareness or psychological maturity. This workshop is an invitation to people who have done their personal work, who have consciously attempted to live their own journey. Dialogue offers a natural next step in the process of personal and social growth. Come and develop a skill that is vital for the work of defining the human role in a new era. $380

TA KE TI NA: The Forgotten Power of Rhythm

Reinhard Flatischler

Everyone of us is deeply rhythmical: hearts beat, lungs breathe, cells pulsate—we are rhythm. Illuminating this, TA KE TI NA, a synthesis of the rhythmic knowledge of many cultures, goes back to the primal rhythmic knowledge living within every human being. TA KE TI NA connects musical rhythms with the rhythms of daily life, the rhythms of the body, the rhythms of consciousness.

The principle underlying the TA KE TI NA experience is the simultaneous performance of several different rhythms with basic stepping, clapping, vocal rhythms, and chanting. The workshop takes on the quality of ritual as participants, standing and moving in a circle, clapping and chanting rhythmic syllables, gradually create a group unity.

For many of us, the knowledge that we are naturally connected with rhythm has disappeared. TA KE TI NA, in reestablishing the connection with this "forgotten power of rhythm," can reveal a new range of qualities to life. Through increased abilities in movement, rhythmic competence, and musical creativity, natural confidence can grow. The skills presented in TA KE TI NA can be applied to everyday living as well as to all musical fields.

$380

Self-Empowerment and Purification: The Farther Reaches of Gestalt

Julian Silverman

"We badly need a new orientation, a new perspective," wrote Fritz Perls. "We have graduated from the infant's 'I can't help myself' to the adult's 'I can't help myself because....' But psychology and psychiatry were never meant to be after-the-fact justifications for continuing neurotic behavior, behavior which does not permit the individual to live up to the maximum of his capacities."

In his autobiography, Perls speculated that a new form of psychotherapy would emerge and that it would entail some kind of cleansing or purification process. He was not clear, however, how it would work. In actuality, he had prepared the way quite well for the next form.

In this workshop the boundaries of the "next form" are defined and examined using both didactic and experiential sessions. Two interrelated processes are emphasized: the first, a purification process, has the purpose of "wiping the slate clean" of mental debris; the second is to identify a personal center from which to act with power.

Introductory Workshop Principle #1: Take responsibility for every emotion, every movement you make, every thought you have.

Recommended reading: A *Course in Miracles*.

C.E. credit is available for nurses; see page 60.

$380

Joy, Inspiration, and Hope: A Retreat for Gay Men

Scott Wirth

"As gay men," writes Scott Wirth, "our psychological lives are too often defined in terms of deficit and injury: we are not 'real' men; we are 'sick and sinful'; our lives are being robbed from us by AIDS—the long, dark list goes on. Our gay male psyches are invariably overburdened with the images and emotional residue of victimization, oppression, and tragedy.

"Without denying these dark aspects, we will emphasize the joyful, inspiring, and hopeful aspects of our lives—past, present, and future. We will visit five phases of life: infancy, boyhood, adolescence, young manhood, and midlife, and blend together memory, fantasy, and stories we have heard.

"In a series of guided experiential sessions, we will construct and journey through what Jungian analyst Verena Kast has called our 'biography of joy,' this time as gay males. We will discover ways in which our soul remained inwardly steadfast throughout the different phases of our lives, nurturing and protecting us in ways that no parent or caregiver ever did. We will also recall and honor those who supported us—usually unknowingly—in the formation of our gay identity."

MARGARET LIVINGSTON

If you wish, bring a cassette of music which you find joyous, inspiring, or hopeful (each piece five minutes or less).

Recommended reading: Kast, *Joy, Inspiration, and Hope.* $380

Week of October 6–11

Tantra: The Art of Conscious Loving

Charles & Caroline Muir

Few of us have been blessed with healthy childhood conditioning and education regarding the mysteries of sexual love and sexual energy. This can leave many individuals less aware and conscious about their sexuality than they are in other aspects of their lives. Tantra can transform sex into a loving meditation, putting more consciousness, energy, intimacy, joy, and love into sexual exchanges.

Participants will learn and discuss various ways to increase intimacy and passion in their relationship. Tantric meditation and ways to exchange sexual energy in a safe, nonsexual manner will also be taught in the workshop. These methods can then be practiced in a sexual way in the privacy of your own home.

This workshop is open to couples only.

$740 per participant

Treasure Maps to the Soul

Ann Weiser Cornell & Barbara McGavin

We go along through life trying to overcome our weaknesses and imperfections. We repress them, deny them, and send them into exile. Of course we don't want to give in to depression or addiction or shyness or procrastination. But often we end up with an uneasy truce—getting by, but not really getting better.

In this workshop you will learn how to use these stuck, unlovable parts of yourself as treasure maps. You will discover how the parts of yourself that you try hardest to overcome are the very parts that hold the key—that carry the secret—to your greatest potential as an evolving being.

The means to bring forth this treasure will be Focusing, a simple, gentle, and powerful body/mind skill of self-awareness. Focusing is a way of listening to your body's subtle, rich, organismic experience. It is safe, private, and nonconfrontational. There is no pushing, no revealing more than you want to reveal.

This workshop offers specific, grounded methods for working with the seven areas of treasure: Dragon (self-criticism), Fog (confusion), River (overwhelming emotion), Pit (depression), Swamp (action blocks), Wilderness (addictions), and Mountain Top (unfulfilled desire). This is a light-hearted, hopeful approach that can give you valuable tools to use in your daily life.

C.E. credit is available for nurses; see page 60.

$740

Golf in the Kingdom: An Exploration of the Deeper Game

Stephen Cohen, Fred Shoemaker
& Brian Bergstrom

> *Ye'll come away from the links with a new hold on life, that is certain if ye play the game with all your heart.*
>
> —MICHAEL MURPHY (AS SHIVAS IRONS), *Golf in the Kingdom*

The game of golf provides many opportunities to enhance the journey of self-discovery. It can be experienced not only as an athletic endeavor, but also as a metaphor for the way one lives. Just as in life, issues of self-confidence, fear, trust, discipline, and awareness emerge in the conflict between the ego's desire for success and the inner self's ability to achieve.

During these five days, teaching methods gleaned from a study of the deeper game will be utilized, as well as principles from psychosynthesis and gestalt, to explore the inner self and how one interferes with its emergence. Two days will be spent on field trips to the Monterey Peninsula where participants will practice and play in some of the most beautiful golf country in the world. On other days there will be time to relax and enjoy the natural pleasures of Esalen and Big Sur.

Recommended reading: Murphy, *Golf in the Kingdom*; Gallwey, *The Inner Game of Golf*; Shoemaker, *Extraordinary Golf: The Art of the Possible*. $740

(plus greens fees paid directly to the leader)

A Course in Miracles

Julian Silverman

A Course in Miracles is a curriculum for changing your mind so that you can enjoy life. Its basic premise is that the mind can learn to empower itself by learning to extend itself. According to the *Course*, "All confusion comes from not extending life."

In this workshop the vision of *A Course in Miracles* is set within a framework of three of its critical ideas. Each one is introduced with a quote spotlighting a basic human learning need:

1. "Instruction in perception is your greatest need."

2. "You do not know the meaning of love and that is your handicap."

3. "Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it."

Julian Silverman elaborates, "The first principle dovetails with my years of scientific research in the area of perception, in both normal and altered states of consciousness. The second fits with my lifelong search for a conception of love which integrates the spiritual and the physical. The third enables me to draw on my more than twenty years of experience as a psychotherapist and supervisor of psychotherapists, and my abiding interest in spiritually-based self-examination."

The workshop uses a combination of conceptual and experiential learning methods.

Prerequisites: Own a copy of *A Course in Miracles*. Be interested in learning what's in it.

C.E. credit is available for nurses; see page 60. $740

Weekend of October 11–13

A Weekend with Marianne Williamson

Writes Marianne Williamson: "As we enter the final stages of the millennium, we turn our attention to the relationship between personal and global transformation. We will focus this weekend on increasing our capacity to receive God's grace and impart it to others."

In this workshop, Marianne Williamson will be discussing universal themes from *A Course in Miracles*.

Please note: This is the only workshop at Esalen this weekend. It is expected to have an extremely large enrollment. $380

Week of October 13–18

Esalen Arts Festival
Maintaining the Thread: Looking Back—Moving Forward

This week Esalen hosts its second exciting Arts Festival, a five-day recognition of the arts, bringing together painters, musicians, poets, actors, writers, and other artists who resist easy categorization. This year's offering acknowledges that artists maintain the thread between the traditional and the innovative, linking current concerns of technology, ecology, and community rituals with the archaic psyche.

Throughout the week a broad and diversified array of workshops will be offered: painting, sculpting, photography, voice and singing, dance, poetry, story, and theater. Evenings will be devoted to performances and discussions intended to inform and inspire. Several events will take place out-of-doors overlooking the Pacific—on our broad lawn or in our new amphitheater and dance platform.

Because appearances by guest performers and teachers are subject to touring schedules, we cannot, at catalog publication time, list the names of individual teachers and performers. To hear an up-to-the-minute schedule of events and presenters please call 408-642-4765, our regularly updated Festival Information Hot Line.

Whether you are an artist, an art lover, or an artistic spirit, the Esalen Arts Festival promises to be a stimulating and thought-provoking event, a week of close contact with gifted teachers designed to enrich your personal expression and rekindle your dedication to your own artistic desires.

Please note: Since there will be only 70 beds available this week, early registration is strongly recommended.

$740

Weekend of October 18–20

Emotional Resilience

David Viscott

On his much-talked-about radio and television programs, Dr. David Viscott illustrated an uncanny ability to cut to the heart of a person's problems. He provided practical, common-sense advice for overcoming the daily problems people face: how to make the best of one's time in a relationship, how to talk and how to listen, how to deal with infidelity, how to forgive and how to separate.

"The present as we see it is not about the present at all," he writes, "but the screen upon which the problems of our lives are superimposed, worked through, and released. Unfortunately, when those past feelings intrude, they often so taint our experience of the present that we think the past is happening all over again. This workshop is about discriminating between unfinished business and the real, solving problems as they come. The intention is to understand the natural healing cycle, how feelings and defenses work to heal and defeat you, and how to overcome the past and become free."

Please note: This is the only workshop at Esalen this weekend. It is expected to have an extremely large enrollment. $380

Week of October 20–25

Apprenticeship to the Earth—Return to Sacred Ground

Little Bear Nason & David Schiffman

For workshop description see Wilderness Programs, page 65. $790

Continuum

Emilie Conrad-Da'oud

This workshop explores the idea that movement is something we are rather than something we do, that what we call a "body" is actually a creative event.

"Awareness of ourselves as movement begins with developing our sensitivity to our intrinsic world," writes Emilie Conrad Da'oud. "We do this by exploring the mobile diversity of our breath, by discovering how our sound permeates connective tissue, and most of all by experiencing fluidity as our biological origin—the undulating waves of life that brought us here in the first place.

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"As we enliven ourselves from the inside, our dynamic expressions in the world increase. This oscillation from intrinsic to extrinsic, from cell to action, urges itself into new creative channels. Released from convention, our movement vocabulary can include textures and dynamics that are the expression of what is current and alive."

As a movement specialist at UCLA, Conrad-Da'oud has contributed to a study demonstrating that enhancing fluid movement is essential to mediating disease and aging. Her work is incorporated into the fields of alternative medicine, physical therapy, and physical fitness.

This workshop can give participants a deeper awareness of the body as a process where change, growth, and innovation are possible. No dance or movement experience is necessary.

C.E. credit is available for nurses; see page 60. $740

Celestial Bodies: Archetypal Astrology and Transformative Yoga

Richard Tarnas & Terra Wise

This seminar balances the intellectual focus of astrology lectures and discussions with time to inspirit the body through yoga postures, focused breathing, flowing movement, and conscious relaxation.

As Jung was the first major modern psychologist to note, astrology has an extraordinary capacity to illuminate the archetypal dynamics of the human psyche. Richard Tarnas will present an overview of his and psychiatrist Stanislav Grof's work over the past twenty years linking particular psychological conditions and stages of the therapeutic process with specific planetary patterns in the birth chart and transits. Participants will be instructed in how to calculate and interpret their own transits, with special attention paid to the significance of major present and upcoming planetary alignments.

Through movement, sound, and breath, Terra Wise will guide participants toward a more conscious attunement to the physical and subtle body. Each day the class will experience safe and health-enhancing postures. This ancient healing system can improve strength, flexibility, and overall fitness, as well as promote a unifying sense of peace and alignment. Like astrology, yoga helps us become conscious of the unconscious, to move toward true wholeness.

The common theme of this dual workshop is to mediate the "return of soul" to both the mind and the body. The emphasis will be on providing participants with information and practices that can be immediately integrated into their own lives.

Beginning and advanced students of these disciplines are welcome. Participants should bring a yoga mat or towel, loose comfortable clothing, and a copy of their natal chart. $740

Opening to Ourselves and Others

Rachel Harris

In order to survive and make our way in the world, we develop defense mechanisms, rigid patterns of thinking, feeling, and behaving. We deaden, dissociate, or sacrifice parts of ourselves during early childhood experiences, chronically stressful situations, or traumatic events. These brittle habits, originally designed for survival, limit our vital connection to ourselves as well as to others. We create our own self-limiting prisons.

"This workshop is about softening, melting, opening," writes Rachel Harris. "We will create a safe opportunity to identify our chronic defense patterns and explore who we are underneath these personality structures. We will seek to become more objective about ourselves and increase our psychological freedom. The focus will be to deepen our sense of ourselves and enhance our capacity for relationship with others.

"We will use an integrated approach of body awareness, mindful introspection, breathing, creative expression, and dyadic exercises to gently lighten the burden of our chronic defenses. The opportunity is to stop being who we think we have to be and develop the process of being with ourselves as we are, which is all we really have and what we will take home with us." $740

Writing the Natural Way

Gabriele Rico

Writing well can be as natural as telling a story to a friend, as fluid as daydreaming. Using the new science of Chaos as a metaphor for the workings of the mind, the creative process, and ways of accessing it, Gabriele Rico can teach you to write freely and richly. Presenting a series of writing activities to free you from the restrictions imposed by a linear, judgmental, left-brain approach, she can help you to become receptive to your creative intuition—to express ideas, images, and feelings more authentically in a fresh, personal voice.

Once we understand something about the creative process, we can begin to glimpse answers to such questions as: Where do ideas come from? How can we best hold them? What is the role of the emotions in the creative process? In what way is all writing creative?

A few of the many writing activities include:

- Clustering—a nonlinear process that accesses seemingly random thoughts and feelings
- Improvisation and play with language
- Images—"strange attractors" which evoke visual, tactile, auditory, and gustatory memory patterns
- Metaphoric thought—moving beyond literal thinking

This workshop is appropriate for writers of all levels, from beginners to experts. Please bring colored felt-tip pens and a bound notebook.

Recommended reading: Rico, *Writing the Natural Way* and *Pain and Possibility: Writing Through Personal Crisis.* $740

Facing Each Other, Facing Ourselves

David Chrislip & Steven Harper

> *If the ground can be our common ground, we can begin to talk to each other (human and nonhuman) once again.*
>
> — GARY SNYDER, *A Place in Space*

This workshop will begin with discovering—or reconnecting with—one's own deepest purpose. Using one's life as the ground for deeper connections, participants will then explore the expanding circles of family, community, and place. The intent is to discover—experientially—the practices and processes that bring health to each dimension, to enhance our ability to face each other and talk to each other in ways that enrich our common ground.

When our lives are in harmony with self, family, community, and place, we feel the fulfillment of living a life that is deeply purposeful and connected. There is healing within and without. There is engagement with the many aspects of our lives. There is the capacity for coping with what is yet to come.

By cultivating these qualities—fulfillment, healing, engagement, and the ability to cope—we also develop our leadership capacities to serve our families, organizations, and communities in ways that bring health and healing. We can learn to act in ways that create common ground rather than division. Instead of losing sight of the world we are serving, we become a part of it.

Through individual and group exercises, meditation, walks in nature, and discussions, participants will explore the sources in their lives that can help them to discover an inspiring path with heart. $740

Weekend of October 25–27

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 20-22. $380

Imagination, Presence, and Joy: A Performing Arts Workshop

Tandy Beal

Tandy Beal states:

Here's what you'll do—
Solo, duet, and group exercises about awareness and problem solving. The springboard is movement, the pool you'll dive into is the imagination.

Here are the skills you'll use or develop—
Focus. Trust. Intuition. Spontaneity. Alertness. And some mischief.

Here's what you may discover—
The imagination (and the body) as a friend and ally. A new level of awareness. A light heart.

Here's my background—
Thirty years in dance, theatre, circus, and film, as a performer, director, writer, choreographer, and dreamer. $380

Forgiveness: The Key to Intimacy

Mary Goldenson (Devarani)

All life is about relationships. Creating an alive and honest connection with an intimate partner requires us to go deeply into our hearts and allow the courageous self to emerge. This journey to intimacy begins with the path of forgiveness.

How does forgiveness lead to intimacy?

- It allows us to let go of anger, resentment, and grief
- It allows the agitated mind to move more deeply into the healing heart
- It resolves separation from ourselves and from others
- It allows us to give up inflicting punishment on ourselves and others
- It allows us to complete unfinished business

MARGARET LIVINGSTON

The workshop will present ways to help complete the past, be open to the present, and create the future. It will offer a safe, supportive environment that will include taking risks, intense bodywork, gestalt imagery, dance, and meditation to support the commitment to the process of discovering ourselves.

This workshop can be especially helpful for those dealing with boundary issues, the effects of a dysfunctional family life, or addictions that have been used as a defense against intimacy. It is appropriate for everyone, whether in a good relationship or troubled, as a couple or alone, mother, father, daughter, or son, or in the healing professions.

C.E. credit is available for psychologists; see page 61. $380

Pandora's Gifts: On Secrets, Health, and Healing

Dale Larson

In the Greek myth of Pandora's box, after the Furies escape, one entity remains: Hope. This workshop looks at 1) how secrets and secrecy affect the hope—and health—of people and organizations, and 2) how, with openness sustained by empathy and support, hope—and improved health—can replace avoidance and fear.

We all have uncomfortable feelings, thoughts, and information about ourselves that we avoid telling others. These secrets can range from mildly embarrassing to highly distressing. Although telling these secrets to the wrong person can be disastrous, recent research confirms that "what we don't say *can* hurt us," that confiding in others can be good for our health.

The workshop will explore the topic of secrets from both personal and professional perspectives. What do people say are their most difficult and painful secrets? How do we manage these kinds of secrets in our lives? How can we safely disclose our secrets and move toward greater intimacy and support? If we are counselors, how can we work successfully with the secrets of the individuals and families we care for? Also, how can we manage our helper secrets (the distressing thoughts and feelings related to our work as caregivers)?

The workshop will offer nonthreatening exercises for approaching secrets and secrecy. It is designed for both professional caregivers and interested nonprofessionals.

Recommended reading: Larson, *The Helper's Journey: Working With People Facing Grief, Loss, and Life-Threatening Illness* (especially chapter 4, "Secrets: Concealment and Confiding in Helping").

C.E. credit is available for nurses; see page 60.

C.E. credit is available for psychologists; see page 61. $380

Reflexology—Foot Compression Massage

Deborah Ardell Hill

Reflexology is a method of applying pressure to areas or points on the feet and hands to stimulate the glands, organs, and other areas of the body in order to increase circulation, relax the nerves and body, and help to normalize body functions.

For thousands of years the relationship between reflex points and the organs was understood by the Chinese, the Egyptians, East Indians, and North American Indians. Reflexology was first introduced scientifically to the medical profession in the United States in 1913 by Dr. William Fitzgerald, who engaged other doctors and health care practitioners to keep records of their findings on their patients.

This workshop is designed for bodyworkers and nonprofessionals alike. It will present a new way of looking at the body, offer specific techniques, and provide a sequence to work from. It will also introduce basic anatomy and physiology. In addition to offering nurturing to others, reflexology can be used as part of a self-help program.

C.E. credit is available for nurses; see page 60.

$380

October 27–November 3

Cortical Reeducation® and the Feldenkrais Method®

Harriet Goslins

How a person sits, stands, or moves reflects patterns that are "wired in" to the nervous system. This information can be erased or changed. By reeducating the brain-muscle connection, restrictions in movement can be freed, freeing lifetime habits that have organized around that movement.

This work is a relearning of the ease and fluidity taken for granted as a child and lost somewhere along the way. Physical injury, emotional trauma, or ongoing stress all evoke a protective response from the body. These patterns remain when no longer needed, outside of awareness, and continue to cause discomfort and limitations. Freeing them results in relief of chronic pain or tightness and a higher energy level. By changing muscular holding patterns, the entire protective posture is altered, deeply affecting the body's habitual defense system. Thus, new movement possibilities mean new self-image possibilities.

Fears and anxieties have corresponding muscular habits. Verbal information or spiritual practice that fails to extinguish these habits may fail to eliminate the toxic behavior.

This workshop is for those who are physically active and fit and want to increase their skills while learning to reduce risk or injury; for the sedentary or those dealing with after-effects of injuries; for chronically tired and stressed individuals who want to learn how to take better care of their neck, shoulders, and back; and for those who want to improve their posture and breathing and live with more flexibility and comfort.

C.E. credit is available for nurses; see page 60.

$1110

Week of October 27–November 1

Playing the Edge

David Schiffman

In the early stages of growth, success seems to be its own reward. Excitement, vitality, and the willingness to face life boldly are characteristics of those who are involved in new and successful ventures. To keep this spirit alive is not easy. Enormous pressures, grinding routines, and demands of involvement can dispirit even the healthiest people. To listen to one's heart requires the courage to pause. In this willingness to stop and listen to the deeper self live the true resources that guide and protect us.

The purpose of this week is to create a mood of sanctuary for people in transition considering major changes in career, relationship, or matters of the spirit; those in need of a break from stressful responsibilities; and individuals interested in breaking new ground in the areas of self-nurturance, intuitive functioning, and problem solving.

The process will be gently restorative, illuminating, and enlivening. The intention will be to create a community based on trust and goodwill with emphasis on individual freedom. Traditional methods of self-inquiry (gestalt practice, bioenergetics, psychosynthesis) will be combined with innovative methods using music, meditation, poetry, ritual, and prayer to foster this spirit of living fully.

$740

Five-Day Massage Intensive

Deborah Anne Medow &
Sherry Sanders Galloway

This massage workshop explores the fundamental elements of bodywork: grounding, centering, breath awareness, touch sensitivity, and intention. A hands-on approach will combine a balance of long, integrative strokes with detailed attention to specific areas of the body. There will be emphasis on discussion and modeling of boundaries and trust with respect to the client's physical and emotional well-being. Meditation and movement will be included, as they enhance the connection between client and practitioner.

This workshop is for beginning bodyworkers and those interested in learning some new approaches to massage.

C.E. credit is available for nurses; see page 60.

$740

Vocal Awareness: Empowerment Through Voice

Arthur Joseph

In many traditions, the throat is the center of creative power. The voice represents this power, and thereby has the capacity to help access our full creative expression. This course combines the powerful techniques of Vocal Awareness with the principles of creativity theory to help participants realize their creative potential.

Vocal Awareness introduces techniques which are integral to this development process. This approach—which views voice as a metaphor, representing an individual to the world—includes vocalizing, sound meditation, movement, song study, and development of the speaking voice as a means for deepening contact with the self. Participants will work individually and in groups exploring breathing, toning, and vocalizing.

Singing and speaking offer an immediate outlet for creative expression. In addition, the voice can become a springboard for other forms of creative expression, such as writing, drawing, movement, and problem solving. In this way, the voice becomes a symbol for the whole person as an integrated creative being. Consequently, this workshop can be not only a vocal training class but a step toward empowerment along life's path.

Please note: Participants are required to bring tape recorders.

C.E. credit is available for nurses; see page 60.
$740

Starting to Heal Yourself

Meir Schneider

Subtle expectations about aging and health have programmed us to believe that our bodies are destined for certain levels of decline, that fatigue will increase as the day progresses, and that health naturally declines with age. This workshop will encourage a change in those expectations. It is designed to help participants imagine a higher level of optimum health and mobilize those resources that promote healing through proper awareness and movement.

Meir Schneider will introduce his practices of self-healing—subtle movement, breathing, relaxation, self-massage, and vision exercises—in order for each person to get in touch with his/her body. The effects of both correct and incorrect movement will be discussed. Imagery will be introduced to help free up physical limitations and the restricted concepts of health which accompany them.

Schneider's self-healing methods have been helpful with a variety of stress- and lifestyle-related diseases, among them:

- Arthritis, both osteo- and rheumatoid
- Spine problems, including scoliosis, sciatica, and degenerated disks
- Vision problems, from myopia to macula degeneration
- Neuromuscular ailments such as multiple sclerosis, muscular dystrophy, etc.
- Digestive disorders such as spastic colon, colitis, chrone's disease and constipation
- Respiratory problems, such as asthma

C.E. credit is available for nurses; see page 60.
$740

Weekend of November 1–3

The Enneagram of the Passions: An Oral Tradition Class

Joe Schaller with Helen Palmer

Each of the Enneagram personality types is rooted in one of the emotional passions described in sacred tradition. This emotional habit unites the thoughts, feelings, and agendas of each personality, creating a systematic bias about life. The Giver type, for example, operating from the passion of Pride, sees that people need his help. The Romantic (Envy) sees that something is missing, and so on for all nine points of view.

Although named in the negative, the passions are a primary source of energy for spiritual liberation. They are the raw material, the qualities of human nature that link personality to aspects of the human essence. Pride, for example, which inflates self-worth, also creates a search for Humility. Likewise the passion of Avarice defines a need for Non-Attachment.

Good self-observers can describe their passion and their key behaviors. They speak as living experts about the forces that direct their lives. Their insights are presented in the oral tradition, through video presentations and live panels of speakers for each Enneatype. The conversation and inner exercises highlight how different types of people relate to each other, their best developmental strategies, and how the passions are linked to the dimensions of higher consciousness.

This workshop is appropriate for both beginners and advanced students. Emphasis will be on inner material rather than personal process. The intensive can be applied as one of the prerequisites for the Enneagram Professional Training Program.

Recommended Reading: Palmer, *The Enneagram* and *The Enneagram in Love and Work*.
$425

The Naked Voice

Chloe Goodchild

"True singing opens up immensities inside you, way beyond the rational mind," says Chloe Goodchild. "There are those for whom singing is an art form, others for whom it is a metaphor for living. The naked voice embraces both."

Chloe Goodchild's work is based on a search for the naked voice, the sound buried in the bones, obscured by conditioning and inhibition. The way to this sound requires a "listening awareness," a quality of attention which enables the singer to listen with compassion to every sound which she or he expresses. The result of this practice is the true voice, the real sound, which can only sing from a direct connection with the heart.

This workshop will combine breathing and movement; sacred chants from around the globe; structured songs and free improvisation to bridge the voices of the belly, heart, and crown; explorations of the musical octave, the Indian scale, and early church modes as revealing states of soul; and spontaneous invocations from the heart to release the longing, passion, and praise of your own singing heart.

Recommended reading: Goodchild, *The Naked Voice*.
$425

The Second Coming of Science

Brian O'Leary

Science is undergoing a major revolution. Concepts such as free energy and the interaction of our consciousness with the environment are becoming increasingly accepted, likely to become the cornerstones of a new science.

Dr. Brian O'Leary has devoted his last ten years to exploring, teaching, and writing about new paradigms of science. Participants in this course will not only become apprised of new theories and experiments, but will also have hands-on experience demonstrating the incredible power of consciousness. The workshop will focus on four modules, based on O'Leary's New Science trilogy:

1) The Science of the Intellect embraces experiments and theories that are "outside the box" yet still based on rigorous scientific methods, including the latest findings in psychokinesis, healing, remote viewing, near-death experience, precognition, biocommunications, etc.

2) The Science of the Imagination focuses on unraveling the mysteries of our lives. Dr. O'Leary will present exploratory techniques he devised with artist Meredith Miller to tap our creative source for developing new hypotheses of reality.

3) The Science of the Heart explores our healing potential and interconnectedness. Students will learn to use dowsing rods to measure the extent of healing power.

4) The Science of Empowerment teaches how to move into a world that transcends material limitation. Participants will be shown how to bend spoons with the power of the mind.

Recommended reading: O'Leary, *Miracle in the Void: Free Energy, UFOs, and Other Scientific Revelations; Exploring Inner and Outer Space;* and *The Second Coming of Science* (available through Kamapua'a Press, 1993 S. Kihei Rd., Ste. 21-200, Kihei, Maui, Hawaii 96753, 808-875-6996). $425

Horror and Spiritual Transformation: A Study in Film and Life

Kirk Schneider & Michael Cooper

What makes horror films and books so compelling? What fascinates us about the macabre, extreme, or ostensibly repellent? What can we learn from these tales—about ourselves, spirituality, and the direction and values of our society?

Drawing from his book *Horror and the Holy: Wisdom-teachings of the Monster Tale*, Kirk Schneider will explore the interplay of despair, fanaticism, and wonderment in tales of the macabre. He will show that despite classic horror's reputation for sensationalism, it has a rich and underappreciated insight into the human condition—and into the most timely questions of our age.

Drawing from his hospice work and his knowledge of biblical and mystical traditions, Chaplain Michael Cooper will also look at wisdom-teachings in classic horror. A former addict in recovery for seventeen years and a survivor of great personal tragedy, Cooper brings to this work a hard-won existential knowledge of both the ardent joy and total terror of existence.

The workshop will present films such as *Dr. Jekyll and Mr. Hyde* and *The Incredible Shrinking Man*, foster discussion, and encourage self-exploration.

Recommended reading: Schneider, *Horror and the Holy: Wisdom-teachings of the Monster Tale;* Becker, *Denial of Death;* Cooper, *A Matter of Life and Death* (available upon enrollment). $425

Week of November 3–8

I—You—Us: Pleasure, Intimacy, and the Search for Connectedness

Terry Hunt & Lisa Schachter

Pleasure is essential for healthy relationships. Add the erotic element and the potential for pleasure grows exponentially. But real life all too often leaves us isolated, confused, and struggling with the men and women in our lives. We substitute control for intimacy as we play out the myriad Good Girl and Super Guy roles we developed during traumatic childhoods and nightmarish adolescences. Or we may act and react out of fear, sadness, and rage, keeping our relationships locked in habitual defensive patterns.

"This workshop will help both individuals and couples to identify myths that block the flow of joy," the leaders write. "Together we will redefine the role of pain and pleasure in our lives and create updated images of our powerful, sensual, creative selves. The workshop will include intensive breathing, cathartic family-of-origin work, psychodramatic exploration of conflicts, managing physical and emotional boundaries, and visualizations that tap our deepest longings for intimacy. We will encourage each other to approach the mysteries in our lives with intention rather than fear, with assertion rather than suspicion. We will allow time to follow our instincts for pleasure into enriching and creative moments of wholeness."

Recommended reading: Hunt & Paine-Gernée, *Emotional Healing;* Ogden, *Women Who Like Sex.*

C.E. credit for psychologists is pending. $795

Working With the Enneagram Types: The Heart Center

Helen Palmer with Kabir Helminski & Camille Helminski

Using the Enneagram model of nine personality types as the solder between psychological and spiritual life, this workshop focuses on the heart center, with attention to the tasks and meditation practices that best support different types of people toward spiritual liberation.

The format involves chant, the poetry of Rumi, movement practices, spiritual conversation, and Sufi *zhikr* to touch the heart that lies beneath emotion. Panel interviews will explore the interface between personality and the inner heart's perception of love, as it occurs for different types of people.

Heart-centered work is crucial for everyone, especially those newly opening to their feelings and those who need to befriend them-

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selves. We universally benefit from deepening our capacity to give and receive love, but the Enneatypes whose personal survival strategy depends on garnering affection gain by learning to discriminate between their own desires and authentic heart-based spirituality.

This is the second seminar in the Esalen series "Working With the Enneagram Types." Each section focuses on the psychological and spiritual work of body, heart, or mind that specifically benefits different types of people. "Heart" can be taken as an independent seminar or as part of the series.

For additional information see Special Programs, page 57. $795

Comedy, Joy: The Practice of Connectivity

Robin Menken

Comedy is an age-old healing practice. The clown-as-shaman can, in a flash of recognition—a laugh—collapse the complexities of life into a moment of absolute certainty, of human understanding, of forgiveness. This flash is the intuitive, the unconscious, stepping in. Robin's exercises and moving meditations court the intuitive, orchestrate heightened collaboration, and help to free physical and emotional blocks to expression.

Clowning, we return to the fullness of the child at play, the expression of our entire personality. We practice the connection between seeing and being seen, the ability to be present, in essence to love. We practice recognition of underlying patterns in the new. We heighten our ability to respond to shifting realities. In this flow of instant choices acted on, we can experience together the joy of life, as the eternal child and the shadow side both express—dissolved in the balm of shared laughter.

This process is a concrete working model, a rehearsal for life, and a group exploration of archetypes, humanistic comedy, and the charged arena of family scripts. It is an expression of hope in a sometimes dark world—a doorway to the universal held open by the clown in each of us.

No previous experience is necessary. $795

Carving Wood: Expressing the Invisible

James Bond

"Our hands are gifts from our ancestors," writes James Bond. "Thousands of years of carvings carry the intentions, skills, and knowledge of their makers into the present day."

This workshop will focus on allowing the body to direct the mind, following how our hands use tools to make marks in clay and wood. By visually tracking the possibilities of meanings, the intention will be to heighten awareness of the single moment when the tool awakens form in the wood. This process allows our sensitivities to find the harmonious balance between manipulation of the wood and the wood's own structural form.

Starting with clay, then moving on to become familiar with whittling tools and wood, the emphasis will be on participants finding their own way through practical experience. The telling of stories will be an integral part of the course, accompanying the act of creation. The workshop is designed to provide participants with confidence in their own skills to continue to practice and celebrate the abilities of their hands. $795

(plus $15 materials fee paid directly to the leader)

November 8–December 6

28-Day Massage Practitioner Certification Program

Deborah Anne Medow & Oliver Bailey

For workshop description see Special Programs, page 57.

C.E. credit is available for nurses; see page 60. $3590

Weekend of November 8–10

Buddhism, Therapy, and the Therapist

Joyce Frazee

Buddhism and psychotherapy have different views of the "value" of suffering. What are they? How are they similar and dissimilar? Buddhist teaching says there is a continuum between psychological and spiritual growth. If this is so, what is unique to each? What is the difference between a guru and a psychotherapist? How does having a spiritual practice affect the therapist and the therapy? These questions and others will be the focus of this workshop.

This is an opportunity for anyone involved or interested in either Buddhism or therapy to meet and discuss the interconnection between these disciplines. In addition to discussion, there will be meditation practice and simple exercises in awareness, as well as time to learn from one another.

C.E. credit for psychologists is pending. $425

The Vision and Practice of Human Transformation

George Leonard

The creative capacity of the human brain/body may be, for all practical purposes, infinite. Each of us is a prodigious learning animal, and our ultimate destiny may well be to evolve capacities that would now be termed extraordinary. Research conducted by George Leonard and Michael Murphy strongly suggests that the best path to the realization of our latent powers lies in a long-term practice which integrates mind, body, heart, and soul.

In this hands-on workshop, Leonard introduces you to Integral Transformative Practice (ITP), a path of practice that can help you realize your inborn genius while bringing pleasure, fulfillment, and good health, not just during this weekend but also in the weeks, months, and years to come. You will have a chance to learn a forty-minute series that includes physical movement, breathing practice, relaxation, transformative imaging, and meditation. You will practice balancing and centering, the use of *ki*, focused surrender, and the creation of effective affirmation. There will be discussions of the principles of human transformation, as revealed in a two-year experiment Leonard and Murphy conducted with fifty people.

This workshop involves physical movement but is not strenuous. All that's needed is a generous heart and a willingness to participate.

Recommended reading: Leonard & Murphy, *The Life We Are Given*; Leonard, *Mastery*; Murphy, *The Future of the Body*. $425

Week of November 10–15

Rolfing®, Yoga, and Your Body

Rosie Spiegel & Tom Myers

Your body is a miraculous tool for facilitating personal and spiritual awakening and one of the most reliable sources of information you have regarding your own past, present, and future. Although we all, at some point, have gotten bogged down with destructive habits, armoring, and tensions, we also know the sheer delight of having a body that is capable of supporting our full self-development, creativity, and spontaneity. Yoga and Rolfing are two effective ways to bring increased awareness and deep positive change, thus liberating joy, improved health, energy, freedom, and new knowledge in our somatic selves.

This workshop brings you together with two practitioners who combine over forty years of experience with developing bodies and their consciousness, using both ancient and modern tools. With humor and compassion, Rosie and Tom bring a wide-ranging point of view to the art and science of living happily and successfully in your body. Each day will include yoga practice, bodyreading, the proper use of your body in work and play, breath and voice work, specific treatment for structural restrictions, and immersion into a new way of communicating to and with your wonderful body. $795

Facilitating Deep Process Using the Penniston Protocol Alpha/Theta Brainwave Training Technique

Julian Isaacs & Patricia Fields

In 1989 Dr. Eugene Penniston published the results of a study using a revolutionary new treatment for alcoholism based on alpha/theta brainwave biofeedback. The new technique's effectiveness in preventing relapse has now been established by independent researchers as 70% over a five-year follow-up—a success rate previously unknown in addiction treatment. Since this landmark study, a growing band of psychologists has used the same technique to successfully treat a wide range of psychological conditions, including depression, anxiety, character disorders, and even multiple personality. The technique is now being adapted to treat mind/body disorders and is also increasingly used to facilitate personal psychological growth and for peak performance training.

This workshop will focus on the use of the technique for psychospiritual development. (The workshop will be primarily a learning experience. It is not intended to provide treatment for addicted individuals nor treatment of serious psychopathology.) Using sophisticated computer-based multi-user brainwave biofeedback systems and other devices, participants will be given ample opportunities to experience the alpha/theta state and will be shown how to use this unique state of consciousness for psychospiritual development. Adjunctive psychological and psychoenergetic techniques which complement the alpha/theta process will be demonstrated and taught. Professionals already using brainwave biofeedback techniques in their practices will be taught how to run alpha/theta brainwave training sessions.

To ensure adequate access to equipment, the workshop will be limited to sixteen participants.

C.E. credit is available for nurses; see page 60.

C.E. credit for psychologists is pending. $795

Creative Arts Center at Esalen

Arts Center Staff

Everyone has a drive to create—to be original, inventive, whimsical, resourceful. Located in The Barn at Esalen, the Creative Arts Center is a place for individuals to explore their imagination and their playfulness. It is a growing resource that is constantly evolving—a place that invites you to express your own creative instincts and become the artist that you've always imagined was hiding somewhere inside you.

Your time at Esalen will be spent utilizing a variety of art media, which may include: painting, pit-firing, working in Big Sur clay, drum-making and drumming, dance and movement, structural mask-making, ritual, and creative group work.

Join the Arts Center staff as they help you experience the delight of moving from observer to participant—become the painter, the sculptor, the artist. Let your imagination get the best of you.

No previous art training is necessary. $795

Courage

Joyce Frazee

> *In the mouth of the dragon there are many jewels.*
> —Buddhist proverb

For some of us it takes courage just to live our daily lives. Every day we awaken to face the demons in our lives—demons that come in many forms: perfectionism, guilt, avoidance, shame, despair, failure. Time passes and we become skillful at living despite the constant awareness that these demons are preventing us from experiencing the fullness of life. Their existence drains our energy and limits our joy and freedom. But getting close to them, allowing ourselves to confront them, is very difficult to do.

This week will give us an opportunity to find the courage to face our demons. Participants will be encouraged to look at the things in their lives that are difficult to face and will be given support to help recognize and confront them. This will be done through gestalt practice, dreamwork, and bioenergetics. Drawing, dance, and meditation may also be used to recover the jewels from the dragon. $795

Weekend of November 15–17

Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach

Patrick Douce

For workshop description see September 13-15.

C.E. credit is available for nurses; see page 60.
$425

Mindfulness and the Pursuit of Intimacy

James Baraz & Steven Newmark

Forming meaningful intimate relationships can be a painful and confusing process. We may meet someone who seems like a promising potential partner, have the highest intentions to act with honesty and sensitivity, and still find our hopes ending in disappointment. By becoming aware of unconscious patterns that sabotage real intimacy, there is a greater possibility of creating the kind of bond we are seeking.

Bringing a spiritual dimension to the challenge of being single allows us to shift our perspective and not take our predicament quite so seriously. Using mindfulness practice, we can see through identification with negative thoughts that block our natural expression of love and presence. As a result, we can move toward more honest, centered, spontaneous communication that puts others at ease and makes us attractive to them.

Through frank discussions and experiential exercises this workshop will explore the challenge of forming new relationships consciously so that barriers that keep us apart can be dissolved. A safe, supportive environment will help participants to be genuine, have fun, and learn to use relationship as a vehicle to become more awake in life. $425

All Our Relations: Shamanism and Ecopsychology

Leslie Gray

Leading-edge psychologists contend that we cannot have sanity without a sane relationship with the environment. Some psychotherapists are beginning to feel their work is "irrelevant" as they increasingly encounter analysis-weary patients seeking a sense of "connectedness." Meanwhile, eco-activists have been concluding that guilt tactics are not producing the changes in human behavior required for planetary restoration. Indeed, the thinking on the ecological frontiers is that our key to survival lies in the formation of an empathic relationship with the earth.

This workshop will demonstrate the critical link between shamanism and the emerging ecopsychology movement. Ancient shamanic practices will be used to address contemporary ecopsychological dilemmas. Participants will work with plants, stones, feathers, and fetish animals to make tangible the shamanic worldview that "all things are related." Cleansing, purifying herbs, simple repetitive movement, and the sound of the drum will be tools for self-empowerment to become visionaries of a sustainable future. Leslie will share songs, rituals, and stories learned from her Native American elders—for these are the ways human beings have traditionally maintained an emotional connection to Mother Earth and the awesome diversity of creatures that live upon her.

C.E. credit is available for psychologists; see page 61. $425

Sensory Awareness

Charlotte Selver

Some seventy years ago Charlotte Selver's teacher, Elsa Gindler, began exploring the natural potential of the human being. The work that evolved was an approach through a disciplined practice involving the person as total organism. Gindler's innovative methods very often unearthed, liberated, and cultivated abilities and sensitivities which her students had never been conscious of possessing.

To "awaken" means that one's energies—neuromuscular and perceptive—become altered, leading to greater movability, both psychologically and physically, and to a fuller use of the senses and intuitive powers. For this to occur, a deeper peace is needed so that sensations become clearer and rigidities, pressures, and preconceptions can gradually dissolve. In becoming "tuned in" by another person, or by a task or given situation, powers come into play which correspond exactly to the demands of the occasion. This calls for subtle reactiveness and openness to the moment.

With the cultivation of these functions, our lives can unfold in a far richer and more responsive way than what we are used to. We can restore the delight of ever new experiencing which was our birthright in childhood, but lost in the course of our education into adulthood.

Recommended reading: Brooks, *Sensory Awareness.*

C.E. credit is available for nurses; see pages 60. $425

Week of November 17–22

Hakomi and Internal Family Systems: A New Synthesis

Ron Kurtz & Richard Schwartz

This workshop is part of an innovative process in which the developers of two different models of psychotherapy are collaborating in an attempt to enrich each model and create a new synthesis. Ron Kurtz is the creator of the Hakomi method of Body-Centered Psychotherapy, based on principles of mindfulness, organicity, nonviolence, and mind-body holism; Richard Schwartz developed the Internal Family Systems model, which brings systems thinking to the world of subpersonalities. Through experiential exercises, demonstrations, and discussion, group members will explore both the roots and this cutting edge of psychotherapy. The workshop is designed

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for those in the helping professions as well as interested nonprofessionals.

C.E. credit for psychologists is pending. $795

Relationships: The Courage to Begin

Mary Goldenson (Devarani)

> *For one human being to love another: that is perhaps the most difficult of all our tasks, the ultimate test and proof, the work for which all the other work is but preparation.*
>
> — RILKE

Life is a precious gift. We have all experienced moments of feeling totally alive, especially within our relationships. When beliefs, defenses, fears, and emotions from the past enter into our present-day relationships, we lose our ability to feel love, trust, and joy.

The goal of this workshop is to experience these patterns and create new ways to relate to ourselves, others, and our work, thus enabling us to create new beginnings. This workshop can help you:

- Find out how your relationships mirror you
- Get a clearer picture of what you want and how to get it
- Examine ways you sabotage yourself
- Learn more about how others see you
- Learn practical tools and knowledge that will help create empowered relationships

In a supportive and safe environment, experiential exercises will help you become more adept at listening, empathizing, truth-telling, creative problem-solving, and taking responsibility to create the relationships you want. Come alone or with a partner. The workshop will draw from gestalt, Reichian work, dance, imagery, and meditation. $795

How To Want What You Have

Timothy Miller

Whether seekers or cynics, conservatives or liberals, most people spend their lives imagining happiness is right around the corner. All that is needed is "just a little more" of something.

Most of us know, in theory, that happiness lies in wanting what we have, not in having what we want, but don't know how to put that theory into practice. Normal desires for just a little more prosperity, love, success, or power seem to have no "off switch." This is the fundamental obstacle to spiritual development described in most religious traditions.

In this workshop Timothy Miller teaches his simple, common-sense method for wanting what you have. The method focuses on the systematic, daily practice of three synergistic principles: Compassion, Attention, and Gratitude. Neither surrender of personal autonomy nor intellectual compromise is necessary. Atheists and agnostics will find nothing to object to. Traditional Jews, Christians, Buddhists, Hindus, and new-age seekers will likely find that it confirms and supports their faith.

Miller combines self-discovery, collective brainstorming, guided imagery, meditation, sensory awareness, and brief lectures in a supportive group atmosphere. There will be ample time to enjoy the natural beauty of Esalen in the process of discovering the fullness and sanctity of the present moment. $795

Thanksgiving into Healing

Laura DeNuccio (Ma Prita) & Guest Leaders

> *In the sunlight of awareness, each thought and action becomes sacred.*
>
> — THICH NHAT HANH

Laura DeNuccio writes: "One of the greatest gifts we have to offer the rest of creation is our heartfelt appreciation for the blessings and teachings of life. This 'attitude of gratitude' blesses our lives and increases our good. Let's come together and share: What's healing? What's challenging? What needs forgiving? What matters to your heart?

"This is an invitation to those individuals aware of an emerging consciousness felt and heard personally and globally, and who are searching to fulfill higher and deeper callings in their lives. Emphasis will be on learning how we embody this emerging consciousness, bridging our personal growth and inner experience with our outer involvement in the world.

"Cultivating mindfulness, compassion, and patience, we will joyfully explore self-care practices to nourish and enliven the body, quiet and still the mind, and open our hearts. Special attention will be given to any personal issues that emerge as we honor and celebrate our lives.

"Come and join us with your love and a willingness to explore this ever-unfolding adventure of spirit, and we will all be gifted with a deepened sense of interconnectedness and *aloha* that is inherent in all life-forms."

Recommended reading: Fields, et al., *Chop Wood, Carry Water*; Chopra, *Ageless Body, Timeless Mind*; Hanh, *The Miracle of Mindfulness*.

C.E. credit is available for nurses; see page 60. $795

Weekend of November 22–24

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 20–22. $425

Finding the Sacred in Our Everyday World

Phil Cousineau, David Darling & Anthony Lawlor

> *. . . if you can't find where your soul is hidden, for you the world will never be real!*
>
> — KABIR

Where do we turn when the music and poetry has gone out of our everyday lives? What can we do when we realize that our work, our home, and community have become soulless, and the world seems devoid of meaning?

The mysterious sense of the sacred found at sites such as temples, churches, and mosques and envisioned in works of the imagination can connect us to the infinite. The world's wisdom traditions tell us that the task is to bring the sacred visions, rhythms, and melodies revealed by saints, sages, architects, and artists into our daily lives.

This experiential workshop will explore different practices of mindfulness with an emphasis on joyful attention to the mysteries of everyday life. It will combine classical, sacred, and jazz music by cellist David Darling, readings from mythology and poetry, slide shows illustrating sacred architecture from Ireland and France to Cambodia and Bali, together with a rich selection of documentary and feature film clips. There will be ample opportunity for open discussion, as well as exercises for applying design principles from sacred places including:

- Tools for creating sacred space in your own home
- Ideas for finding the spirit of place in your community
- Tricks for bringing a little soul to your workplace

Recommended reading and listening: Lawlor, *The Temple in the House: Finding the Sacred in Everyday Architecture*; Cousineau, *Soul: An Archaeology: Readings from Socrates to Ray Charles* and *The Soul of the World*; Darling, *Eight-Stringed Religion* and *Cello*. $425

The Intersubjective Approach to Psychotherapy

Robert Stolorow, George Atwood, Leonard Bearne, Elena Bonn & Linda Loomis

During the past decade, Robert Stolorow, George Atwood, and their collaborators have been elaborating a new theoretical paradigm for the conduct of psychotherapy. In this new paradigm, called intersubjectivity theory, the central guiding metaphor is the larger relational field in which psychological phenomena crystallize and in which experience is continually and mutually shaped. From an intersubjective perspective, crucial clinical phenomena such as transference, resistance, impasses, and the therapeutic process itself are seen to take form at the interface of the interacting subjective worlds of client and therapist.

Friday evening Dr. Stolorow will present an overview of the basic concepts of intersubjectivity theory. On Saturday Dr. Atwood will join the other co-leaders to discuss the clinical application of the intersubjective perspective to specific therapeutic issues. Sunday morning Drs. Stolorow and Atwood will return to address questions that have emerged during the weekend.

This workshop is recommended for psychotherapists and counselors who wish to enlarge their capacity to gain access to their clients' inner experiences.

Recommended reading: Stolorow & Atwood, *Contexts of Being*; Stolorow, Brandchaft & Atwood, *Psychoanalytic Treatment* and *The Intersubjective Perspective*.

C.E. credit for psychologists is pending. $425

In Tenderness and Fire: A Workshop for Couples

David Schiffman & Susan Kuttner

Susan and David write: "This weekend will be a time to see and to appreciate each other once again, with fresh eyes. It will be an opportunity to open to the presence of our partners in a spirit of renewal and openheartedness. The emphasis will be on keeping the spark of love alive—through emotional presence, touch, movement, music, ritual, and shared visions. We will investigate ways of communicating with each other that encourage clarity, truthfulness, imagination, and soulful excitement."

The weekend is for couples who would like to celebrate a reunion of spirit in a mood of tender and respectful attention. $425

November 24–December 1

Healing from Trauma: A Seven-Day Intensive

Carolyn Braddock & Christian Hendricks

Healing does not have to be a struggle—healing can be gentle, sensitive, and friendly. In a week of safety, exploration, and integration, this intensive will explore the belief systems of the trauma survivor's body, mind, and spirit (whether the trauma be sexual, emotional, physical, body-image, or from accidents, illnesses, or surgeries), and offer innovative and creative possibilities for healing.

Since the body was where the trauma occurred, the focus will be on body-oriented healing. Participants will learn how trauma affects body responses. They will be shown ways to move through body memories, flashbacks, and dissociation, to identify and release old patterns, and to recognize addictions and make healthy new choices. Breath, sound, and selected centering and martial arts techniques will be utilized to assist participants in expressing their voice—the source of their power.

Participants will be taught specific tools for wholeness: humor, energy awareness, gestalt, role-playing, meditation, Tai Ji, and play. Specific sessions will focus on sexuality, relationships, touch and intimacy, and creating new patterns. There will be video demonstrations. Individual work within the group will be possible.

To register, completion of an application questionnaire is necessary. This is to provide some history and to help determine what support could be available during the week. For an application, please contact Carolyn Braddock at: P.O. Box 260123, Lakewood, CO 80226-0123, phone 303-985-7310, or fax 303-989-9813

Recommended reading: Braddock, *Body Voices: Using the Power of Breath, Sound, and Movement to Heal and Create New Boundaries*.

C.E. credit is available for nurses; see page 60. $1220

Week of November 24–29

The High-Performance Mind: Awakened Mind Brainwave Training

Anna Wise

The high-performance mind is clearer, sharper, and more flexible. Emotions are more available and easier to transform. Information flows more easily between the conscious, subconscious, and unconscious levels, increasing intuition, insight, and empathy.

Having a high-performance mind means being able to enter at will the state of consciousness most beneficial for any given circumstance—then understanding how to use that state. Through brainwave training, this workshop will teach you how to produce the components for an awakened mind, the brainwave pattern of peak experience, optimum creativity, and high spiritual awareness. Working with both the state and the content of consciousness, you can learn to use these brainwaves to develop a high-performance mind for self-healing, dealing with emotional issues, increasing creativity, improving relationships, and developing greater self-knowledge and awareness.

Biofeedback monitoring combined with meditation, visualization, and deep psychophysiological relaxation will help you learn how to master your own states of consciousness. The Mind Mirror EEG will be used to demonstrate brainwave patterns, and Electrical Skin Resistance Meters will be used to measure the depth of arousal and relaxation of your autonomic nervous system, illuminating the interrelationship between your body and your mind.

C.E. credit is available for nurses; see page 60.

C.E. credit for psychologists is pending. $795

Expressive Painting

Leigh Hyams

Artwork comes straight through an open mind and an adventurous spirit. With it come clarity of vision, increased self-awareness, and a deepening understanding of the meaning of art in one's life.

Without freedom one cannot respond fully to the experience of painting. Leigh Hyams's teaching methods help students to work freely, exuberantly, and sensitively from the very first session. Participants will work from still lifes, models, dreams, myths, memories, and Esalen's natural landscape. Informal discussions, demonstrations, and slides of art from many cultures will help expand understanding of visual language. Participants will complete portfolios of their own paintings and, in the process, may discover a new sense of themselves as artistic, creative human beings.

This is a workshop for people who want to revitalize their connection with art—to devel-

MARGARET LIVINGSTON

op fresh eyes. No previous experience is necessary. The only prerequisites are curiosity about the creative process and a willingness to explore the rich possibilities inherent in the act of painting. $795

(plus $50 materials fee paid directly to the leader)

Entering the Dreamtime: Walking Between Two Worlds

Jeremiah Abrams

> *In the last analysis, most of our difficulties come from losing contact with our instincts, with the age-old unforgotten wisdom stored up in us. And where do we make contact with this old man or old woman in us? In our dreams.*
>
> —C.G. Jung

What we dream reflects forward and backward on our everyday waking reality. In fact, we dream all the time; it is only when we drop below the threshold of reverie in sleep that we dream without distraction. In this experiential workshop, participants will engage in the magic of conscious dreaming and learn to be walkers between two worlds.

The approach will be a synthesis of the soul-centered view of Jungian archetypal psychology and the psychospiritual shaman's journey, both of which are concerned with the unique transformative path that each soul must follow. The main purpose is to incarnate the realities of the Self.

In an environment of safety and support, participants will journey inward, using visualization, trance, breathwork, ritual, and music, allowing images to emerge, encouraging an easy flow between conscious and unconscious reality. Bioenergetics, bodywork, active imagination, and group dialogue will be used to embody the insights retrieved.

Midpoint in the workshop, the group will enter into the dreamtime in a ceremonial purification (sweat) lodge. The week will end with a ritual celebration, weaving the individual dreaming together into a collective dream mandala. $795

Weekend of November 29–December 1

The Patterns of Life

Fritjof Capra & Chungliang Al Huang

Throughout the history of philosophy and science there has been a tension between substance and form, contents and pattern. In the West, the study of contents ("basic building blocks") dominated all science until recently. In the East, especially in China, the acceptance and awareness of the "Larger Pattern"—*Tao Hsing*, which includes both substance and form, contents and patterns—has always been predominant.

In this workshop, Fritjof Capra will show how the study of pattern has informed the latest developments in science—systems theory, chaos theory, fractal geometry, and more. Chungliang Al Huang will complement this approach by demonstrating through Tai Ji movement meditation, Chinese philosophy, and brush calligraphic symbols how the study of pattern is at the very center of ancient Taoist wisdom. Together they will expand the scope of their previous explorations.

This workshop unites two longtime friends from opposite cultural backgrounds to share a synthesis of East and West in a stimulating exploration of lifelong learning. $425

The Sources of Growth

Seymour Carter

Many potential sources of our growth reside in our unfinished issues, the developmental processes that we have failed to recognize and assimilate because of distressing life experiences or the inability to learn about them. "Unfinished issues" refers to normal phases of development which have been bypassed or ignored. It is unfortunate but true that most families emphasize some of our attributes and ignore or discourage others. These unclaimed potential talents, tendencies, and traits are a powerful reservoir within us waiting to be tapped.

Using a primarily gestalt-oriented process, supported by the tools of family systems theory, practices of introspection, and body-oriented intervention strategies, participants can begin to discover and utilize capacities in themselves for new possibilities in their lives. Each participant's process of development will be honored, encouraged, and treated as unique. $425

Week of December 1–6

The Incredible Lightness of Being: A Transformational Movement Workshop

Patti (Lawrence) White & Claire Brown

> *Movement is life; without movement, life is unthinkable!*
>
> —Moshe Feldenkrais

We all seek to heal our emotional-mental-spiritual wounding and to function with grace and ease in the world. A clear pathway to this state of grace is to find and release those issues blocking self-empowerment. This workshop offers the tools to achieve this state and create a lightness of being.

All experience imbeds itself in body tissue, which, left unmoved, can eventually lead to a pervasive sense of heaviness, frequently unrecognized. Using a guided sequence of movements to access the brain, central nervous system, and emotional body, this work will take you on a journey of awareness of your body's connection to life experience, karma, and spirit. By altering your brain-body connection, you can not only change how you move but begin to alter your belief system as well.

Participants will experience a synthesis of Feldenkrais and CranioSacral movement, blended with Ericksonian hypnosis and dreamwork. The workshop will encompass movement, sound, and restrictive pattern recognition. Meditation, art, dance, and play will be used with Holophonic sound to stimulate brain function. Prepare yourself for a creative journey to find your personal place of self-empowerment, inner peace, and grace.

Recommended reading: Feldenkrais, *The Potent Self*; Lowen, *Spirituality of the Body*. $795

Change, Challenges, and Self-Esteem

Phyllis Shankman

Change and the inevitable challenges of life are an ever present aspect of living which must be faced, accepted, and used creatively as opportunities for growth if one is to sustain a healthy, interesting, and meaningful life. Many individuals talk about wanting change while actively or passively resisting it—often until they are faced with one of life's challenges. Self-esteem—which includes self-acceptance, self-appreciation, and self-confidence—enables one to confront fear and resistance and increases the willingness to change, risk, learn, and grow.

This workshop presents a gentle yet in-depth process for exploring and developing self-acceptance and for creatively confronting opportunities for change and growth. Activities will include group process, meditation, movement, massage, music, art, visualization, and whatever arises spontaneously.

C.E. credit is available for nurses; see page 60.
$795

Big Sur Ceramic Alchemy

Noel Mapstead & Keiko Suga

Almost all elements on earth melt at a given temperature. In this workshop participants will experiment with the alchemical changes caused by the forces of heat.

The Big Sur coast is endowed with many natural clay deposits and other raw materials. Conducting field trips along the Big Sur coast, the workshop will provide the opportunity to explore the alchemy of clay and rock as well as other natural materials. Participants will learn to identify and work with natural clays. Using only nature's materials such as cow dung, seaweed, and abalone shells, the group will create glazes for handmade pottery, beads, and other objects. These works will be fired in electric kilns and open-pit bonfires. Additional activities will include clay mud baths at Esalen's hot springs and a Native American sweat lodge ceremony.

This workshop intends to challenge the senses by demonstrating that all matter is variable and subject to change. Plus, it offers a chance to create holiday presents for those we love.

No prior ceramics experience is necessary.
$795

Soul Dramas: Past-Life Regression and Spiritual Healing for (Helping) Professionals

Roger Woolger

"Soul dramas are the daily emotional patterns, roles, and scripts we get stuck in and habitually act out," writes Roger Woolger. "Some believe that although the soul first staged its dramas around childhood trauma, it had already rehearsed them *in utero* and had written them long ago from the ancient store of past-life melodramas we all carry."

Soul dramas can be tragic, pathetic, humorous, or banal, and when left unrecognized can cause anxiety, depression and rage, or a deep sense of dissatisfaction or alienation. Roger Woolger's unique method of releasing and transforming these compulsive dramas involves regression to buried memories and past lives, as well as profound after-death encounters in the spirit realms called "bardos" by Tibetan Buddhists. Participants will be taught simple methods for body release, healing catharsis, and the reintegration of lost parts of the soul.

Experienced in psychotherapy and bodywork (Jung, Reich, and Gestalt), Woolger compassionately helps bring people through deep, transformative experiences, creating an atmosphere that is safe and contained. He also illuminates the broader spiritual picture, from Sufism to Western mysticism to Shakespeare—teaching with humor through poetry, music, story, and meditation.

Recommended reading: Woolger, *Other Lives, Other Selves*.

C.E. credit is available for nurses; see page 60.
$795

Weekend of December 6–8

The Elements of Transformation

Tony Schwartz & Deborah Pines

Who am I? Why am I here? Is it possible to transform while continuing to live an ordinary life in the world?

Tony Schwartz and his wife, Deborah Pines, hungered for answers to these fundamental questions. For five years, Tony and Deborah crisscrossed the country, interviewing and working with more than two hundred psychologists, philosophers, physicians, mystics, and scientists. Tony's book, *What Really Matters: Searching for Wisdom in America*, tells

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the story of their travels. M. Scott Peck called it "the most superior compendium I know of the technologies used to search for wisdom."

Tony and Deborah emerged from this search with a conviction that no singular path is sufficient, but that it is increasingly possible to pursue a comprehensive, balanced, and integrated path to a complete life. Drawing on the insights of Western depth psychology and the Eastern contemplative traditions, they will introduce a set of integrated practices for the mind, body, and spirit. In the process they will delineate five central facets of a complete life: awareness, character, performance, relationship, and community. Focusing on these areas, the group will participate in a range of practices including dreamwork, meditation, active listening, focused inquiry, and cultivating the essential virtues. There will also be an introduction to the Enneagram, a powerful personality typing system which can facilitate transformative work.

Recommended reading: Schwartz, *What Really Matters: Searching for Wisdom in America*. $425

Weekend Massage Intensive

Dean Marson & Margaret Stevens

This workshop is an introduction to the art of touch. Participants will learn a basic approach to giving a pleasurable and beneficial Esalen-style massage through observation of demonstrations and hands-on work. In addition, the instructors will present practices which support massage including meditation, movement, stretching, and self-care techniques. While this group is especially suited for beginners, it is also open to those who wish to refresh their knowledge of massage skills.

C.E. credit is available for nurses; see page 60. $425

Conscious Loving: A Body-Centered Approach to Relationship Transformation

Gay & Kathlyn Hendricks

Relationships are the primary arena in which our deepest selves are either concealed or revealed. This workshop is designed for couples, professionals, and singles who are interested in the ability of a close relationship to catalyze the creativity of each person. It has two major purposes: 1) to expand the experience of love past previous limits; and 2) to learn to rest in the essence that underlies persona.

Based on the Hendrickses' experience with over 1500 couples, they will present breath and movement practices that can accelerate the process by which people in close relationships can attain their goals. Participants will work on the transformation of present relationships while exploring three key principles of conscious relationship: living in integrity, claiming creativity, and embracing life. The workshop will present tools designed to make it easier to tell the truth and take healthy responsibility for feelings and issues.

Among the tools to be used: videotapes, movement processes, breathwork, and dyadic communication exercises.

Recommended reading: G. & K. Hendricks, *Conscious Loving* and *At the Speed of Life*. $425

A Workshop for Poets

Galway Kinnell

This is a gathering for the writing of new poems in an atmosphere that is encouraging and challenging. The participants/poets will be asked to put aside old habits and inhibitions and attempt to write something that is more difficult and daring than they have done previously. They will also be asked to take a part in making the workshop supportive and inspiring for others. Much of the time during the weekend will be spent writing. Only the new poems written during these two days will be discussed in the group meeting.

To apply, please send four pages of your recent poems, typed (no dot matrix, please) with name, address, and day and evening phone numbers, postmarked by October 3, to Kinnell Workshop, Esalen Institute, Big Sur, CA 93920. Participants will be notified of their acceptance by October 31. $425

The Group 2000

Esalen Staff

The Group 2000 consists of people who wish to help Esalen fulfill its mission and have contributed $2,000 or more in one year. This is a special weekend to inform the Group of the latest developments at the Institute and discuss the plans and possibilities for the future. There will be time with the staff, the opportunity to interact as a group, a possible special guest or two, as well as time to enjoy being at Esalen with some optional planned activities.

For more information, contact the Friends of Esalen office at 408-667-3032. $425

Week of December 8–13

Healing Our Hearts

Julie Bowden & Richard Balaban

This workshop will be a journey into the tender part of the self that carries childhood trauma. Feeling and integrating the pain and gifts of our past allows us to live more fully in relationship with ourselves and others, and helps us to acknowledge and nurture our inner voice. Using guided imagery, music, metaphor, and dialogue with the historical child, this work is about melting the frozen tears and befriending the child within. Gaining compassion for the self and experiencing a supportive community is a part of this work.

To help create an atmosphere of safety, care, and respect for core issues to emerge, participants are asked to forgo alcohol and other mood-altering, nonprescription drugs for these five days.

If you long to live beyond your past, discover your untapped strengths, and enhance your relationships, this workshop is designed for you.

C.E. credit is available for nurses; see page 60. $795

The MAX: Stretching the Limits of Your Self-Expression

Paula Shaw

"The MAX" is an outrageous voyage through your own humanity—a journey to turn yourself inside out and explore the extent of your self-expressive power. It employs a variety of acting, observation, and communication methods designed to expand your limits "to the max" and move you into a new arena of personal creativity and self-expression.

"The MAX" is extremely challenging. Participants must commit to a rigorous exploration of the sources of their emotional limitations. Seminar hours will be longer than usual early in the week (and shorter later in the week). Participants will work individually in front of the room, playing to and with other group members. There will be exercises that use raw emotion, role-playing, and "dress-up" assignments.

This workshop is an opportunity to experience yourself in a way you may have dreamed about but never imagined possible. The game is risk, the premise: You're either daring or dead—the most unsafe thing you can do in life is to play it safe. Clearly, this course is not for the faint of heart, but it is full of heart, humor, and irreverence and is constructed with the understanding that this kind of risk-taking requires a very safe workspace.

If your heart beats faster when you think of taking this workshop, then maybe it's just the thing to do.

Please note: Due to the intense and sequential nature of this workshop, attendance at all sessions is necessary.

Prerequisite: A 1-3 minute memorized piece—monologue, poem, song, etc. $795

Icons: Faces of Darkness and Illumination

Christopher Castle

Icons are images of the divine and are found in all cultures throughout time. Prehistoric figurines, faces of angels, bodhisattvas, or goddesses of the silver screen—all can transform our spirit.

The icons of the Byzantine tradition fascinate us with their magical qualities. The beauty of their ancient surfaces of gold and pure color are captivating; their images and forms embody an inherent joy and mystical light. The archetypal stories and characters they represent find a deep reflection in our consciousness and open the doors of our perceptions. Artists and non-artists of any spiritual persuasion find depth and meaning in the alchemy of creating the icon, the image which integrates the human and the divine, the immanent and the transcendent.

In a setting of quiet contemplation, workshop participants will make traditional or contemporary images using the ancient and now little-known methods and materials of icons. Daytime sessions will include instruction in panel preparation, the use of gold leaf, and egg tempera painting. Evening slide shows on the history and meaning of icons together with music and meditations on images from many cultures and times will provide a full context for the studio sessions.

No prior art experience is necessary.

C.E. credit is available upon agreement with JFK University. $795

(plus $30 materials fee paid directly to the leader)

Purpose and Passion: Returning to Your Soul's Memory of Wholeness

Genny Davis

"Wholeness is the desired and vibrational state of our true being," writes Genny Davis. "It must be embodied into our full consciousness in order to achieve our health, career, financial, and life goals.

"Each of us has a personal and collective purpose that we are called upon to realize so that we may be fulfilled. This workshop is designed to provide an in-depth opportunity to discover your purpose and to live your alignment with your creative passion.

"Through awakening to our soul's memory of wholeness, a deepening of consciousness occurs naturally. Our past histories and experiences carried within our bodies and minds are transformed into the essential value and integrity of our authentic nature.

"Through interweaving the seven universal laws with the seven chakras, the healing arts of meditation, hands-on healing, sacred ceremonies, and individual and group experiences, you can learn to transcend limitation, awaken the path of your heart, and move into your soul's vibration and cellular intelligence."

"You can learn to journey beyond your body and mind's imprint of dysfunction so that you can embody your full potential. I welcome all you who are going through transitions and consciously seeking alignment for your unique path and lifework."

> *Healing is nothing more than a return to wholeness.* — Deepak Chopra

$795

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Cooking as Spiritual Practice: Finding Your Way in the Kitchen

Ed Brown

Cooking may be viewed as a spiritual practice in the sense that it allows us opportunities to directly experience and awaken generosity, kindness, careful effort, patience, concentration, and awareness. To become intimate with the ingredients of our life and learn to handle them with sincerity is a primary focus of practice.

"Ingredients" may include any object of awareness from foods to thoughts, feelings, and physical sensations. By practicing Zen Master Dogen's advice—"Let your mind go out and abide in things. Let things return and abide in the mind."—we can find out what to "cook up."

Activities will include meditation, lecture and discussions, bread making, knife sharpening and cutting techniques, as well as structured tastings to acquaint your palate with its palette of flavors and tastes. The workshop is designed to enhance your capacity to cook and to have confidence in and develop your own sensibilities (all of which is different than being a good recipe-follower).

This workshop is designed to help both would-be and experienced cooks to cultivate fresh insights into the possibilities inherent in cooking and in oneself. Bon appetit. $795

Weekend of December 13–15

Introduction to Gestalt Practice

Eric Erickson

> *The Way, when declared*
> *Seems so thin and flavorless.*
> *Nothing to look at, nothing to hear—*
> *And when used—is inexhaustible.*
> — Lao Tzu

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that awareness is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization.

It is explicitly understood that participants are not patients but persons actively consenting to work (or play) in awareness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure, or accomplishment. Much of the power of the practice is brought forth by concentrating attention on the seeming simplicity of our moment-to-moment experience.

Through group exercises, meditations, and open seat work, this workshop will introduce participants to the gestalt practice approach.

Recommended reading: Perls, *Gestalt Therapy Verbatim*; Lao Tzu, *Tao Te Ching*. $425

Exploring the World of Lucid Dreaming

Stephen LaBerge

Dreams are worlds of wonder where anything imaginable can happen. However, ordinarily we sleep through our nightly journeys, unaware of the opportunities available.

We are not bound to forever sleepwalk through our dreams. Lucid dreams are dreams in which we know we are dreaming while we're dreaming. While lucid, we can be fully conscious that the dreamworld is a mental creation, and that we are free to act in the dream unconstrained by laws of physics or society.

People can develop the skill of lucid dreaming and research has shown that it can profoundly affect our brains and bodies. Participants will be taught how to induce lucid dreaming and explore its many uses: self-exploration, creative problem-solving, enhancing self-confidence, healing, adventure, and self-integration.

The seminar will extend beyond dreaming to investigate our experience of the world and our perceptions of "reality." It will explore the concept that all perceptions are illusory and that waking reality is, like dreaming, a mental construction.

The workshop will combine lecture and experiential exercises. It is intended for avid dreamers and people interested in self-exploration and the enhancement of consciousness.

Recommended reading: LaBerge, *Lucid Dreaming*; LaBerge & Rheingold, *Exploring the World of Lucid Dreaming*. $425

Toward Waking Up: Cultivating Mindfulness

Charles Tart

Ordinary consciousness is a kind of waking sleep, an absorption in our personal and cultural illusions. This apparently strange Eastern concept is actually supported in detail by Western psychological data. Given this, how can we awaken? Our essential selves were invalidated and suppressed in childhood, as part of our "education." How can we rediscover and nourish them? Our instinctual and sensory wisdom is buried under cultural noise and distraction. How can we come to our senses?

G.I. Gurdjieff, one of the first teachers to adapt Eastern spiritual methods to Western culture, developed practices for awakening from our sleep, our cultural trance. Occasional retreats to exotic places like Esalen are quite useful, but ordinary life is the best setting for using psychological and spiritual development practices that emphasize balanced work on mind, emotions, instincts, and body. This workshop will examine Gurdjieff's main ideas, integrating them with modern growth psychology.

Self-observation and self-remembering will be taught as a primary meditation-in-life for increasing self-understanding and living more effectively in the here and now. These practices use that most marvelous tool that is always with us—our bodies. The workshop will also review basic formal meditation practice as an aid to mindfulness. The emphasis will be on practicing awakening as part of everyday life.

Recommended reading: Tart, *Waking Up* and/or *Living the Mindful Life*.

C.E. credit for psychologists is pending. $425

Powerfully Presenting Yourself

Paula Shaw

Why are some people so cogent and inspiring when they speak? What holds you back from delivering your message? This workshop will explore the inhibitions to self-expression and communication and help you to move beyond them, creating more freedom in both your personal and professional life. It is designed for people who want to develop a more powerful personal and public presentation as well as better professional and business communication skills (e.g., lawyers, doctors, teachers, managers, and consultants).

In an environment of safety and support, you will have the opportunity to experiment with presenting yourself in front of various-sized groups, using your voice, body, and emotional power. There will be in-depth individual and group exercises designed to free you from past blocks to presenting yourself publicly.

Up-front courage, passion, and clarity need not be restricted to rare moments in life. This process can help bring to life the eloquent speaker of your fantasies. You can learn to express yourself more fully and experience the satisfaction of being more authentic, effective, and self-assured. $425

Quantum Realities: Eight Plus One

Nick Herbert

The discovery of new quantum facts whose behavior is exactly described by quantum theory has given physicists unprecedented power and control over nature at the price of renouncing a picture of quantum reality. "Who could have imagined," Albert Einstein once remarked about this quantum reality crisis, "that we would come to know so much yet understand so little." In place of commonsensical but outdated old Newtonian reality, physicists have tried for six decades to explain the quantum facts/theory with a bewildering variety of tentative realities—all of them bizarre and none of them quite satisfactory.

In his popular science classic, *Quantum Reality*, Nick Herbert described eight realities ranging from Niels Bohr's meter-created reality to Hugh Everett's many-worlds reality to John von Neumann's consciousness-created reality. This workshop will examine how physicists justify and object to these eight modern visions of the way the world works and introduce a ninth view, Nick's favorite: "quantum tantra," which imagines physical/mental reality to be the unfolding sex-play of two divine beings.

Come and explore the borders of today's science with a provocative writer and thinker. $425

Week of December 15–20

Esalen will be closed to the public during these five days.

Weekend of December 20–22

A New Beginning: Courage and Heart

Mary Goldenson (Devarani) & Gustavo Rabin

> *One day you finally knew*
> *what you had to do and began . . .*
> — Mary Oliver
>
> *Courage is resistance to fear, mastery of fear, not absence of fear.*
> — Mark Twain

"As the year draws to an end," Mary Goldenson writes, "we will courageously peer into the depths of our hearts and minds and ask the questions:

- Does my life reflect my heart's desires?
- If fear did not stop me , what might I be doing differently?
- What truths do I need to tell to live?
- To whom or what have I given power over my life and what must I do to reclaim it?
- How shall I live, knowing I shall die?

"More than the answers, our questions define where the real meaning of our life resides. Firmly grounded in the moment, we will explore ways to reconnect with our source of creativity and spirituality."

This workshop provides ways to help complete the past, be open to the present, and create the future. A safe, supportive environment will be provided. Didactic and experiential exercises will draw from gestalt, Reichian work, imagery, dance, and meditation.

C.E. credit for psychologists is pending. $425

Big Sur Bead Making

Noel Mapstead & Keiko Suga

The Big Sur coast is uniquely endowed with natural clays that have been decomposing from granite rock for millions of years. This workshop will be dedicated to the making of clay beads from local natural sources.

The group will explore the Big Sur coast to gather clays, make beads, and bake the beads in open-pit fires using cow dung and seaweed. Participants will be taught to identify natural clays, work and process clay, and fire with traditional and modern methods. Other activities will include bead stringing, hot clay mud baths, and a Native American sweat lodge.

The very act of pinching clay with our fingers marks us as human. The impulse to fashion the natural materials shared with the beasts of the field is what distinguishes us from them. The workshop will develop from this simple ground. It will also examine the history of hand-crafted beads as monetary value versus the dehumanizing value of money today.

Emphasis will be on creating objects to give to loved ones. No experience is necessary.

$425

The Healing Power of Humor, Compassion, and Gentle Touch: The Rubenfeld Synergy® Method

Ilana Rubenfeld

"Humor lightened the dark, painful places in my life and helped me onto a path of healing," writes Ilana Rubenfeld. This workshop is for people who want to include humor, movement, body language, and compassionate touch as a way of taking care of themselves personally, professionally, and spiritually. Using the Rubenfeld Synergy Method, a healing system for the dynamic integration of body, mind, emotions, and spirit, participants will have the opportunity to listen, recognize, and work through feelings and memories locked in their bodies.

The workshop will use body/mind exercises, individual demonstrations, hands-on practice, dreamwork, gestalt practice, and music, all designed to support contacting, releasing, transforming, and balancing the energy of inner body language.

The workshop atmosphere will be one of caring, healing, laughter, tears, and inspiration—encouraging participants to experience empowerment, integration, and new possibilities.

Recommended reading: Rubenfeld, *Twenty-Five Years of Simple* (available through The Rubenfeld Center, 115 Waverly Place, New York, NY 10011).

Participation in this workshop fulfills one of the requirements for acceptance into the Rubenfeld Synergy Training Program. $425

The Psychology of Storytelling

Bob Maurer

Stories possess the ability to tap into our deepest needs and desires, to hold us in their grasp by characters and plots that arouse our anger, engage our sympathies, and even inspire our love. New research findings have provided insights into how and why we create stories. All stories are created, read, heard, or seen by the brain. This workshop uses research, taped interviews with authors, and film clips to illustrate the brain's "rules" for storytelling and to demonstrate that all stories have universal themes.

This course is a convergence of literature, spirituality, and science which can be applied to personal awareness and growth, writing, creativity, and living. The material will be of interest to writers and nonwriters alike. Additional topics include:

- How childhood experiences impact our motivation and life choices
- How conflict is created and resolved in life and in fiction
- How a character "touches" an audience
- Why people sabotage success
- Strategies for enhancing and sustaining creativity

Participants are encouraged to bring writing samples. There will also be writing exercises and opportunities for feedback.

C.E. credit for psychologists is pending. $425

Stress Reduction: An East/West Approach

David Levenson & Mark Abramson

Stress comes to us in many forms. Our bodies and minds are stressed by chronic pain and persistent illness. Relationships are stressful. We find stress at home and at work, in our social and financial lives, even in our recreation.

Stress often leads us to suffering. Muscles tense up, pain tolerance decreases, inflammations increase, intestines go into spasm, fatigue may become profound. Our minds are often filled with anxiety, fear, depression, anger, and helplessness.

All of this suffering is normal and understandable, but it is not required: Suffering is optional. In this workshop, you will be taught to minimize suffering with the help of mindfulness meditation, yoga, self-hypnosis, deep relaxation, healing imagery, and cognitive approaches. Through these practices, you can develop a self-caring objectivity, an ability to respond to your pain and suffering with compassion instead of self-criticism, guilt, and shame.

The workshop is designed to be practical. The aim is to integrate your experiences and give you tools to use in your everyday life.

The workshop is open to nonmeditators and meditators alike, as well as to people with or without medical problems.

C.E. credit is available for nurses; see page 60.

C.E. credit for psychologists is pending. $425

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Week of December 22–27

Spiritual Healing: Laying-on-of-Hands

Maria Lucia Sauer Holloman

For workshop description see September 1-6.

C.E. credit is available for nurses; see page 60. $795

Improvisational Being

Nina Wise

> *To relax our attention into the present moment is extraordinarily simple; but for most of us it requires a lifetime of practice.*
>
> — Ruth Zaporah

Imagine feeling comfortable to dance whenever you feel like dancing, at parties, nightclubs, or simply alone in your living room. Imagine feeling able to sing whenever the impulse arises, in the car, by your child's bedside, or sitting around a dinner table with friends. Imagine feeling free to speak in a different voice and become a different character, a Southern belle, a French poet, a Brooklyn teenager.

Spontaneity has become limited in modern life. We have been trained to be polite, to follow the rules. We inhibit our spontaneous impulses in order to fit in, to be approved of, loved. Yet ironically, as we suppress our impulses to play, we feel more and more alienated from ourselves, our friends, family, and colleagues.

This workshop is about loosening the hold of the censoring mind that inhibits our speech and actions. It will include movement, meditation, singing, chanting, and theater games, as well as spontaneous performances with and for each other in a safe and supportive environment.

Through experimentation with improvising, we discover that as we take the risk to express who we are in playful and creative ways, we feel a sense of ease and belonging that previously eluded us. We can also have a lot more fun. $795

Selves Transformation: The Voice Dialogue Process

Judith Stone & Sindona Cassteel

> *The course of our lives is determined to a great extent by an array of selves that live within each of us. The more we become attuned to these inner voices, the more real choice we are able to exercise in the pursuit of our individual destinies.*
>
> — Drs. Hal & Sidra Stone

The Voice Dialogue Process, based on the psychology of selves, teaches us a philosophy and method for getting in touch with the wonderful and distinctive selves that live within each of us. Rather than focusing on "what" is being said, the focus is on "who" is saying it. "Who" becomes a process of exploration into these subpersonalities: when they were born in our lives, why they came into being, and how they serve to support and protect us.

This workshop offers a safe transformational experience using The Voice Dialogue Process. In being able to meet and honor the selves that are primary in our lives we in turn create a bridge to those selves that have been disowned. Strengthening the consciousness created in regard to our selves offers us true choice and empowerment in our personal lives, relationships, and lifework. $795

Painting the Soulscape

Robert Venosa & Martina Hoffmann

This painting seminar explores what the leaders call Serendipitous Exploitation, "an emotional outpouring of color and seemingly abstract form, followed by studied, individualistic detailing." Using this simple process, the artist—beginner or experienced—can begin to create essential form and color that are both enlivening and enlightening. The premise is to exercise right-brain potential in a nonthreatening, effortless, and exuberant manner that instills joy, self-discovery, and newfound self-esteem.

Participants will also be introduced to the Misch Technique (discovered in 1460 by Van Eyck and employed by such masters as Rembrandt, Dürer, and Max Ernst) and will work with an updated simplified version. Upon completion of the workshop, the group will hold a mini-exhibit of their creations for all to see and enjoy.

This workshop is for anyone wishing to tap the artistic capabilities that lie within their reach and discover the joy and illuminating power of painting.

Note: Upon registration, participants will be sent a list of materials to bring. $795

Healing the Emotional/Spiritual Body: The Rubenfeld Synergy® Method

Ilana Rubenfeld

This workshop is for people who want to learn how to listen to the messages, memories, and feelings locked in their bodies. Ilana Rubenfeld will introduce and demonstrate the Rubenfeld Synergy Method, a holistic system that integrates Alexander Technique, Feldenkrais Method®, Ericksonian hypnosis, and gestalt practice.

Each day will include: body/mind exercises to relax, stretch, and to heighten awareness; hands-on teaching to develop intuitive, gentle touch; discussions and demonstrations; and music and humor. The workshop community will become an active culture for learning and growth focused on:

- The interdependence of emotions and posture
- Healing the wounds of dysfunctional families
- Moving beyond therapeutic techniques toward intuitive wisdom
- Dreams and metaphors that reveal life patterns
- Developing a sense of humor
- Honoring the sacred within

"The body is the sacred sanctuary of the soul," says Ilana. "Care for it like a flower garden." In this workshop she will demonstrate the possibility of achieving emotional, physical, and spiritual integration.

Recommended reading: Rubenfeld, *Twenty-Five Years of Simple* (available through The Rubenfeld Center, 115 Waverly Place, New York, NY 10011). $795

Weekend of December 27–29

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 20-22. $425

'Tis a Gift to Be Simple

David Schiffman

This weekend is intended as an offering for people who would like to return to the simplicity of the values we treasure most. Its aim is to create a climate of mutual support and encouragement for exploring how to best cultivate the spirit of real generosity and faith in dealing with ourselves and others.

This timely gift will embrace the following elements:

- Sanctuary—the opportunity to step away and pause, to create a mood of peace and personal clearing without haste or interruption

- The company of kindred spirits—a chance to be met with honesty, empathy, and wisdom in an atmosphere of soulful, clear-eyed support
- The emotional freedom to be—the right to let down and be sad, glad, or mad in order to clear the air and move on, making room in our hearts for new possibilities
- The right to feel free and alive in our bodies—the use of innovative ways of moving and touching in order to restore the vitality of feeling truly alive and physically at ease

The methods will be drawn from a wide variety of practices, both traditional and nontraditional, all aimed at restoring our gratitude and appreciation for being alive. $425

Weekend Massage Intensive

Vicki Topp & Dean Marson

Treat yourself to the gift of massage and replenish your spirit in warm mineral baths while surrounded by the natural beauty of Big Sur. Participants will learn to give and receive an Esalen massage using breath awareness, creative touch, sensitivity, and intention. Some meditation, movement, and stretches will also be included. The workshop is open to beginners as well as those more experienced with bodywork.

C.E. credit is available for nurses; see page 60.

$425

Beauty and the Beast: The Secrets of Love and Death

Geoffrey Hill

Using *Beauty and the Beast*, this workshop explores the hidden secrets of love and passion which have been outlawed by orthodox religion.

In *Beauty and the Beast*, the Beast proves himself to be none other than the primordial pagan god of love, the son of Mother Earth, the god of nature, sex, and passion. In this capacity, his story reveals a lot of hidden ancient pagan heretical secrets related to love, death, and passion. Beauty, as her name implies, is the Queen of Aesthetics, and she represents the human soul in search of love. Preserved by peasant communities throughout the ages, *Beauty and the Beast* points toward the secret cult of sacred temple sex, and much more.

Participants are encouraged to bring poems, songs, and love letters relating to their own ecstasy or pain of love. Through an intimate exploration of several versions of the story, participants will encounter their own feelings, experiences, and growth in relation to love. $425

Baking Bread at the Big House

Robin Burnside & Dennis Marriott

How would Grandma's breads taste with amaranth, quinoa, kamut, or spelt? What is the irresistible magnetism that draws hundreds of otherwise purposeful Esalen visitors to spend long hours hanging around the lodge breadbaskets?

Find out during a flour-dusted weekend of fun in Esalen's Big House. You'll learn to combine ancient ingredients, familiar grains, traditional methods, and new ideas—making quick breads, yeasted breads, sourdoughs, round loaves, flat breads, braids, and rolls. Explore and devour!

No prior baking experience is required—just a need to knead... and knead... and knead.

$425

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Week of December 29–January 3

The Practical Art of Creative Risk-Taking

David Schiffman

For workshop description see September 8-13.
$795

Clearing Our Vision for the New Year

Paul Rebillot & Audrey Savage

"I think one of the most disturbing ways to begin a new year is with a hangover," writes Paul Rebillot. "If, as some say, the first day sets the tone for the coming year, wouldn't it be better to meet the New Year with clear eyes—with wakeful rather than darkened consciousness? Wouldn't it be agreeable to spend a few days before the New Year dealing with, letting go of, saying good-bye ritually to the time past and then preparing the ground for the new?

"We will take time to find the meaning of the last year, and to position that in relationship to the whole last period of our lives, working through any incomplete gestalts—crying, laughing, singing, dancing through whatever needs to be finished before the New Year begins.

"Together we will celebrate a ritual of welcoming in 1997, not with resolutions, but by planting a seed for the next year of life, perhaps even for the next phase of life. Through guided fantasy, art, and movement, we will awaken from the seed a vision for the New Year, identifying our inner resources and our outer helpers in realizing that vision. We will also explore the ways in which we might sabotage that vision, what we can do to prevent that sabotage, and so clear a path to the realization of our goals." $795

Feeling and Creativity: Reinvigorating (Ad)ventures in Life

Dale Cummings & Karel Samsom

When we liberate our capacity to respond emotionally, new realms of creativity and zest open up to us. Discovering new solutions in private and in work-oriented settings can transform leisure and job activities and enliven our experiences. How these two themes interconnect will be the focus of this workshop.

The workshop will use a neo-Reichian approach to emotional release as well as play, art, music, dance, and discussion to tap into feelings and creative capacities. A period of individual Radix work in a small group setting will provide a safe environment of emotional support and release. As negative feelings are worked through, active creativity can emerge.

Dale Cummings, a neo-Reichian counselor, and Karel Samsom, a teacher of creativity, innovation, and entrepreneurship, have for many years integrated these themes into their personal and professional lives. Through their focus on feelings and creativity, this workshop offers encouragement and practical ideas to reinvigorate personal and work experiences and to pursue exciting ideas and new (ad)ventures in daily life.

C.E. credit is available for nurses; see page 60.
$795

SIKE: Healing and Health through Ki Energy

Mallory Fromm & Therese Baxter

Spinal Integration/Ki Energy (SIKE, pronounced "sigh-kee") is a health training program in the healing applications of Ki energy (in Chinese *chi*, the vital energy sustaining life in all living things). Participants will first be taught to access their own Ki energy by means of breathing exercises. They will then be shown how to concentrate the Ki for transmission to another person.

SIKE seeks spinal integrity, restoration of the balance of tension and relaxation in the spine. Most people are tense in the upper dorsal vertebrae and weak in the lumbar vertebrae; hence, back pain, sleep disorders, and poor digestion. Participants will be taught how to bring the tension from the upper to the lower vertebrae.

Specific points and procedures for treating common ailments—headaches, migraines, compulsive behavior, sleep disorders, and aches and pains—by Ki energy will be illustrated and practiced.

To enhance spinal integrity, Mallory will lead exercises in breathing and balance, and Therese will lead exercises based on inner muscle balancing to improve body alignment and integrated movement. Their credo is that "participants take away not just a glowing sensation of health and mental clarity, but the knowledge and skills to maintain the sensation by themselves or with others."

Participants should bring pencil and notebook, loose-fitting clothes, fresh socks for the session work, a large towel, and a small towel or handkerchief.

C.E. credit is available for nurses; see page 60.
$795

Inner Marriage: The Union of Absolute and Relative

Zoran Josipovic

> *All forms are one Earth*
> *All energies are one Energy*
> *All thoughts are mind of God*
> *All selves are one Self*
>
> — Sathya Sai Baba

Inner marriage is a process of coming into harmony with our innermost essence, our True Self—that part in us which allows us to realize our natural oneness with the totality of Being.

This workshop of lectures and experiential exercises will acquaint participants with the True Self, both in its subtle aspect as Space and in its dynamic aspect as Bliss. The workshop will investigate how this Self manifests as mind, breath, and body, and participants will practice experiencing the unity of our minds with Cosmic Mind, our breath with Life Energy, and our bodies with the Earth.

Accomplishing this requires opening the Central Channel, known as the "secret pathway of yogis," and learning how to rest our awareness in equipoise at the very core of it. The workshop will use Subtle Self Work, meditation, and Eye-Movement Process, together will gentle stretching, breath, and sacred sounds to arrive at this place of profound mystery.

Participants should come ready for deep, concentrated work. Prerequisites are the ability to sit for a half-hour period of meditation and the willingness to experience and share one's own process. This workshop is both for experienced meditators and for dedicated beginners.

Recommended reading: Blackstone, *The Subtle Self*; Grof, *Holotropic Mind*. $795

Weekend of January 3–5

Reinventing Love

Robert Solomon & Heather Maycock Ogilvy

"Reinventing Love" is an interpersonal probe into the most highly valued of all passions, its promise, and its disappointments. The workshop will emphasize the essential creativity of love and the need to express and "reinvent" an

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emotion that is not torn between defensive individualism and independence. The group will explore the myths of love in order to find out why love goes wrong, why we choose the wrong partners, and how to choose the right one in order for love to succeed.

Participants will examine the connection between intimacy and anger, and the fragile connection between love and dependency. Individuals will be encouraged to explore their own experience and discuss the myths and images that have contributed to our most intimate (and sometimes most dangerous) feelings. Above all, the aim will be to understand why love is so important to us and why it cannot be abandoned. $425

Music for Everyone: Finding Your Long-Lost Musician

David Darling

David Darling's magical work with late bloomers, nonprodigies, professional musicians, and "burned-out" teachers has been opening hearts to the mystery of sound for the past two decades. "Music for Everyone" is an adventure into music making, rhythmic grooving, song writing, laughing, and listening.

Regardless of prior experience, this workshop will take you to a deeper, more powerful music level. Bring an instrument or play on David's collection of world instruments. $425

Taking Better Care of Yourself: An Eclectic Physician's Guide for a Healthy New Year

Dr. Joe D. Goldstrich

"There are many simple yet powerful self-help tools that can be extremely useful in preventing and treating a wide range of health-related problems," writes Dr. Goldstrich. "They include diet and nutrition, nutritional supplements, herbs, and homeopathy.

"In this workshop we will explore a variety of dietary strategies for preventing and treating heart disease: low-fat, semi-vegetarian diets similar to those used at the Pritikin Center, where I served as chief cardiologist and medical director; the olive oil-based Mediterranean diet for prevention of heart disease and cancer; other therapeutic diets, from raw foods to macrobiotics; and using diet for weight management and relief of arthritis pain.

"There have been recent breakthroughs in the use of nutritional supplements and antioxidants to prevent and treat heart disease. We will learn how to use these supplements safely and effectively. Herbs and homeopathy are potent healing tools with a long history of safe and beneficial utilization. Their use for common conditions like colds and flu, trauma symptoms, and sleeping better can be easily learned.

"We will cover all of the above, plus other fruits of my twenty-five years of eclectic explorations in medicine. We will work in whatever way that may help empower you in your own self-healing."

Recommended reading: Goldstrich, *The Best Chance Diet*, *The Cardiologist's Painless Prescription for a Healthy Heart and a Longer Life*, and *Healthy Heart–Longer Life*. $425

Fire in the Earth: Poetry, Silence, and the Heart's Desire

David Whyte & John O'Donohue

This is a workshop concerned with remembering the half-forgotten and neglected desires that are central to our personal creativity and destiny. Fire has been an abiding image for creativity throughout human history, but the first steps into that flame depend upon our ability to rest in the silence present in our own bodies. These disciplines of silence are a way of understanding desire at a level deeper than we ordinarily experience.

Much of modern life distances us from our bodies, presenting the body as a problem to overcome rather than the center of our experience. In hard times we often find it more difficult to remember rest and silence, and it's during these times that we need them the most. This will be a time to remember, through poetry, silence, voice work, and movement, the priorities closest to our heart's desire.

Ability or knowledge of poetry is welcomed, but not the least bit necessary. $425

Week of January 5–10

Five-Day Massage Intensive

Kathleen O'Shaughnessy & Laurie Schutz

This workshop is for those who are just beginning to explore touch as deep communication. The central theme will be primary approaches to full-body massage, which will be introduced through both demonstration and experiential hands-on exchanges. Self-awareness through movement, sound, and breath will be used to enhance the senses. Discussion will offer insights into various approaches to bodywork and how they address both the physiological and mental/emotional body.

C.E. credit is available for nurses; see page 60. $795

Vision Painting

Helen Jerene Malcolm

Painting your vision is a sacred journey into self. Visionary art is a means of expressing the core yearning of one's deeper self, an active meditation in which the painter allows a flow of color and images to emerge as if the painting were painting itself. In an atmosphere of exploration and acceptance—enabling the creative impulse to play, take risks, and face fears—the painting finds its own path through darkness and light.

In this work, you can move beyond the rational mind to deeper levels of motivation and desire. Self-expression is prompted from the feeling centers, through the hand onto paper, evoked by guided visioning, color, music, movement, and dream images.

Your vision painting can be a treasure map of your life where change and healing are affirmed. This is a transformative adventure re-creating aspects of your life spiritually, professionally, and physically.

Please note: All are welcome, beginners as well as artists. $795
(plus $30 materials fee paid directly to the leader)

Tao Mentoring in Music and Tai Ji Dance

David Darling & Chungliang Al Huang

David and Chungliang have been conducting this annual New Year's celebration of creativity for many years at Esalen. This year they will focus on the core elements in their sharing: Passion, Clarity, and Balance. With David's mastery as a cellist and composer and Chungliang's "Living Tao" skills, they will guide participants in one of the subtlest yet most powerful principles of Tao, *Wu Wei*—"non-interference" in our collective creative learning.

Using the inspiration of great classical music (especially Bach), jazz, blues, and multicultural musical heritages, as well as humor and enthusiasm for transformation, David and Chungliang will offer a joyous and supportive environment in which to celebrate our spontaneity and our deep core. They will alternate between mutual teaching—allowing participants to discover their own personal music and pure dance through both improvisation and structure—and sessions focusing on Lao Tzu's *Tao Te Ching*, Tai Ji movement meditation, and healing Qi Gong exercises. $795

The Next Question: What Happens to Us After We Die?

Sukie Miller & Edmundo Barbosa

Elisabeth Kübler-Ross asked the question: What can dying people teach us? Sherwin Nuland asked: What happens to our bodies when we die? And Raymond Moody and Kenneth Ring asked: What happens to us when we die? This workshop considers the next question: What happens to us after we die? Together, as a community, participants will explore in depth The Four Stages of the afterdeath as determined by The Institute for the Study of the Afterdeath in its eight years of worldwide research. Participants will learn about and tap into the experiences of The Four Stages and work with the relevance of them to their daily lives. The workshop will explore as well the afterdeath systems of several different cultures where the line between the living and the dead is particularly thin.

The afterdeath has many lessons to teach us about a ripeness for death and a readiness to live. This workshop will plumb both levels simultaneously toward the goal of a greater understanding of the journey of our lives, now and in the future. $795

The Wildness Within

Brita Ostrom & Eric Erickson

> *Every part of this soil is sacred. . . Every hillside, every valley, every plain and grove, has been hallowed by some sad or happy event in the days long vanished.*
>
> — Chief Seattle, 1856
>
> *Maybe saving a forest starts with preserving some of the feelings that die inside us every day . . . If we cannot respect that interior land, neither can we respect the land we walk.*
>
> — David Lynch, *Twin Peaks*

"Big Sur is a place where healing can happen," writes Brita. "The deep canyons and expansive coastal setting evoke our wilder personal interiors so our demons and dreams have breathing room and a chance to be tested." This workshop will focus on the interrelatedness of our internal landscape and "the land we walk," first exploring the interior wellspring of dreams, emotions, and intuitions, and then extending outward to make intimate connection with others and with the Big Sur coast.

Participants will work with awareness practices to gain clearer insight into their inner reality, and with meditative movement, conscious touch, and massage to relieve old physical holding patterns to facilitate change and renewal. As body and mind become more integrated, attention will then turn to developing a nourishing relationship with the planet. Big Sur will become the backdrop for short hikes and wilderness experiences.

The workshop is for those seeking a time of personal renewal, couples or friends seeking to reconnect in a different way, and bodyworkers seeking a new perspective on their field. $795

Weekend of January 10–12

The Body: Doorway to Self-Discovery—The Gestalt Practice Approach

Christine Stewart Price

> *My belief is in the blood and flesh as being wiser than the intellect. The body-conscious is where life bubbles up in us. It is how we know that we are alive, alive to the depths of our souls and in touch somewhere with the vivid reaches of the cosmos.*
>
> – D.H. LAWRENCE

In gestalt practice, "feeling" is defined as that which can actually be felt in the body. Awareness of feeling as physical sensation is one of the most effective ways to reach the goals Fritz Perls described as the goals of the gestalt process: to increase aliveness, to have a better ability to cope, and to fill in the holes of our existence. By sensing ourselves as our bodies we may access dimensions of being human that go beyond our ideas of who we think we are.

This workshop will focus on physical sensation as the entry point to knowing ourselves. Using the gestalt practice approach, especially in exploration of breath, movement, and sound, participants will explore this inner realm of awareness in all its grit and glory.

Please note: Open seat work will not be a primary part of this workshop. $425

The Tao of Saging

Chungliang Al Huang

We begin aging at infancy. But until we reach middle age, the shock of aging is never properly addressed by most people. This seminar focuses on a new way of looking at this inevitable process with equanimity, integrity, humor, and realism. With insight and skill, Chungliang will guide participants through a saging dance of living. Using the Tai Ji yin-yang sign to illustrate this paradigm of aging, he will trace the "S" curve within the symbol as the saging path—from birth to midlife—then trace it back again to complete the "whole picture" of life.

Through saging, this living process can prove to be joyfully alive, creative, and constantly enriching. The workshop will combine thoughtful philosophical discussions with enlivening disciplines of daily practice. Come join the dance!

Recommended reading and viewing: Huang, *Embrace Tiger, Return to Mountain* and *Quantum Soup*; Huang & Watts, *Tao: The Watercourse Way*; Huang & Lynch, *Thinking Body, Dancing Mind* and *Mentoring: The Tao of Giving and Receiving Wisdom*; Living Tao Videos (217-337-6113). $425

Emotional Literacy

Kathleen Riordan Speeth

We are all trained to add, subtract, multiply, and divide, to sound out words, read paragraphs, and write down what we think, but who has received the same level of fundamental help in puzzling out our personal feelings? The cognitive gets the training; the emotive is assumed to be indwelling and untrainable. Could that be why so many who can solve differential equations and discuss Heidegger have cold wars or sitcoms at home? Which of us feels fully affectively competent? Real emotional learning is both necessary and possible. As soon as the need is recognized the curriculum can be approached.

This will be an intensive weekend of emotional literacy training in how to:

- Hear what the still, small voice of conscience whispers
- Be self-directed, no longer mere pianos others can play
- Read people like books
- Be deeply kind to self and others
- Maintain a young, creative mind

Participants will discuss, enact, ponder in their private journals, and communicate their developing insights into emotional literacy. There will be music, there will be philosophy, but most of all there will be indelible personal experience, insights that will enhance the basic understanding of how to live as an emotionally robust human being. $425

Prayer of the Heart

Olga Luchakova & Igor Kungurtsev

The Prayer of the Heart was transmitted from the early Desert Fathers to Byzantine monks, and preserved up to the present day by Russian hermits and pilgrims. This unique psychophysiological, meditative, and devotional practice transcends the framework of Christianity and can be used by spiritual seekers of any orientation. The Prayer of the Heart seeks inner silence and a state of union—the dissolution of the ego in God-essence.

The practice of the Prayer starts with cultivating wakefulness—attention to body sensations, emotions, energy, thoughts. The attention then shifts to concentration on the Spiritual Heart—the most important subtle energy center in the body—and work with the psychological and emotional issues blocking it. Finally, by exploring relationships with spiritual archetypes through sacred images and guided visualization, the seeker finds the individualized form of the prayer and learns how to practice it.

There will be periods of silent sitting and walking meditation/prayer. Participants will develop meditation practice through the weekend, and learn to understand their experiences in the light of the developmental stages of the prayer—vocal, silent, the prayer of recollection, illumination, union. This practice evokes feelings of grace and connectedness, and helps to discover true Essence. $425

Week of January 12–17

Gestalt Practice

Christine Stewart Price

For workshop description see September 15-20.

C.E. credit is available for nurses; see page 60. $795

Creative Arts Center at Esalen

Arts Center Staff

For workshop description see November 10-15. $795

Completions and Transitions

Mary Goldenson (Devarani)

Often in our lives we feel incomplete with the past. Unresolved issues inhibit our moving into the present with an open and generous heart. Though we experience them as "finished," old memories continue to haunt us. When we exist more in the past than in the present, it is time to make the distinction between "finished" and "complete." Transitions without completions foster unsuccessful marriages, friendships, and careers—producing the causes of illness and sorrow. The inability to forgive keeps us closed to new opportunities entering into our lives.

Transitions are crossroads in our lives that give us the opportunity to finish and complete the past, reconnect with our present truth, and renew our passion, courage, and commitment for the future. The focus of this workshop is an in-depth review of our lives,

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relationships, and circumstances to discover what needs to be transformed from "finished" to "complete."

The workshop will provide a safe, supportive environment that includes risk-taking, intense bodywork, gestalt, imagery, movement, and meditation to keep us committed to the process of discovering ourselves.

C.E. credit is available for psychologists; see page 61. $795

Body Poetry East and West

Chungliang Al Huang &
Brother David Steindl-Rast

"A Festival of Aliveness" is the subtitle given to this annual event by past participants. It is an ever new surprise how the combination of Tai Ji body movement with the sharing of poetry in a group setting can release energy and joy of mind and body.

Chungliang and Brother David, two bridge-builders between East and West, use the I *Ching* as a master key for freeing the flow of energy within us. The great Taoist *Book of Changes* can indeed effect changes in our own lives. It can guide us in attuning ourselves to the flow of nature and help us tap wellsprings of our innate creativity.

The treasures of poetry and stories, old and new, shared by Chungliang and Brother David find their perfect setting at Esalen. So does the body movement—the image of the group's Tai Ji movements reflected in the pool at sundown is unforgettable.

In this blessed place, oceans and mountains, gardens, hot springs, and human companionship work together toward one goal, the goal of this workshop: to experience body and soul with fresh delight. $795

Chakra Integration: A Complete Approach to Health and Healing

Laurie Lioness Parizek &
The Esalen Teaching Staff

The chakra system is a complete and effective way to understand and balance our physical, emotional, and spiritual energies. The chakras are vital, life-enhancing energy centers that have their roots deep in our core. Backed up by nerve plexuses and endocrine glands, they open into the energy field and are a three-dimensional energetic system of the body. When integrated, they refine the mainstream current in the central nervous system and bring balance to all the major systems of the body. They are also useful in addressing and healing old restrictive behavior patterns.

This workshop will incorporate movement, sounding, awareness exercises, and supportive hands-on work to balance the chakras and the mainstream spinal current, and to gently and consciously open this channel that connects heaven and earth through our bodies. The workshop will integrate personal and interactive healing work with gentle energetic touch and associated hands-on skills. Meditation will be used to encourage serenity and a deeper personal understanding of the chakras.

The workshop is designed for those interested in developing a working knowledge of this ancient time-tested way of healing, and is useful for those in the fields of health care and education. Please bring warm clothes and your favorite music or instrument.

Recommended reading: Judith, *Wheels of Life*; Haas, *Staying Healthy with the Seasons*; Brennan, *Hands of Light*.

C.E. credit is available for nurses; see page 60. $795

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Weekend of January 17–19

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 20-22. $425

Intimate Connections

Mariah Fenton Gladis

Creating stable and fulfilling relationships is a challenge that everyone faces. To be successful, human relating must be understood and accepted as an activity, an ability that requires movement, purpose, emotional capacity, and contact skills. People often believe that good relating evolves naturally, but they discover in the routine of living with families, friends, and lovers that, in truth, they have not been adequately prepared to meet the demands of loving relationships.

This workshop will focus on the nature and basic requirements of healthy relationships. It will offer participants opportunities to assess their abilities and disabilities, to develop awareness, and to practice risking positive action with others. It is for anyone who has "hit the wall" in a relationship or who has experienced being stuck at some seemingly impenetrable contact boundary and wants to break through. Particularly helpful for adult children of dysfunctional families, ACAs, and human relations professionals, this experiential and didactic workshop will blend individual and group gestalt work, spiritual healing, bodywork, and personal metaphor.

C.E. credit is available for nurses; see page 60. $425

Hanna Somatics: Mastery of Muscles and Emotions

Eleanor Criswell Hanna

This workshop will explore the neuromuscular responses to emotional states—the somatics way to internal mastery of muscles and emotions—and the joy that comes with the body's renewed awareness and freedom. Guided somatic exercises and individual sessions with practitioners trained by Thomas Hanna will give participants the opportunity to experience this wonderful work. Dyad practice is included.

Recommended reading: Hanna, *Somatics; The Body of Life;* and *Bodies in Revolt.*

C.E. credit is available for nurses; see page 60.
$425

The Practice of Love

Sam Keen

Movie producers, song writers, mystics, saints, and psychologists all agree that "love" is the answer, the solution, the treasure for which we search. But when it comes to thinking clearly about love our brains seem to turn to mush. The more we idealize love the more we mystify it. Modern psychology has focused attention on I.Q. (intelligence quotient), explored brain chemistry and learning strategies, but has failed to increase our understanding of the nature of love or suggest ways in which we might increase our L.Q.—love quotient.

"In this lecture/workshop," writes Sam Keen, "we will strip away layers of nonsense and false mystification and try to think clearly and wholeheartedly about the elements that compose the complex act of love. We will explore the skills, dispositions, feelings, and behaviors necessary to develop a daily practice of the kinds of love that come into play in our relationships with children, family, friends, lovers, mates, and strangers in need of care. We will recollect and share our personal love-histories, explore the varieties of love that give our lives depth and meaning, and, hopefully, increase our capacity for passion and compassion." $425

Week of January 19–24

Life Energy Process®

Stephano Sabetti

For workshop description see September 1-6.
$795

Journey From Betrayal To Trust: A Universal Rite of Passage

Beth Hedva

Betrayal can be shattering. We are all familiar with feelings of betrayal in intimate relationships, but betrayal comes in many other forms as well—some even more difficult to resolve. For instance, many people feel rejected by one or both parents. This is a form of betrayal. So is rejection by our growing children, the hurt when friends drift away, and dismay as our aging bodies fail us. Racism, classism, and societal injustice are often experienced as a personal betrayal. This workshop takes an innovative approach to a fundamental issue of our time. You can learn to help yourself and others:

- Identify the five stages of betrayal
- Transform the tests of betrayal into new personal challenges
- Gain tools to resolve anger, grief, pain, and fear of loss
- Use intuition to remember a deeper truth
- Trust and be true to yourself

The workshop will utilize theory and practice through lecture and discussion, dyad work, role-playing, demonstrations, and extensive inner work.

C.E. credit for psychologists is pending. $795

Yoga and Healing

Thomas Michael Fortel

The word "yoga" comes from ancient Sanskrit and translates into "to yoke together," to create union, harmony, and balance: union of masculine and feminine, harmony of inner and outer, and balance of life's polar opposites.

The practice of physical yoga postures (asanas), conscious breathing, and active meditation is a tangible and practical way of change. In a fundamental way, yoga is a practice of self-healing. The yoga postures stimulate and purify the internal organs and glands of the body, flexibility is improved, and muscles and joints are strengthened. The focus on the breath is calming for the mind and nervous system and helps to develop a sense of ease, focus, and concentration. This is a practice of mind-body connection.

Mornings will begin with pranayama (breathing exercises), meditation, and an active yoga practice. There will be an emphasis on the breath, body alignment, and the healing qualities of the postures. The afternoon sessions will focus on restorative postures, forward bends, and twists. Evenings will be filled with yoga philosophy, group discussion, and partner yoga.

All yoga props will be provided. Everyone, from beginner to advanced, is welcome. $795

Creating Exact Moments of Healing

Mariah Fenton Gladis

Adult children of alcoholic, dysfunctional, or abusive families (ACAs) must walk a road of recovery that requires determination, lifelong commitment, and the creation of specific moments of healing. This workshop offers participants an opportunity to take a major step toward health, helping them to define a plan for necessary moments they must create so they can move forward and to transform their personal history from one of liability to one of strength and wisdom. Focus will be on the promotion of healing:

- With oneself—developing awareness, freedom from addictions, and healing of the body and soul from the residual effects of trauma
- With others—improving one's capacity for moving out of isolation and into direct, open communication and trust; expanding intimacy skills while securing healthy boundaries
- In the world—moving away from chaos and deprivation toward stability and abundance
- Spiritually—searching for the meaning of one's history and accessing that part of the self that can utilize universal blessings

This workshop will be experiential and didactic, blending individual and group gestalt work, music, spiritual practices, and bodywork. A step-by-step recovery process developed by the leader will be incorporated throughout the workshop. The atmosphere will be one of trust and mutual support. This workshop is also appropriate for professionals who work with ACAs.

C.E. credit is available for nurses; see page 60.
$795

Fit to Lead: Shape-Shifting into the 21st Century

Elisa Lodge

Writes Elisa Lodge: "Shape-shifting is the ability to alter one's physical, emotional, and mental states at will, to affect and inspire the consciousness of others. It is a term originally ascribed to the shaman, the mystically empowered leader/healer of traditional cultures. Today's radically changing world requires us to become, like the shaman, self-healing and the leaders of our destiny.

"The focus of our week together will be to reclaim the trust in the intuitive authority of our body wisdom. When the body, its movements, breath, and speech become more fluid, vital, and musical rather than mechanized, controlled, and predictable, we exude an authenticity and flexibility of being in all we do and say.

"Time will be spent on recognizing the body language of dominance and subservience and on the ability to contrast pretense and presence, acting and being. Individual and group exercises will be used to: reshape stress and strain into harmonious, congruent expression; sit, stand, and walk with fluent, vibrant aliveness; inspire courage to act with greater boldness and daring; and improvise stategically on one's feet."

The workshop is designed for everyone seeking to enhance personal power. $795

Weekend of January 24–26

Interdependence and Intimacy: A Workshop for Couples

Mary Goldenson (Devarani)

Creating an alive an honest connection with an intimate partner requires us to go deep into our hearts and allow our courageous selves to emerge.

Our culture does not prepare couples for the dual challenges they must face regarding intimacy and interdependence. We need to learn how to embrace our own values and paths, how to merge and enter the world of the other, and how to operate as a loving and effective team.

In this workshop, each participant will have opportunities to: experience how relationships are mirrors reflecting back to us unseen and rejected parts of ourselves; begin the process of healing past hurts; and create new ways of communicating which provide intimacy instead of distance.

Experiential and structured exercises will help participants become more adept at listening, empathizing, truth-telling, creative problem-solving, and taking responsibility to create the relationships we want. Providing a safe and supportive environment, the workshop will draw from gestalt, Reichian work, dance, imagery, and meditation. $425

ISHTA: The Yoga of Empowerment

Rod Stryker

"Every human being already has all that is required to realize deep and meaningful fulfillment," writes Rod Stryker. "Our deepest desires, often hidden or misunderstood, are the guideposts to our ultimate destiny. By leading us to the direct experience of who we are, the practices of ISHTA (Integrated Science of Hatha and Tantric Arts) Yoga can make us aware of and sensitize us to our innate physical, intellectual, energetic, and spiritual gifts."

The course will include daily yoga routines to strengthen and purify the body, breathing practices for rejuvenation and healing, and meditation (including yogic visualization practices) to still the mind and deepen the experience of Self. It will also include open discussion and some theory, and will employ the majesty of the Esalen surroundings to nourish the journey toward wholeness and integration.

Previous yoga experience is recommended but not necessary. For further information, please contact Rod Stryker at 310-364-4698. $425

The Flame: An Introduction to the Diamond Approach

Jessica Britt & Regina Reilly

Since the dawn of time, within the human soul there has been a natural curiosity for understanding where, what, and who we are. This longing for self-knowledge, referred to in the traditions as "the flame," burns bright today.

This workshop is an invitation to embark on your own inquiry into these sacred questions through the support of the Diamond Approach. The Diamond Approach is a method that has arisen out of the needs of people living in modern society. It answers the question of how to be *in* the world but not *of* it, how to recognize and abide in essential reality while living an ordinary life.

This knowledge is evoked through the practice of presence and open-ended inquiry, a gentle yet precise method for penetrating the veils of experience. As we penetrate moment-to-moment experience, awareness expands and deeper truth is revealed. This process continues through ever more subtle layers of consciousness, until we discover what is essentially real prior to conditioning.

This workshop offers a taste of the Diamond Approach. It will focus on the love of Truth as the guiding principle of this work. Along with meditation, specific practices and exercises focusing on presence and inquiry will be taught.

For more information see Special Programs, page 57.

Recommended reading: Almaas, *Essence* and *Diamond Heart—Book One.* $425

Why Men Are the Way They Are

Warren Farrell

> *I've never had a couple come to me and say, "Warren I want a divorce; my partner understands me."*

This workshop is designed to help both sexes understand each other via role-playing in which participants experience the pressures that mold the other sex's psyche. Men, for example, can experience women's view of sexual harassment; women can experience men's fear of sexual rejection and the powerlessness it engenders.

In a safe yet boundary-pushing environment, Warren Farrell will introduce innovative perspectives—initially challenging, perhaps, not only because are they female-positive but also more male-positive than is currently in vogue. Group interactions will be allowed to become emotional enough to reflect how we communicate when we're defensive. Farrell will then facilitate work to demonstrate how both sexes can listen to criticism—even personal criticism—without becoming defensive, thus creating a model for expressing those "tough-to-hear" feelings, even to loved ones. The goal: to create more compassionate ways to relate to the other sex and to view ourselves.

This workshop offers insights on everything from male power and powerlessness to date rape and sexual harassment; from why men fear commitment to why they commit more suicide; from a new view of equality in the home to myths about equality in the workplace.

A common response to this workshop has been "I've never felt so much love for the other sex."

Recommended reading: Farrell, *The Myth of Male Power.*

C.E. credit is available for nurses; see page 60.

C.E. credit is available for psychologists; see page 61. $425

When Success Is Not Enough

Peller Marion

> *If I had known what it would be like to have it all, I would have settled for less.*
>
> —Lily Tomlin

MARGARET LIVINGSTON

Materialism is skyrocketing in the United States. Indeed, many of us are wealthy beyond the wildest dreams of our ancestors. Still, we struggle more than ever for self-esteem and meaning in our lives.

When alternative measures of success are not available, the deep human need to be valued and respected by others is often acted out through consumption. Buying things becomes a means to both self-esteem and social acceptance. "The avarice of mankind is insatiable," wrote Aristotle, who believed that as soon as one desire was satisfied, another would appear to take its place. If our wants are insatiable, there is simply no such thing as enough.

This workshop is designed to explore the questions: How much is enough? What is an achievement junkie? What is my definition of success at this time in my life? How do I create my own personal philosophy of life and live by my own agenda?

Participants will investigate the paradox of success in their own lives. A variety of experiential approaches will be used, including readings, discussion, games, dance, gestalt, imagery, and meditation.

Recommended reading: Marion, *Crisis Proof Your Career: How to Find Job Security In An Insecure Time*; and *Making It: Stories and Stages of Successful Entrepreneurs*.

C.E. credit is available for nurses; see page 60.

$425

Week of January 26–31

Playing the Edge

David Schiffman

For workshop description see October 27–November 1. $795

The Art of Trigger Point Massage

Arthur Munyer

Trigger Point massage is the movement of myofascial tissue by means of soft, deep contact with pressure points. These points are actually an interrelated network which form a focus of pain and emotional discomfort in our bodies. Through awareness and skilled touch these points may be stimulated by applying pressure which releases the muscle tension. At the same time, the emotions stored in those tissues may be brought to awareness and given expression. As Arthur writes: "Some of these feelings are painful and some very loving. Learning to be present and sensitive to them all is the most important aspect of my work."

This workshop will combine Trigger Point release with the long, gentle strokes of Esalen massage to provide a nurturing context for this exploration. Where appropriate, craniosacral work, joint release, and deep tissue techniques may be employed, as well as grounding, sound, movement, meditation, and stretching to bring awareness and presence. The journey begins on the surface, then continues inward toward the core of the tensions that create the holding patterns which keep us closed.

This workshop is designed for bodyworkers, medical professionals, health care practitioners, and individuals who would like to be more comfortable working with touch and explore the connection between the spiritual, physical, and emotional. Some massage experience is especially helpful.

C.E. credit is available for nurses; see page 60.

$795

(plus $15 for the Trigger Point work manual)

Qigong and Psychoneuroimmunology: An East/West Healing System

Sondra Barrett & Shirley Dockstader

Never before has ancient Taoist health-enhancing Qigong been interwoven with the modern science of psychoneuroimmunology (PNI) to create a body/heart/mind medicine. As you will explore in this workshop, this cohesive information integrates to form an enjoyable practice for daily life. Through sensory awareness and stress reduction tools which dovetail with Qigong internal energy exercises, you can learn how it feels to move beyond your stress reactions into full-time well-being.

The movements incorporate breath, imagery, acupuncture self-massage, and sound, which help you experience the gates, meridians, and flow of your life force. This profoundly simple East/West practice teaches the science and art of energy balancing and cell health. Through slides and expressive arts you will see the micro-world of the cell, the molecular connections between body, heart, and mind, and enter the spiral mystery of life. The function of this work is to connect each of us to our inherent source of life force and vitality.

This workshop is designed for both beginners and those experienced with Qigong or PNI. It will also benefit anyone wanting to understand and strengthen their healing system, those looking to change lifestyle, and people in the helping professions.

C.E. credit is available for nurses; see page 60.
$795

The Medicine Wheel Way

Carol Proudfoot-Edgar

This workshop draws on Native American Medicine Wheel ceremonies and teachings as resources for personal growth and renewed experiencing of ourselves within the larger web of the natural world. Just as Western psychological theory provides a framework for describing human development, the Medicine Wheel offers a map for self-individuation. A primary difference, however, is that the Medicine Wheel Way views humans as sacred beings and maintains that each must find his or her own path for "walking with beauty in the world."

The Medicine Wheel Way illuminates the relationship of all things. Each direction on the wheel has its particular meaning and points to aspects needed for fuller integration and individuation. Rituals mark the passage of seasons and significant events of life, connecting the individual to the great mystery of life.

Activities will include learning the Medicine Wheel, making medicine pouches, learning about shamanism, using the shamanic journey method to find power animals and spiritual teachers, and drawing upon ancestral knowledge available to all of us. The group will be drumming, rattling, and chanting throughout the week. Please bring a journal, a bandanna (to cover your eyes), and rattles (if you have them).

Please note: This workshop has a sequential structure. Each session builds on the previous one. Therefore, participants are requested to be present for all sessions. Please arrange for massages or other non-workshop activities between session breaks.

C.E. credit is available for nurses; see page 60.
$795

Hypnosis and Creativity

Maggie Phillips & Noelle Poncelet

Our fast-paced, anxious, and often violent world challenges us to seek opportunities to discover the timeless and enduring creative resources of our inner selves. This experiential workshop will introduce ways to tap into sources of inspiration and passion, identify and utilize obstacles to creative expression, and foster receptivity to the creative muse within.

The workshop will feature process-oriented hypnosis, a synthesis of traditional and Ericksonian hypnotic methods, imagery, shamanic journeying, Arnie Mindell's process work, and indigenous healing traditions that evoke various types of trance states. Activities will include group and individual hypnotic explorations; art, movement, sound improvisations, and musical expression; storytelling; and medicine walks. The leaders will create a safe environment for exploring life experiences, inner awareness, and dream states in order to release barriers, balance masculine and feminine energies, and celebrate creative potentials.

Participants are invited to bring drums and musical instruments, art supplies, journals, power objects, and creative symbols.

C.E. credit for psychologists is pending. $795

Weekend of January 31–February 2

Introduction to Mindfulness Meditation

James Baraz

Mindfulness—or vipassana—meditation is the practice described by the Buddha for developing wisdom, compassion, and peace. Vipassana, "to see things clearly," means being mindful of what is actually happening in the present moment. Using the breath, body sensations, thought, and emotions as objects of attention, we can learn to be fully awake and bring a balanced awareness to all aspects of our lives.

Through vipassana meditation we can experience the nature of reality as continuous change. When we see that all phenomena are impermanent, we can begin to let go of clinging to the pleasant or avoiding the unpleasant. We are then more capable of meeting each situation with spontaneity, fearlessness, and love. Meditation also teaches us to see in each moment the interconnectedness of all things. Our hearts open to a natural expression of compassion and kindness.

Participants will be introduced to this method of meditation practice and the principles on which it is based. There will be periods of silent sitting and walking meditation, as well as discussion. As attention is brought to all activities at Esalen, individuals will continue to develop mindfulness through the weekend. This will provide a foundation for applying mindfulness practice to everyday life.

C.E. credit is available for nurses; see page 60.
$425

Reinhabiting Your Body: An Experience in Authentic Movement

Tina Stromsted

"Authentic Movement" is a meditative form of dance influenced by the psychology of Carl Jung. This workshop offers a structure within which natural movement can bloom and be nurtured, allowing individuals to discover ways to engage their creativity and make soulful self-contact.

The body is the mediator for all of life's experiences. Our bodies form our closest link to the unconscious, providing avenues for deep and lasting change. If we are locked into a muscular pattern held around a specific image, this can determine not only how we move but how we live. Uncovering images of the self that may have locked us into painful or dissatisfying ways of living can help us to heal wounds and find freedom of expression.

Through moving and witnessing in a safe space, participants in this workshop can explore their own inner dance as it unfolds. Body-related issues, unresolved developmental material, preverbal memories, and transpersonal experiences may emerge, leading toward integration and wholeness.

Designed for mental health professionals, educators, artists, and those interested in personal growth, this experiential process aids participants in bridging body and psyche through expressive movement.

C.E. credit is available for nurses; see page 60.
$425

Secrets Kept From the Mind But Not From the Body

Ian Wickramasekera

This workshop will provide a high-impact demonstration of the High Risk Model of Threat-Related Disorders. This model of mind/body interaction pinpoints the sources of stress-related disorders and identifies three risk factors that can block secrets kept from the mind but not from the body. It will provide a demonstration of mind/body interaction on the "stress profile" using one or two volunteers from the group and a noninvasive (without breaking the skin) eight-channel physiograph (surface EMG, electrodermal, heart rate, etc.).

All members of the group will be voluntarily tested on the High Risk Model of Threat-Related Disorders for personal risk factors or "windows of vulnerability," which can be either physical (e.g. muscle tension, temperature, blood pressure) or psychological (negative affect, hypnotic ability, catastrophizing). The implications of this heuristic model for intervention and prevention of threat-related disorders will be discussed. The use of psychophysiological instruments to track unconscious cognitions and emotions will be illustrated with published case studies.

The workshop is designed to provide valuable tools for psychiatrists, psychologists, medical doctors, social workers, counselors, and interested nonprofessionals.

C.E. credit is available for nurses; see page 60.

C.E. credit is available for psychologists; see page 61. $425

Winning the Battle Between Faith and Hopelessness

Sarah La Saulle & Sharon Kagan

In the course of everyone's life there are times of tremendous despair. People commonly suffer from at least one bout of severe depression in a lifetime. While some individuals feel that they have little to give them a sense of hope, others seem to remain strong. But neither of these responses is an experience of true faith. It is a mistake to believe that faith only comes as a gift. Before one can reach this state of grace, one must undergo a profound initiation. There are three stages to this rite of passage: 1) the collapse, 2) surrender, 3) the state of grace and faith.

In this workshop, the facilitators will enact a dialogue between the voices of faith and hopelessness. Through retelling the story of their lives, participants will build a body of experience on which to base their faith. Discussions will cover topics such as: a challenge to hopelessness, what core beliefs govern an individual's ability to choose between faith and hopelessness, what is false hope, how does faith differ from positive thinking, and faith as an experience.

The workshop will include group discussions, journal writing, storytelling, and art therapy exercises. $425

Writing Children's Books

Marissa Moss

This workshop will focus on developing the writing skills specifically needed for children's picture books. The workshop will begin by looking at how to take an idea and turn it into a story, then go beyond that to see what makes a story work—and what doesn't. Through writing exercises, participants will explore different types of books, including concept books, fairy tales, and family stories, and different aspects of storytelling, such as plot, characterization, and mood. Participants can build on these exercises, either developing new stories from them or using them to hone texts they are currently working on.

There will also be time to discuss submission and publication procedures. Marissa Moss has worked with a wide range of publishers, including Farrar, Straus & Giroux, Houghton Mifflin, and Harcourt Brace, and her books have been critically acclaimed. She is familiar with all aspects of publishing, from design to promotion. Her most recent book, *Amelia's Notebook*, received a starred review from Publishers Weekly, was chosen as an American Bookseller's Association Pick of the Lists, and has sold over 150,000 copies. $425

February 2–14

The Painting Experience

(In a unique format designed to accommodate the great interest in this workshop, two Painting Experience sessions have been scheduled back-to-back. The first is a five-day session, February 2-7 with Stewart Cubley, the second a seven-day session, February 7-14 with Michell Cassou. This will give participants the opportunity to paint for five, seven, or twelve days. If taken as a twelve-day workshop, the rate is $1940 plus $60 materials fees.)

It is rare for most people to use painting for its qualities of inner adventure and self-discovery, to paint purely for the process of exploration, not for the result.

The purpose of this workshop is to provide a setting to explore the self through painting—to discover in form and color a powerful tool for uncovering and dissolving blocks to emotional and spiritual expression. Participants will be give the support and stimulation to develop a natural way of painting based directly upon feeling. The work takes place in an authentic studio setting with large white surfaces to confront the creative void, along with a rich spectrum of colors and brushes. The workshop may be of interest to persons involved in a wide variety of disciplines, including art, education, counseling, and meditative practices. No prior experience in painting is necessary. Please bring a smock.

For further information about this workshop, contact: The Painting Experience Studio, 2101 20th Avenue, San Francisco, CA 94116; 415-564-8515.

Recommended reading: Cassou & Cubley, *Life, Paint & Passion*.

Week of February 2–7

The Painting Experience

Stewart Cubley

For workshop description see February 2-14.
$795
(plus $25 materials fee paid directly to the leader)

The Upledger Institute's CranioSacral I

Judith Bradley

CranioSacral Therapy is a gentle, noninvasive, hands-on technique that helps detect and correct imbalances in the CranioSacral System which may be the cause of sensory, motor, or

MARGARET LIVINGSTON

intellectual dysfunction. It is used to treat a myriad of health problems, including headaches, neck and back pain, TMJ dysfunction, chronic fatigue, motor coordination difficulties, eye problems, endogenous depression, hyperactivity, and central nervous system disorders.

Participants will learn the detailed anatomy and physiology of the CranioSacral System, its functions in health, and its relationship to the disease processes. Half of the class time will be "hands-on," developing the sensitive palpatory skills needed to detect subtle stimuli in the human body.

Class material will concentrate on palpation and its potential range as an evaluative and therapeutic process; fascial and soft tissue release techniques; and the pressurestat model which explains the mechanism of the CranioSacral System. Participants will learn a concise ten-step protocol for evaluation and treatment of the entire body. By the end of this intensive program, participants will be able to identify and localize significant restriction and imbalances in the CranioSacral System.

Please note: Registration for this workshop is done only through the Upledger Institute. Please call the Upledger Institute at 1-800-233-5880.

For more information see Special Programs, page 57.

C.E. credit is available for nurses; see page 60.
$795

Inquiry: The Path and Practice of the Diamond Approach

Jeanne Hay & Joyce Lyke

Inquiry is the primary path and practice of the Diamond Approach, a method of self-realization and actualization developed by Hameed Ali (A.H. Almaas) to meet the spiritual needs of those wishing to contact the depths of who they are while leading ordinary lives of work and family. It is the open-ended investigation of one's experience using the qualities of presence, openness, and intimacy. Motivated by the love of Truth and fueled by curiosity, this method leads to natural unfoldment of the soul by allowing a growing openness to its inherent spiritual nature. Inquiry can be utilized in our daily lives to explore any personal experience in such a way that leads to a greater depth and embodiment of Being.

This workshop is one in a series on the Diamond Approach offered at Esalen. The teaching utilizes elements from depth psychology and traditional spiritual knowledge and practices, creating a new method for engaging in the process of spiritual transformation. During the workshop, participants will explore some of the qualities and skills that support inquiry, as well as some of the obstacles which one may encounter. The format will include meditations, talks, and the practice of inquiry.

Please note: Registration requires completion of a questionnaire. For more information, see Special Programs, page 57.

Recommended reading: Almaas, *Diamond Heart–Book One* and *Essence.* $795

Proprioceptive Writing: Demystifying the Creative Process

Linda Trichter-Metcalf & Tobin Simon

"Proprioception" is a physiological term for kinesthetic sensation—feelings that originate in the body's interior. Proprioceptive Writing is a method through which inner intelligence is stimulated: meaning is approached through feeling. The originators of this method will lead participants in an experiential exploration of a simple yet richly subtle method of writing that demystifies the initial stages of the creative process.

Proprioceptive Writing is practiced to music in 25-minute sessions under stress-free conditions, either in groups or alone. This method takes the emphasis off writing and focuses on the experience of inner hearing, activating the auditory imagination—the key to emotion and the path toward feeling. Once participants relax into a listening stance, their psychological space expands and they can begin to speak through their writing with simplicity and strength. Writing becomes textured as well as cathartic. Because this process releases the writer from the painful pressure to produce form, it feels fluent, like meaning in motion. It lets you enter your own mind and forget the world.

This workshop is valuable for people seeking a form of written expression, a creative ritual, or a meditative discipline, and also for those who desire increased focus and personal meaning in their lives. $795

The Power of Growth

Seymour Carter

Everyone has unused capacities for further personal development. When these capacities are recognized and given attention, a natural force is released which, like a tide, can carry the individual to a higher level of ability and action. Fritz Perls taught how to recognize the force of avoided issues in dealing with blocked energies. When unfinished issues are confronted and assimilated, it is possible to feel potent and in charge of one's life.

In this workshop, participants will deal with these issues by examining the influence of the inner dialogue on thoughts and the nature of impasse, as well as tendencies within themselves toward psychological completion and well-being. The basis of this work is the gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, and aikido. Each participant's process of development will be honored, encouraged, and treated as unique.

$795

February 7–14

The Painting Experience

Michell Cassou

For workshop description see February 2-14.

$1220

(plus $35 materials fee paid directly to the leader)

Weekend of February 7–9

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 20-22.

$425

Singing Gestalt

Nancy Lunney

For workshop description see September 27-29.

$425

The Way of the Shaman: The Shamanic Journey, Power, and Healing

Michael Harner

Considered by many to be the world's leading authority on shamanism, Michael Harner will introduce participants to core shamanism, the basic methods of the shaman to enter a nonordinary reality of problem solving, well-being, and healing. Particular emphasis will be placed on the classic shamanic journey to explore the hidden universe otherwise known mainly through myth and dream. Participants will be initiated into shamanic journeying, aided by drumming and movement practices, to experience the shamanic state of consciousness and to awaken dormant spiritual abilities and connections with Nature.

Practice will include comparisons of participants' discoveries during their shamanic journeys as well as personal problem-solving. Participants will also be provided with methods for journeying in nonordinary reality to their own individual spiritual teachers, a classic step in shamanic practice. Group members will be shown how shamanism can be applied in daily life to help heal oneself, others, and the planet.

This workshop constitutes the prerequisite for more advanced courses with Michael Harner and faculty members of the Foundation for Shamanic Studies. $425

February 9–21

Advanced Training in Shamanism and Shamanic Healing

Michael Harner & Sandra Ingerman

For workshop description see Special Programs, page 57.

Week of February 9–14

Dzogchen—Awakening the Buddha Within: A Silent Meditation and Self-Inquiry Retreat

Lama Surya Das

For workshop description see September 1-6.

$795

Weekend of February 14–16

Couples Massage Weekend

Ellen Watson & David Streeter

This weekend couples workshop is designed for those who would like to bring the benefits of massage into their everyday lives. The workshop will teach simple massage techniques, developed by Esalen massage practitioners, which have proven valuable to anyone who wants to help a partner, friend, or family member feel better. Techniques that help relieve pain, increase vitality, or simply soothe the nerves will be demonstrated briefly and practiced with lots of hands-on instruction by the leaders.

This workshop is especially helpful for loving couples, as Esalen massage is greatly beneficial in its connective and healing qualities.

$425 per participant

Communication and Partnership

Mary Goldenson (Devarani)

Underlying all our relationships—husband, wife, lover, friend, daughter, son, mother, and father—is the need to communicate. Often we learn to express our needs through control, power struggles, addictions, dependency, guilt, denial, and unreasonableness.

This workshop is about healing the soul-wounds sustained in our attempts at partnership. The focus will be on:

- Exploring the possibilities of equal soul partnership
- Learning new ways to express our fear, sadness, grief, and love for each other
- Defining what we need to change in our relationships
- Learning different language styles to better connect with our partners
- Learning ways to heal, forgive, and move on to a mutually beneficial relationship

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Come alone or with a partner. The workshop will provide a safe, supportive environment to learn new practices of breathwork, dyadic communication skills, movement, and Gestalt, making it easier to express your truth and take responsibility for your feelings and issues.

C.E. credit is available for psychologists; see page 61. $425

Week of February 16–21

Waking to the Power of a New Myth

Stanley Krippner & David Feinstein

Your personal mythology is an internal guidance system that addresses the broad concerns of identity (*Who am I?*), direction (*Where am I?*), and purpose (*Why am I going there?*). The more effective your guiding mythology, the better equipped you are to meet the challenges your life presents.

Personal myths are always evolving. This workshop will help you midwife the birth of a new guiding myth—more fitting, more vital, more spiritually attuned. Drawing upon methods from a spectrum of systems, including Jungian psychology, Gestalt therapy, psychosynthesis, ancient spiritual disciplines, and modern clinical practice, you will be led through a powerful and moving sequence of experiences designed to transform dysfunctional myths while reaching into inner depths for visions that nourish and inspire.

Joseph Campbell regularly referred people to the leaders' workshops, and a prominent reviewer said of their book: "Neither Carl Jung nor Joseph Campbell showed us how to use myth for personal and societal growth. Feinstein and Krippner begin to answer that question." This workshop will show you how to nurture and transform your guiding mythology so it may become an ever more trustworthy and life-affirming map. Participants are invited to bring a journal and to record their dreams prior to the workshop. $795

Writing Through Loss

Nancy Bacal

> *To write from the heart is to heal the heart...*

One of life's unavoidable realities is that we all experience loss. Whether it be with love, death, youth, health, marriage, work, or a moment of pure grace, we are all subject to the laws of impermanence. Loss inevitably involves pain. Pain becomes suffering when we shut down and resist the natural rhythms of mourning and change.

A time of loss is a time of vulnerability. It can also be an opportunity to awaken to a new perspective of life. This workshop is intended to help participants reopen to joy through surrender and the expression of our deeper feelings. Rather than feel diminished by what is gone, participants will utilize it as material for writing. Even the cruelest tragedy can be transformed through the practice of writing and the telling of story. As we write, we come to know ourselves; as we share, we move out of isolation. As the dark riches of our lives are released, they deepen our emotional and creative lives and inspire the journey of our companions.

Meditation and movement will be included, but the primary tools will be pen and paper. More than skill, enthusiasm for the writing process and a desire for change are the main requirements.

Recommended reading: Beck, *Everyday Zen in Work and Love*; Goldberg, *Writing Down the Bones*; Chodron, *Start Where You Are*. $795

Five-Day Massage Intensive

Laurie Lioness Parizek & Carl Chase (C.C.)

Esalen massage consists of more than the long, flowing strokes for which it is well known. In this workshop, Esalen bodywork in many of its forms will be demonstrated, practiced, and discussed during this week of learning and relaxation.

The workshop will introduce grounding techniques, pressure point work, meridian massage, gentle manipulations, and energy work. The instructors will present a bodywork style that both addresses individual needs and integrates the whole person, focusing on the concept of working from our essential being. Special attention will be given to self-care, quality of contact, breath awareness, and stress release.

The workshop will also incorporate movement, dance, and rhythm to integrate the bodywork. Yoga and meditation will be taught to encourage focus and serenity.

Participants will make full use of Esalen's beautiful grounds and facilities. Please bring warm, comfortable clothing and your favorite music or instrument. The workshop is open to all levels of experience.

C.E. credit is available for nurses; see page 60. $795

Weekend of February 21–23

The Life We Are Given

Michael Murphy & George Leonard

> *Like the human heart, the world points beyond itself to something greater and more beautiful. That something attracts us all, in different ways, and leads many of us to seek transformation.*
>
> — George Leonard & Michael Murphy, *The Life We Are Given*

Never before in history have so many people been offered so many possibilities for personal growth. And never before has the need for personal and social transformation been more urgent. Informed by their lifework in the field of human potential, George Leonard and Michael Murphy will lead participants in wide-ranging discussions on such topics as:

- The relations between this evolving universe and world-transcending realities
- Human capacities for extraordinary life
- The elements of transformative practice

This workshop will include simple movement exercises, meditation, storytelling, and unbridled metaphysical speculation. Murphy and Leonard will report on their two-year experiment in Integral Transformative Practice and help participants plan their own paths of transformation.

Recommended readings: Murphy, *The Future of the Body*; Leonard, *Mastery*; Leonard & Murphy, *The Life We Are Given*. $425

The Path of Parenting: A Spiritual Approach

Barbara Sachs

Parenting is difficult. We are given no formal education to prepare us for this profound undertaking. Most of us know almost nothing about it, yet we are expected to be successful on the first try. We want to raise our children to be happy, healthy, loving adults, but we often end up tired, discouraged, and distanced from them.

The purpose of this workshop is to help parents understand a child's psychological and spiritual growth, and to mirror and support the child's emerging self. The workshop will introduce the natural stages of psychological development and the emerging essential nature. It will present the development of the outer personality and one's inner essence, and suggest how to support both so that a child's intrinsic nature is not suppressed.

Participants will explore their own experience to understand our inherent nature and spiritual essence. The workshop will introduce a method of parenting that develops spiritual understanding and essential wisdom rather than relying on unconscious conditioning.

The format will be experiential with mini-lectures. $425

A Weekend with Claudio Naranjo

Claudio Naranjo is a medical doctor with a psychoanalytic background who worked with Fritz Perls in the mid-sixties and formed part of the first Esalen gestalt team after Perls's departure for Canada. Naranjo has also received teachings from Buddhist, Sufi, and Indian tantric sources, has taught meditation, formulated the psychology of enneatypes, contributed to music therapy, founded SAT Institute in the early seventies, and has written many books (his recent books include *Gestalt Therapy: Attitude and Practice of an Atheoretical Experientialism*, *Character and Neurosis: An Integrative View*, and *The End of Patriarchy*).

He is presently involved in training psychotherapists through a novel integrative and transpersonal approach that he has developed. There will be no pre-established agenda to this weekend event. $425

The Secrets of Good Bread

Peter Beckmann

Have you ever wondered why your home baked bread never has the same crispy crust as the bread of your neighborhood bakery? Or why some of your home-baked loaves turn out rather like bricks than like those big, fluffy loaves you were intending? Or why your home-baked sourdough tastes more like vinegar than like those fragrant loaves from San Francisco?

This workshop presents the time-honored tradition of European bread-making. It is designed to answer all of the questions you ever had about bread baking. In this hands-on, step-by-step class, you will be guided through the sensitive art of cultivating your own sourdough culture, shaping round, sandwich, and braided loaves, and producing golden brown, crackling crusts in a home-style oven. You will learn the subtle differences a yeast sponge will make to the flavor of your breads. And above all, you will learn basic and natural bread-making techniques that require no fancy gadgets or machines. Bring along your favorite recipes for any questions they might pose. No prior baking experience is necessary. $425

Week of February 23–28

Cross-Cultural Shamanic Practices

Angeles Arrien

This workshop will introduce participants to shamanic tools from diverse cultures. Group members will work individually and collectively to honor ancestor spirits and release unhealthy family patterns. Angeles Arrien's work focuses on the universal human qualities of power, love, vision, and wisdom, accessed to increase personal and professional effectiveness.

This workshop qualifies as foundation work for Angeles Arrien's Four-Fold Way educational program.

Recommended reading: Arrien, *The Four-Fold Way: Walking the Path of the Warrior, Teacher, Healer, and Visionary.* $795

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Dialogue: A Way of Life, A Path to Wholeness

Glenna Gerard & Linda Teurfs

Often today we find ourselves afloat in a sea of confusion, chaos, and conflict, unable to find meanings that bridge the separation we feel. And yet twentieth century sciences tell us reality is relational—meaning is created through relationship.

Dialogue is a group communication process that focuses on how we create meaning and the very culture we share. Rooted in Greek *dia* (through) and *logos* (word or meaning), dialogue has been with us through the ages in indigenous tribal councils, Quaker meetings, the contemplative traditions, and in the writings of Martin Buber, Carl Rogers, and, most recently, the late David Bohm, quantum physicist and philosopher. Because of its transformative properties, it is of interest to leaders and facilitators in organizational, counseling, educational, and spiritual settings.

This program is an in-depth experience of dialogue and how it can help us move towards greater personal and collective wholeness. Processes from the contemplative, shamanic, and Jungian traditions will be interwoven to develop the capacity for collective mindfulness and wholeness. Attention will be focused on our capacity for holding paradox, expanded self- and worldviews, and how interpersonal openness and integrity lead to higher levels of collective creativity and integration. $795

You Don't Have to Be Good

Kim McCourt & Carol LaDue

You do not have to be good.
You do not have to walk on your knees
for a hundred miles through the desert, repenting.
You only have to let the soft animal of your body
love what it loves.

— Mary Oliver

By listening to our bodies we can know what is right for us, rather than what we "should" do. We knew this as children but were encouraged to ignore our inner truths and obey the critic. Always having to be "good" restricts and censors the richness of who we are. Buried beneath all the "should's" and "don't's" is a true, wise self that longs for expression.

To get there, the group will play with different doorways to somatic knowing: emotional, visual, auditory, kinesthetic, olfactory, or general sensing. The intention will be to identify which doorway opens up our personal intuitive self, and then go on in.

Using movement and meditation, play and process, art and journal writing, participants will explore the indomitable aliveness beneath the censoring critic and conditioned tendencies. The focus will be: listening, accepting, and expressing what is true. The atmosphere will be nonjudgmental and lighthearted. Come and discover what feels so "good" about being "bad."

C.E. credit is available for nurses; see page 60. $795

El Lenguaje de la Libertad (The Language of Freedom)

Gustavo Rabin & Sara Szpektor

Libertad. Estado natural en el cual nacemos. Las emociones no resueltas y las defensas que levantamos para preservar nuestro ser nos van haciendo perder gradualmente esa libertad primordial. Cerramos el paso a lo que nos hiere y al mismo tiempo nos encerramos.

Así nos acostumbramos a vivir. Eso se transforma en nuestro "modus operandi." Por eso cuando finalmente buscamos un cambio, encontramos que nosotros somos nuestro propio obstáculo.

Luego dedicamos gran parte de nuestra vida a aprender cómo volver a la libertad y recuperar nuestra pasión. Lograrlo es una de las conquistas más elevadas.

Este workshop trata acerca de los mapas que nos guiarán desde nuestro propio encierro hacia la expresión más libre de nuestro ser. De la oscuridad a la luz. Juntos descubriremos como hablar nuevas palabras, el lenguaje de la libertad.

Si Ud. siente que algo se agita en un lugar remotamente interno cuando lee estas líneas, este workshop es para Ud.

A través de ejercicios gestálticos, trabajo grupal y proceso personal, en este workshop crearemos el ambiente seguro y protegido en el cual poder hablar este nuevo/ antiguo lenguaje y ser libres otra vez.

Las actividades tendrán lugar totalmente en español, los presentantes invitados serán traducidos simultáneamente. $795

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✱ SPECIAL PROGRAMS

The programs listed below are either longer than the standard Esalen workshop or part of an ongoing series. Prices quoted below for these programs are for standard accommodations as described in Reservation Information, page 4. Sometimes bunk bed space is available at a reduced rate. Scholarships are also available; please see Scholarship Information on page 4.

The Upledger Institute Series

The Upledger Institute was founded by John E. Upledger, who pioneered the field of CranioSacral Therapy nearly twenty-five years ago. Dr. Upledger is a Doctor of Science, an Academic Fellow of the British Society of Osteopathy, and a member of the Alternative Medicine Program Advisory Council of the National Institutes of Health.

From 1975 to 1983, Dr. Upledger served as clinical researcher and professor of biomechanics at Michigan State University. During those years he supervised a team of anatomists, physiologists, biophysicists, and bioengineers in experiments testing the existence and influence of the craniosacral system. The results of those studies explained the function of the craniosacral system and its use in treating malfunctions of the brain and spinal cord.

The Upledger Institute teaches noninvasive modalities such as CranioSacral Therapy to doctors and health care practitioners of all disciplines. Curricula range from the structural/functional anatomical perspective to approaches that explore the physical, emotional, mental, and spiritual origins of pain and dysfunction.

During this catalog period, Esalen will be offering SomatoEmotional Release I (**September 8-13**, taught by Dr. Upledger himself) and CranioSacral I (**February 2-7**). This work is sequential and each workshop requires completion of the previous course, either at Esalen or elsewhere.

Working With the Enneagram Types—A Three-Part Series

Esalen is offering a special three-part series on the Enneagram, led by Helen Palmer. The Enneagram is an ancient model of human development that links the unique and private world of personality type with the specific aspects of human essence. Essence is a permanent, as contrasted to accidental, element of being. Awareness of essence has been called higher consciousness, or spiritual attainment.

Using the Enneagram model as the solder between the psychological and spiritual aspects of being, the three workshops focus on the practices of body, heart, and mind that best support different types of people toward spiritual liberation. These workshops may be taken individually or as an entire series (see Working With the Enneagram Types: The Heart Center, **November 3-8**).

November 8-December 6

28-Day Massage Practitioner Certification Program

Deborah Anne Medow & Oliver Bailey

The Esalen monthlong massage program provides comprehensive instruction in basic massage skills. This training includes anatomy, movement, yoga, meditation, gestalt awareness, ethics and business practices, and self-care. The daily lessons consist of lecture, demonstration, and supervised hands-on practice. Bodywork is studied as a pathway to well-being and transpersonal growth.

After the monthlong program, students wishing to fulfill certification requirements have six months to complete and document thirty massage sessions. Upon payment of a $50 processing fee, a California state-approved Certificate of Completion will be issued.

This is a professional training group with limited admission. Please request an application form when making reservations.

C.E. credit is available for nurses; see page 60.

Standard accommodations:	$3590
Bunk bed room, if available:	$2540

The Diamond Approach: A Spiritual Teaching for Our Times

An Introductory Series of Classes

Teachers of the Ridhwan School are offering a series of introductory workshops in the Diamond Approach (see The Flame: An Introduction to the Diamond Approach, **January 24-26** and Inquiry: The Path and Practice of the Diamond Approach, **February 2-7**). The teaching bridges the traditional divisions between what is considered sacred and what is considered mundane.

The methodology of the Diamond Approach is open-ended inquiry into one's personal experience leading to an experiential understanding of it. The format includes meditation, awareness and movement practices, talks, exercises in self-inquiry, and personal processing within the group. As we inquire into and travel through our inner terrain, our identifications and beliefs shaped by our conditioning—the obscuring veils within—become more and more transparent, and we are able to contact dimensions of reality and the human potential traditionally accessible to only a few. As we gradually contact the depths of who we are, our lives progressively become embodiments and expressions of our true nature.

As in many schools of spiritual work, spiritual development in the Diamond Approach, while noninvasive and nonconfrontational, does lead to addressing the defenses of the ego and the dissolution of its structures, and so is not appropriate for everyone. It is especially suited to those who have done a lot of spiritual and/or psychological work, and who still feel that something within has not been touched. Reading one or both of the books below is recommended to see if you resonate with this approach. Prospective participants will be sent a questionnaire to ascertain whether the work may be of personal benefit (no questionnaire is required for the January 24-26 introductory weekend).

While one Diamond Heart workshop may provide a foundation for the next, each is complete on its own and may be taken individually or as part of the series. For more information and to obtain a questionnaire contact Joyce Lyke at 408-375-9845.

Recommended reading: Almaas, *Essence* and *Diamond Heart – Book One*.

February 9-21

Advanced Training in Shamanism and Shamanic Healing

Michael Harner & Sandra Ingerman

Shamanism is the most ancient system known for using the mind, heart, and spirit to heal oneself and others and for solving the problems of daily living. This twelve-day intensive course emphasizes the universal methods of classic core shamanism, such as shamanic journeying, and their practical application to contemporary life.

Course prerequisite: a previous workshop with Michael Harner or other authorized faculty member of the Foundation for Shamanic Studies, either at Esalen or elsewhere.

Recommended reading: Harner, *The Way of the Shaman* and *Hallucinogens and Shamanism* .

For information, cost, and application, please contact the Foundation for Shamanic Studies, P.O. Box 1939, Mill Valley, CA 94942; 415-380-8282. Early application is recommended.

Healthspring Outreach and Education

The Healthspring Project extends Esalen's work in the healing arts and sciences to the outside world. It is an independent service-oriented program of Esalen teachers and their associates. Healthspring offers a global information network linking visitors to Esalen with centers, teachers, and health professionals in somatics and psychology located in their home area. (These listings are public information and are not meant to be an endorsement of any individual or institution.) Some of our practitioners and teachers travel in the United States and internationally and are available for private sessions and classes. If you are interested in being contacted, let us know.

The Healthspring library offers books on health and healing, somatic studies, psychology, bodywork, nutrition, and related studies, which may be borrowed by students while at Esalen. Donations of appropriate books are greatly appreciated.

For access to this program, write to Laurie Lioness Parizek at Esalen, c/o Healthspring.

EMANUELA GARDNER

✱ FUTURE PROGRAMS

LISTED HERE are some of the special programs scheduled for the months ahead. This is not an invitation to register, but information to assist you in your long-range plans to participate in an Esalen workshop. Dates are subject to change; please call the Esalen Office or see the next catalog for more specific information.

February 28-March 28, 1997

28-Day Massage Practitioner Certification Program

Robert Helm & Brita Ostrom

Spring, 1997

12-Day Emotional Healing Workshop

Terry Hunt

RECENT INVITATIONAL CONFERENCES

In its continuing commitment to the fields of education, religion, philosophy, and the physical and behavioral sciences, Esalen regularly sponsors invitational conferences that bring together experts who share their research and points of inquiry. As host, Esalen covers room and board expenses for participants as a way of advancing these particular studies. These are invitational conferences only and are not open to the public. Recently held programs and their conveners are listed here.

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Living Mindfully with HIV

March 31-April 5, 1996

This was the second annual conference organized by Zen Hospice Project for individuals living with HIV. It brought to Esalen men and women of diverse backgrounds and in different stages of HIV, from early diagnosis to the final months of life. The aim of the conference was to provide participants with tools for living as fully as possible with HIV.

Mornings were spent in a variety of mindfulness practices—sitting, walking, lying down—designed to bring awareness into the present moment. Afternoon sessions introduced experiential exercises dealing with loss, hopelessness, and grief. Evenings featured programs of speakers and sessions of shared life-stories. As one participant noted, "No one was a stranger to suffering."

Participants found the Esalen environment, with its physical beauty, welcoming spirit, and alternative teachings, especially conducive to their work. Some were from the inner city and had never been to Big Sur; others had never received a massage (the Esalen massage crew gave massages to all conference attendees). Several members of the Esalen community participated in the conference, exploring their relationship to impermanence and suffering.

In the words of Frank Ostaseski of Zen Hospice Project, the conference demonstrated that "we're not separate. Another person's suffering is our own. We each have an innate generosity that we can completely rely on, an ability to embrace another's suffering. The limited idea we have of ourselves, our habits of protection, our fear of losing ourselves all begin to drop away. We come away with a sense of ourselves as boundless, fully capable of extending generosity."

A long-range objective of the conference is the creation of a model for similar retreats and the establishment of a meditation group for people with life-threatening illness.

New Directions in Meditation Research

April 28-May 3, 1996

For the past nine years, Esalen and the Institute of Noetic Sciences have cosponsored a series of invitational conference to advance our understanding of meditation and to explore the significance of contemplative practice at personal, social, spiritual, and scientific levels. Participants have included scholars and meditation practitioners from diverse disciplines, including psychology, comparative religion, anthropology, neuroscience, psychiatry, medicine, law, politics, martial arts, and education.

The focus of this year's meeting—the last in the series—was to consider the historical development of meditation research, based on the recent publication by IONS of the second edition of the Meditation Bibliography by Michael Murphy and Steve Donovan and updated by Eugene Taylor. Researchers shared reports on the medical application of meditation based on clinical studies now under way at major medical centers throughout the United States. They discussed the pros and cons of different methodological approaches to meditation. In addition, participants used part of every session to experience different meditation practices and to use the "first person" perspective to explore the value of meditation for spiritual and psychological growth.

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CONTINUING EDUCATION PROGRAMS

FOR NURSES

THE BOARD OF REGISTERED NURSING has approved Esalen as a provider of continuing education for registered nurses, provider number 01152. Only those programs listed below offer continuing education credit. Workshop leaders have final decision in applying for C.E.U. eligibility.; therefore a workshop accredited in the past may not necessarily be accredited today. There is a $10 processing fee for C.E.U. certificates, payable at the end of the workshop when you turn in your evaluation form to the office. If you wish to receive a certificate, please notify the office at the time of registration.

Please note: *Two-day workshops offer 10 hours of C.E. credit and five-day or longer workshops offer 30 hours.*

If you need additional information on C.E. courses for nurses or future C.E. outreach programs, please contact Sherry Sanders Galloway, R.N., Continuing Education Coordinator, 408-667-3000.

May 3-5

- Intuition and the Dance of Attention

September 1-6

- Spiritual Healing: Laying-on-of-Hands
- Managing With Heart: Changing the Leadership Paradigm

September 6-8

- Time Shifting: Creating Time for Your Life

September 8-13

- Intuition and the Dance of Attention
- The Upledger Institute's SomatoEmotional Release I

September 13-15

- Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach

September 15-20

- Gestalt Practice

September 20-22

- The Awakened Mind: Brainwave Training
- The Art of Leadership: Communication, Creativity, Vision

September 22-27

- Turning on the Light: A Choice to Live Consciously
- Healing Without Medicines: Qigong and the Medical Knowledge of Yin-Style Bagua

September 29-October 4

- The Heart of Sports Massage

October 4-6

- Self-Empowerment and Purification: The Farther Reaches of Gestalt

October 6-11

- Treasure Maps to the Soul
- A Course in Miracles

October 20-25

- Continuum

October 25-27

- Pandora's Gifts: On Secrets, Health, and Healing
- Reflexology—Foot Compression Massage

October 27-November 3

- Cortical Reeducation® and the Feldenkrais Method®

October 27-November 1

- Five-Day Massage Intensive
- Vocal Awareness: Empowerment Through Voice
- Starting to Heal Yourself

November 8-December 6

- 28-Day Massage Practitioner Certification Program

November 10-15

- Facilitating Deep Process Using the Penniston Protocol Alpha/Theta Brainwave Training Technique

November 15-17

- Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach
- Sensory Awareness

November 17-22

- Thanksgiving into Healing

November 24-December 1

- Healing from Trauma: A Seven-Day Intensive

November 24-29

- The High-Performance Mind: Awakened Mind Brainwave Training

December 1-6

- Change, Challenges, and Self-Esteem
- Soul Dramas: Past-Life Regression and Spiritual Healing for (Helping) Professionals

December 6-8

- Weekend Massage Intensive

December 8-13

- Healing Our Hearts

December 20-22

- Stress Reduction: An East/West Approach

December 22-27

- Spiritual Healing: Laying-on-of-Hands

December 27-29

- Weekend Massage Intensive

December 29-January 3

- Feeling and Creativity: Reinvigorating (Ad)ventures in Life
- SIKE: Healing and Health through Ki Energy

January 5-10

- Five-Day Massage Intensive

January 12-17

- Gestalt Practice
- Chakra Integration: A Complete Approach to Health and Healing

January 17-19

- Hanna Somatics: Mastery of Muscles and Emotions
- Intimate Connections

January 19-24

- Creating Exact Moments of Healing

January 24-26

- Why Men Are the Way They Are
- When Success is Not Enough

January 26-31

- The Art of Trigger Point Massage
- The Medicine Wheel Way
- Qigong and Psychoneuroimmunology: An East/West Healing System

January 31-February 2

- Introduction to Mindfulness Meditation
- Reinhabiting Your Body: An Experience in Authentic Movement
- Secrets Kept From the Mind But Not From the Body

February 2-7

- The Upledger Institute's CranioSacral I

February 16-21

- Five-Day Massage Intensive

February 23-28

- You Don't Have to Be Good

FOR PSYCHOLOGISTS

Esalen has been approved as a provider of continuing education for psychologists in the State of California, accredited by the California Psychological Association, provider number ESA001. Workshops for which C.E.U. credit has been approved are listed here. Those workshops for which C.E.U. applications have been filed and approval is pending are noted in the Seminars section. For current status information, contact Brita Ostrom at 408-667-3040.

Please note: *Two-day workshops will offer 10 hours of C.E. credit and five-day workshops will offer 26 hours.*

September 6-8

- Time Shifting: Creating Time for Your Life (ESA001-30)

October 25-27

- Forgiveness: The Key to Intimacy (ESA001-05-02)
- Pandora's Gifts: On Secrets, Health, and Healing (ESA001-31)

November 15-17

- Shamanism and Ecopsychology (ESA001-46)

January 12-17

- Completions and Transitions (ESA001-37-01)

January 24-26

- Why Men Are the Way They Are (ESA001-28-01)

January 31-February 2

- Secrets Kept From the Mind But Not From the Body (ESA-001-48)

February 14-16

- Communication and Partnership (ESA001-07-01)

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WORK STUDY PROGRAM

The Work Study Program is for those interested in an intense and complete involvement with the Esalen environment. It is a work-oriented program, emotionally and physically, and only rarely is it restful. Participants work thirty-two hours per week in one of Esalen's departments (kitchen, garden, farm, housekeeping, maintenance, or grounds) and participate, along with staff and long-term students, in that department's program.

During most evenings and one weekend intensive, work students are together in one of two groups (see below) exploring different practices and approaches available at Esalen, with specifically assigned leaders who are with the group throughout the month, coordinating the study schedule and facilitating many of the evening sessions.

The selection of work students is done by Bette Dingman, the Work Study Coordinator, in consultation with department supervisors. Since this is a work program, preference is given to applicants who are open and willing to learn about themselves within the work context as well as within the evening and weekend study/process groups. Applicants with particular skills or physically limiting conditions are urged to mention them on the application. It is necessary for applicants to be able to speak and understand English.

First-month work students, in particular, are assigned to departments largely on the basis of community need. No work students will be assigned to the office until they have fulfilled a minimum of one month in one of the aforementioned departments, either during a current or a previous stay.

The study portion of the program is divided into two groups each month: each emphasizes one type of growth practice, such as gestalt, meditation, Reichian work, massage or somatics work, and so forth. Applicants must select one group and be prepared to stay at Esalen for the full duration designated for that particular program, assuming that they meet the standards of the Work Study Program.

Please note: This program is designed to explore and apply human values and potentials in both the evening groups and the workplace. It is not intended as a substitute for therapy or as a "cure."

It is sometimes possible to receive college unit credit for participating in the Work Study Program. Please check with your college or university for eligibility requirements.

Work Study Programs scheduled for this catalog period are:

September 15-October 13

Maria Lucia Sauer Holloman will lead a monthlong program teaching spiritual massage and healing, the laying-on-of-hands. This practice incorporates both hands-on and energetic work. Yoga, meditation, artwork, and Tibetan and bioenergetic exercises will be introduced to complement this energy work and to help bring participants in tune with their bodies.

The focus of a month with **David Schiffman** will be on the theme of transition. It is geared for people facing major changes who would like an opportunity to create a time for sanctuary and a mood of mutual support. The intention will be to cultivate an individual style of approaching change that is heartfelt, open-minded, and resourceful in spirit.

October 13-November 10

A month with **John Soper & Friends** will focus on ways to improve the quality of life for participants. Gestalt practice will be the vehicle for personal growth in a group setting. The group may also experience other practices, including games, to bring into focus those areas of our lives that are ripe for change.

With an emphasis on the practice of massage, **David Streeter** will explore the inner power of the human being. He will combine the essence of Zen meditation with movement from the martial arts and yoga. These principles will be applied to the art of massage and the art of being in the world.

November 10-December 8

Eduardo Eizner & Guests will lead a month concentrating on emotional release work and self-awareness, incorporating gestalt practice, group and individual process, rituals, movement, and bodywork.

Kenn Chase will lead a month of learning and practicing the entire Yang-style T'ai Chi Chu'an short form meditation technique. As a regular part of the practice he will teach Feldenkrais Awareness Through Movement™ sessions, which relieve chronic tensions in the neck, shoulders, and back. Also integrated into the program will be Chi Kung breathing practices, movement analysis, and sensory awareness.

December 8-January 5

The basis of a month with **Seymour Carter** will be the gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, and aikido. Each participant's process of development will be honored, encouraged, and treated as unique.

Eric Erickson will lead a group devoted to the development of integral practices. Gestalt practice, meditation, movement exercises, and the experience of nature will be explored as complementary awareness practices which, when combined, integrate mind-body-spirit into a greater whole and enhance personal development and transformation.

January 5-February 2

Carolyn Braddock will focus on healing from bodily trauma, including sexual and emotional trauma, physical illnesses and surgeries, body image issues, and loss from accidents. The program will use a body-centered approach, incorporating breath, sound, and movement into a healing journey. Participants will work toward locating and releasing old patterns and developing new ones. Video analysis, group process, gestalt, bodywork, experiential exercises, and gentle martial arts exercises will all be incorporated.

The monthlong program with **Deborah Anne Medow** is based on learning how to pay attention to yourself both as an individual and in relationship to another. It is a program of going inward, developing a stronger sense of self, and bringing that self out to play and interact with others. The monthlong will integrate yoga, breathing exercises, massage, meditation, creative movement, and dance.

February 2-March 2

Helen Malcolm will guide a month of Vision Painting, the creation of a visual journal

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through color, light, and form. Painting will be used in a subtle process designed to expose the limitations of the conditioned mind. In an atmosphere of exploration and acceptance, participants can learn to suspend judgment, enabling the creative impulse to play, take risks, and face fears. Emotional awareness, visualization, meditation, music, and dream images will be used to evoke expression from an inner source of wisdom and intuition.

David Schiffman. See September 15–October 13.

Inasmuch as the Work Study Program is a complete program in itself, please do not plan to take regularly scheduled catalog workshops during your stay. Professional services, such as massage, are available at staff rates.

Fees: A deposit of $400 in U.S. currency is required with your application. The work scholar fee is $750 for the first month, $700 for the second month, and $650 for the third month. Work students may be invited to remain for a second or third month depending on space available and community needs. Occasionally it is possible to stay for a longer period as an Extended Student. There are no scholarships available for the Work Study Program.

Housing: Accommodations are shared (occasionally co-ed), with up to four people to a room, usually at South Coast Center, a staff complex located 1.5 miles north of Esalen.

For more information contact Bette Dingman: 408-667-3010.

Please note: Application is not registration in the program. Registration is made only after approval of application and upon receipt of deposit. The balance of the fee is due on arrival. Of the original deposit, $100 is nonrefundable and may be transferred to other programs within one year of receipt. Please return the application form (see next page) with your deposit to:

Work Study Program
Esalen Institute
Big Sur, CA 93920

Institute of Transpersonal Psychology Offers External Master's Degrees

WORK STUDENTS have the opportunity to integrate their work study experience at Esalen with the external degree program of the Institute of Transpersonal Psychology. The external degree format enables students to study at any location. Work students will be able to continue the dynamics of personal growth fostered at Esalen while earning master's degrees in transpersonal studies or in transpersonal psychology.

Inquiries and applications should be made directly to ITP. Contact:

Nancy Fagen
External Program
Institute of Transpersonal Psychology
744 San Antonio Road
Palo Alto, CA 94303
415-493-4430

WORK STUDY PROGRAM APPLICATION

Name ______________________ ☐ Male ☐ Female

Date of Birth ______________________ Occupation ______________________

Place of Employment ______________________

Daytime Phone (____) ______________________ Home Address ______________________

Evening Phone (____) ______________________ City/State/Zip code ______________________

Date of Application ______________________ Country ______________________

Do you have any physically limiting conditions which might affect your full participation in this program? ☐ Yes ☐ No

If yes, please be specific ______________________

Are you currently taking any medications? ☐ Yes ☐ No If yes, please specify: ______________________

Which program(s) are you interested in? Please list the leader's name. ______________________

Please note: When focused programs continue with the same leader for more than one month, participants must be prepared to stay at Esalen for the full duration of that particular program.

The Work Study Program is for 28 days, beginning and ending on Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st ________ to ________ 2nd: ________ to ________ 3rd: ________ to ________

Work students may be invited to remain for a second or third month, depending on space available and the needs of the Esalen community. Please indicate your availability for such an invitation.

☐ No extension ☐ One-month extension ☐ Two-month extension

Assignments to departments are made according to community labor needs. However, if you have particular skills that you're willing to use, especially in food preparation, gardening, maintenance, mechanics, construction, or housecare, please mention them here.

☐ Please check here if you have emergency medical skills (M.D., R.N., or E.M.T.) and are willing to use them during your stay.

Attach a personal statement about your interest in the Work Study Program and why you'd like to participate.

All applicants are required to sign a standard release from liability and assumption of risk form as a condition of participation in the Work Study Program.

Please Note: No pets allowed.

WILDERNESS PROGRAMS

MARGARET LIVINGSTON

October 20-25

Apprenticeship to the Earth—Return to Sacred Ground

Little Bear Nason & David Schiffman

David Schiffman writes: "This wilderness adventure is for people who value the restorative and inspirational power of the natural world. We will journey on foot and/or horseback toward a simpler mode of being. Our destination: Pine Valley, deep in the woods of Big Sur's most pristine backcountry, a convergence of earth, sky, and mountains, filled with centuries-old towering pines, sparkling streams and waterfalls, surrounded by high granite cliffs and secret caves inscribed with petroglyphs. It is an ancient, sacred gathering-place for the Esselen Indians, used for countless generations as a tribal sanctuary for new visions, purification, celebration, and community.

"It will be a time to share the elemental realities of outdoor living and travel: sleeping under starry skies in the fragrance of the forest, immersed in the music of creek and wind, sharing meals around blazing fires in an unhurried mood of common support.

"Our time together will also be used for self-realization and personal mastery. We will employ a variety of shamanic practices for uncluttering our minds and hearts and freeing our spirits. Our tools will combine the ancient and the modern, including:

- Music and ceremony as spirit medicine
- Native American prayer and purification practices
- Opportunities for individual initiation into dreamtime
- Healing and kinship through the sensitive use of touch
- Free-form adventures in the heart of the forest

This trip is suitable for newcomers as well as old hands."

Participants can elect to hike or ride.* All gear and food will be packed in on mules. Be prepared for some physical exertion. Further details sent upon registration. $790*

*($890 if you choose to ride)

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The Esalen Wilderness Program refund policy reflects the fact that few of these expenses can be recovered.

To reserve a space in a wilderness workshop, a nonrefundable deposit of $200 is required. The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your nonrefundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your deposit is forfeited.

✳ AUDIO RECORDINGS

The Dolphin Tape Series

Each new tape list has a somewhat different emphasis in its selection of titles and speakers. In addition to the many well-known titles from familiar speakers included for the special attention of new customers, there are several additional tapes from some old favorites, the most recent recordings from others, and a few entirely new speakers, events, and subjects.

Dolphin Tapes has no complete catalog, just overlapping tape lists. When you place an order, let us know your field of interest or your favorite speakers. We may have more information on some of them. Many tapes are in stereo. Tape length is normally 1 to 1 1/2 hours.

Single-tape titles are $10:

Abraham/McKenna/Sheldrake: TRIALOGUES: Preview and Sampler, 1989-90
Abraham/Thompson: *Eccentric Sunday Morning: Chaos and Order*, 1993
Gregory Bateson: *The Limits of Science*, 1978
Robert Bly: *Six Powers of Poetry*, 1983
David Brower: *Breaking the Species Barrier*, 1971
Joseph Campbell at 80: *The Hero's Journey* (Celebration), 1984
Barry Commoner: *Human Meaning of Environmental Crisis*, 1971
David Darling & Al Huang: *Dancing Cello, Dancing Tao*, 1989
Big Sur Drums: *The Sky Children*, 1968
David Finkelstein: A New *Quantum Logic*, 1976
Stanislav Grof: A New *Paradigm for Psychotherapy*, 1980
Willis Harman: *Origin of the Psychedelic 1960s*, 1977
Arthur Hastings: *Transpersonal Realities*, 1979
Gerald Heard: *The Power of Wonder*, 1954
John Heider: *Living in the Tao*, 1987
Albert Hofmann: LSD *and the Nature of Reality*, 1978
Aldous Huxley: *Human Potentialities* (MIT Cambridge), 1961
Laura Huxley: *Recipes for Living and Loving* (Guided Imagery), 1963
Robert Johnson: *The Roots of Modern Masculinity*, 1990
Stanley Keleman: *Biological Roots of Consciousness*, 1970
Jack Kornfield: *The Simplicity of Spiritual Practice*, 1982
Jack Kornfield: *On Buddhism: A Personal Story*, 1983
Timothy Leary: *American Culture*: 1945-1985 (College of Marin), 1977
Janet Lederman: *Early Childhood Experience* (Gazebo), 1987
John C. Lilly: *The Dolphin Experience*, 1969
John & Toni Lilly: *Integrating Science and Mysticism*, 1981
Abraham Maslow: *Self-Actualization*, 1966
Terence McKenna: *Surfing on Finnegan's Wake*, 1993
Terence McKenna: *Hot Concepts and Melting Edges*, 1994
Terence McKenna: *Laws and Freedom, Habits and Novelty*, 1994
Terence McKenna: *Personal Update, Complexity and Meaning*, 1996
Humphrey Osmond: *Early Psychedelic History*, 1967
Joseph Chilton Pearce: *Intelligence of the Heart*, 1992
Joseph Chilton Pearce: *Unconflicted Behavior*, 1994
Fritz Perls: *Gestalt Therapy and How It Works*, 1966
Carl Rogers: *My Philosophy and How It Grew*, 1972
Rogers/Bateson: *Dialogue on Thinking, Feeling, Learning*, 1975
Will Schutz: *Principles and Philosophy of Encounter*, 1970
Daniel Sheehan: *Philosophy of Christic Institute*, 1991
Rupert Sheldrake: *Morphic Resonance and Memory*, 1985
Sheldrake/Pearce: *Resonant Fields of Heart and Brain*, 1993
John "Jay" Shelfer: *Taoist Chi Energy Breath Movement*, 1993
Julian Silverman: A *Lighthearted Course in Miracles*
Huston Smith: *The Nature of Reality* (Boston), 1970
David Steindl-Rast: *The Body, Sensuousness, and Spirituality*, 1990
Richard Tarnas: *The Passion of the Western Mind*, 1993
Wilson Van Dusen: *The Nature of Humanness*, 1969
Alan Watts: *Divine Madness*, 1968
Carl Whitaker: *On Becoming a Professional Therapist*, 1989
Arthur M. Young: *The Reflexive Universe*, 1973

Two-tape titles are $16:

Walt Anderson & Ted Roszak: (2) *The Upstart Spring* (Esalen), 1984
Angeles Arrien: (2) *Cross-Cultural Shamanic Practice*, 1991
Gregory Bateson: (2) *Balinese Culture and Shamanism*, 1976
Joseph Campbell: (2) *Myths of Alienation and Rapture*, 1970
Joseph Campbell & Sam Keen: (2) *The Dark Side of the Forest*, 1985
Ram Dass: (2) *One Man's Journey to the East*, 1969
David Finkelstein: (2) *Ancient, Medieval, and Classical Physics*, 1984
Bruce Kumar Frantzis: (2) *Taoist Philosophy and Practice*, 1994
Buckminster Fuller: (2) *The Critical Path* (Maui), 1982
Stanislav Grof: (2) *The Birth Trauma*, 1981
Stanislav Grof: (2) *The Cosmic Game*, 1987
Jean Houston: (2) *The Possible Human* (Boston), 1979
Robinson Jeffers's Poetry: (2) A *Dramatic Celebration* (Carmel), 1972
Timothy Leary: (2) *The Power of Imprinting*, 1982
Terence McKenna: (2) *The Magical Mystery Tour*, 1989
Daniel Sheehan & Sara Nelson: (2) *Politics and Natural Law*, 1995
Frederic Spiegelberg: (2) *India and the Saints*, 1964
Alan Watts: (2) *Eastern Religion and Western Therapy*, 1971
Watts/Grof/Silverman: (2) *The Science of Madness*, 1968
Janet Zuckerman: (2) *The Feeling Process*, 1987

Four-tape titles are $34:

Ralph Abraham: (4) *The Chaos Revolution*, 1994
Joseph Campbell: (4) *Imagery in the Novels of James Joyce*, 1968
James Fadiman: (4) A *Weekend of Stories*, 1984
David Finkelstein: (4) *Indeterminacy and Undecidability*, 1978
Roland Fischer: (4) *Creative, Psychotic, and Ecstatic States*, 1969
Buckminster Fuller: (4) *Integrity Day* (Marin), 1983
Abraham Maslow: (4) *An Informal Weekend in Big Sur*, 1966
Terence McKenna: (4) *Conversation at the Edge of Magic*, 1994
Terence McKenna: (4) *Eros, Chaos, and Meaning's Edge*, 1994
Terence McKenna: (4) *Deeper and Broader Questions*, 1994
Rupert Sheldrake: (4) *Resonance and the Habits of Nature*, 1987
Rupert Sheldrake: (4) *Rebirth of Nature: Revival of Animism*, 1990
David Steindl-Rast: (4) *Mysticism as a Frontier Experience*, 1985
David Steindl-Rast: (4) *Living in the Now*, 1988
David Steindl-Rast: (4) *Enjoying Poetry*, 1992
Andrew Weil: (4) *New Insights into Addiction*, 1987
Colin Wilson: (4) *Human Evolution and a New Psychology*, 1968
Arthur M. Young: (4) *The Reflexive Universe Interviews*, 1983

The Dolphin Vinyl Album Tape Sets:

Angeles Arrien & Robert Bly: (6) *Love in the Western World*, 1984	$56
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Terence McKenna: (8) *True Hallucinations* (A Talking Book), 1984	$72
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Virginia Satir: (10) *Conjoint Family Therapy*, 1968	$84
Joseph Campbell: (10) *World Mythology Series*, 1969 (Library Archives)	$84
Gregory Bateson: (12) *Informal Esalen Lectures*, 1975-1980 (Archives)	$96

Please add $3.00 to your complete order for handling and mailing (add $3.00 more if you wish priority mail). Overseas orders add $1.00 per tape for mailing. California residents include 6 1/2% tax. Institutional purchase orders please add 10% to tape cost for invoicing and deferred payment. Allow 4 to 6 weeks for delivery (most orders are mailed within two weeks).

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Advertisement: Dolphin Tapes is a private company independent of Esalen.

C BIOGRAPHICAL INFORMATION

A

Jeremiah Abrams *is a Jungian therapist and writer. His books include* The Shadow in America *and* Meeting the Shadow. *As director of the Mt. Vision Institute in Sausalito, Calif., he conducts a certification program in soul-centered psychology and psychospiritual integration.* p. 34

Mark Abramson *is a dentist who integrates meditation into his multidisciplinary approach to the treatment of chronic pain. Cofounder of the Sequoia Hospital Stress Reduction Clinic, he is also an aikido black-belt.* p. 39

Ronald Alexander *practices health psychotherapy in Santa Monica, specializing in mind/body healing, and is a clinical core faculty member at Ryokan College. He is a consultant to the entertainment industry, focusing on leadership skills and creativity.* p. 19

Anne Armstrong *has been doing transpersonal counseling for more than thirty years and has trained professionals to use their intuitive abilities.* p. 15

Angeles Arrien, *a native Basque, is an author, anthropologist, educator, and corporate consultant whose teachings are based on the universality of values, ethics, and experiences revealed through cross-cultural myths, symbols, and the arts.* p. 55

George Atwood *is a faculty member at the Institute for the Psychoanalytic Study of Subjectivity, New York City, and professor of psychology at Rutgers University.* p. 33

B

Nancy Bacal *is a lyricist, screenwriter, and aikido black-belt. She edited Leonard Cohen's* Stranger Music *and* Raga, *a film starring Ravi Shankar. She leads ongoing writing workshops in Los Angeles and West Marin.* p. 13, 54

Oliver Bailey *is a practitioner and instructor of Esalen massage. His background includes training in gestalt practice, neurolinguistic programming, intuitive work, and meditation.* p. 29, 57

Richard Balaban *is a clinical psychologist in private practice in Bloomington, Ind. His focus is on joyfulness and the creation of a sense of self and community.* p. 36

James Baraz *has taught vipassana insight meditation retreats since 1977 and is cofounder of Spirit Rock Meditation Center in Marin County, Calif. A licensed psychologist, he has a counseling practice in Berkeley.* p. 30, 50

Edmundo Barbosa *is a body-oriented psychologist from Sao Paulo, Brazil, and the founder of Revida, a center for work with cancer patients. He is a senior researcher for the Institute for the Study of the Afterdeath.* p. 44

Sondra Barrett, *a biomedical scientist and educator, is associate professor at California Institute of Integral Studies, project director of California Pacific Medical Center, and coauthor of* Making Waves. p. 50

Therese Baxter *is a classically trained actress and certified instructor of Physio-synthesis with twenty years' experience in the Alexander Technique. She has trained in Ki healing since 1984, and has a private practice in Los Angeles.* p. 42

Tandy Beal, *dancer, choreographer, actress, comedienne, and dreamer, has performed as a solo artist and with her own ensemble in major cities and festivals throughout the world. She was recently appointed director of the New Pickle Circus.* p. 25

Leonard Bearne *has a broad background in humanistic psychotherapy and has been a visiting teacher at Esalen. For the past eight years he has studied analytic approaches to therapy, the last three with Dr. Robert Stolorow.* p. 33

Peter Beckmann *learned bread baking in his hometown of Heidelberg, Germany, and has twenty years of professional experience. He runs a successful wholesale bakery in the San Francisco Bay Area, combining tradition and innovation.* p. 55

Brian Bergstrom *is a structural bodywork practitioner and yoga instructor with over fifteen years' experience. He has a private practice in Palm Springs, Calif.* p. 22

James Bond *is an environmental artist who lives in Devon, England. A woodcarver for twenty years, his work is influenced by the peasant cultures he has visited in India, Nepal, Israel, and especially Romania.* p. 29

Elena Bonn *practices psychoanalytic psychotherapy with adults and teenagers in Westlake Village, Calif. She has trained with Dr. Robert Stolorow in intersubjectivity for five years.* p. 33

Julie Bowden, *pioneer in the children of alcoholics (COA) field, is cofounder of the National Association of COAs. She coauthored* Recovery: A Guide for Adult COAs *and* Genesis: Spirituality in Recovery. p. 36

Carolyn Braddock *is a body-centered therapist and consultant in private practice in Lakewood, Colo. She authored* Body Voices *and trains professionals in post-traumatic stress disorder.* p. 33, 62

Judith Bradley *is a physical therapist, acupuncturist, and teacher who has been an Upledger CranioSacral instructor since 1986. She is in private practice in British Columbia, specializing in children and Visceral Manipulation.* p. 51

Jessica Moore Britt *is a teacher of the Ridhwan School. A gestaltist at Esalen for seven years, she presently teaches the Diamond Approach in the Bay Area, Santa Fe, Seattle, and Europe.* p. 48

Claire Brown *is a transpersonal psychologist and teacher, certified in Feldenkrais® and Integrated Awareness®. She is trained in a number of other modalities which she integrates into her private practice in Southern California.* p. 35

Ed Brown *has practiced zen and cooking for over thirty years. Author of* The Tassajara Bread Book *and* Tassajara Cooking, *he has taught cooking since 1985. He was ordained a zen priest by Shunryu Suzuki in 1971.* p. 37

Jerilyn Brusseau *founded Peace Table, an international organization dedicated to peacemaking through food and hospitality. Her focus is empowering individuals to bring their personal values to their business and professional lives.* p. 17

Robin Burnside *is co-manager of the Esalen kitchen and former chef/owner of two successful restaurants. She has over twenty-five years of professional cooking experience.* p. 41

C

Fritjof Capra, *physicist and systems theorist, is a director of the Center for Ecoliteracy. He is the author of* The Tao of Physics, The Turning Point, *and* Uncommon Wisdom. *He wrote the screenplay for* Mindwalk, *a film based on his books.* p. 34

Seymour Carter, *longtime gestalt teacher at Esalen and in Europe, combines studies in family systems theory with Zen Buddhism, sensory awareness, aikido, and other body-oriented practices.* p. 34, 53, 62

Michell Cassou *is the founder of an original approach to painting as a tool for self-discovery. Cofounder of the Painting Experience Studio in San Francisco, she is recognized for her work exploring the spirituality of the creative process.* p. 53

Sindona Cassteel *is a marriage and family counselor and the program coordinator of Voice Dialogue Connection International. She is the founder of Mountains and Rivers Voice Dialogue Center in Nevada City, Calif.* p. 40

Christopher Castle *is a visual artist, composer, and geomancer whose work is represented in the British Museum and National Galleries of Modern Art in Scotland and Wales. He has twenty-five years' experience in the field of sacred earth arts.* p. 37

Carl Chase (C.C.) *is a bodyworker who specializes in cross-fiber friction and deep tissue methods. He has also studied sports massage and soft-tissue manipulation.* p. 54

Kenn Chase *has taught traditional Yang-style T'ai Chi Ch'uan in the U.S. and Europe for twenty-five years. He has studied with several T'ai Chi masters. He is the founder of MindBody Technologies and a certified Feldenkrais® practitioner.* p. 62

Randy Cherner *conducts a three-year apprenticeship training program for practitioners in the field of somatic education. He is founder of a somatics center in Corte Madera, Calif.* p. 15

David Chrislip *is a writer and teacher who leads workshops internationally focusing on leadership and community. He is the coauthor of* Collaborative Leadership: How Citizens and Civic Leaders Can Make a Difference. p. 24

Stephen Cohen, *gestalt practitioner and longtime golf hacker, is founder and president of The Shivas Irons Society, a nonprofit organization dedicated to enhancing golf's beauties and virtues.* p. 22

Emilie Conrad-Da'oud *is the founder of Continuum. Her innovative approach to movement has enhanced the creativity of artists in many fields and has led to new insights in the healing process.* p. 23

Michael Cooper *is a holistic theologian and chaplain at the California Pacific Medical Center, San Francisco. In his work he seeks to unify the fields of life and death, light and darkness, and Eastern and Western spirituality.* p. 28

Ann Weiser Cornell *teaches Focusing internationally. She is the author of* The Power of Focusing: A Practical Guide to Emotional Self-Healing, *and a past president of the Association for Humanistic Psychology.* p. 22

Phil Cousineau *is a filmmaker, lecturer, and adventure travel guide. He is the author of* Soul: Readings from Socrates to Ray Charles *and* The Hero's Journey: Joseph Campbell on His Life and Work. p. 32

Stewart Cubley, *originally trained as a scientist and engineer, painted for the first time in 1974 and soon thereafter began a second career as a painter. He is cofounder of the Painting Experience Studio in San Francisco.* p. 51

Dale Cummings, *certified Radix® teacher and marriage and family counselor in West Los Angeles, Santa Cruz, and San Francisco, is director of training for the Radix® Institute.* p. 42

D

David Darling *is a cellist, composer, and teacher. He is cofounder of Music for People, an organization that humanizes the learning process of creating music. His latest recordings are* Cello, Dark Wood, *and* 8-String Religion. p. 32, 43, 44

Lama Surya Das *is a Buddhist scholar, poet, and translator of Tibetan texts. He is founder of the Dzogchen Foundation of America and author of* The Snow Lion's Turquoise Mane: 150 Wisdom Tales from Tibet. p. 13, 53

Genny Davis *is a spiritual healer, minister, teacher, and author with twenty years of professional experience. She is president of the Center for Spiritual Healing, Inc., which offers certified ministry programs and apprenticeships.* p. 37

Laura DeNuccio (Ma Prita), longtime Esalen group leader, guides people internationally in breathwork, gestalt, vision improvement, movement, and meditation. Her current interest is swimming with wild dolphins in Hawaii. p. 19, 32

Prema Desara began her dance studies at age three, embarking on a career that carried her through ballet and modern dance to the sacred dances of Bali, India, and Tibet. Her work has been praised by the Dalai Lama. p. 18

Shirley Dockstader, a teacher in body-mind practices for twenty-five years, integrates hatha yoga and qigong into high-performance athletics and immune system strengthening. Founder of Mind and Movement, she is coauthor of Making Waves. p. 50

Patrick Douce, one of Moshe Feldenkrais's first American students, has lived at Esalen since 1972. Since 1986 he has lived half of each year in Bali, developing programs with Indonesian Silat Martial-Arts-for-Health schools. p. 16, 30

E

Eduardo Elzner, a licensed psychologist from Belgrano University in Argentina, is an Esalen staff member and director of Gazebo School Park. p. 62

Eric Erickson is a long-term student of gestalt and Eastern philosophical traditions. p. 37, 44, 62

F

Warren Farrell, author of Why Men Are The Way They Are and The Liberated Man, has been a pioneer in both the women's and men's movement, and has appeared on over 1,000 television and radio shows. p. 48

David Feinstein, a clinical psychologist, is coauthor of Mortal Acts, Rituals for Living and Dying, and the forthcoming Weaving the Energies, Fitting the Field. He has taught at the Johns Hopkins University School of Medicine. p. 54

Patricia Fields is a psychologist and psychoenergetic practitioner working at the interface of psychology and spirituality. She utilizes brainwave biofeedback in her private practice in San Rafael, Calif., and conducts professional alpha/theta brainwave trainings. p. 30

Corey Fischer, actor, writer, and teacher, has been creating and performing theatre for over twenty years. He cofounded A Traveling Jewish Theatre, and teaches solo performing, ensemble creation, and storytelling. p. 15

Reinhard Flatischler, a Viennese composer, percussionist, and rhythm therapist, has studied and taught worldwide, and from these experiences has created TA KE TI NA. He also tours with his world-class Megadrums project. p. 21

Thomas Michael Fortel, longtime yoga practitioner and teacher, has been a frequent guest teacher of the Esalen Movement Program. He teaches in the San Francisco Bay Area and leads retreats and workshops nationally. p. 47

Joyce Frazee, a gestalt practitioner in private practice, is the senior supervisor of the Gestalt Training Institute of Vancouver, Canada. She leads workshops in the U.S., Canada, and Europe. p. 29, 30

Mallory Fromm has trained in Ki healing since 1981 and has led workshops in the U.S. and Japan. A licensed, practicing instructor of Aikido (fifth Dan), he cofounded the Spinal Integrity Ki Energy (SIKE) Institute in Los Angeles. p. 42

G

Sherry Sanders Galloway is an Esalen massage staff practitioner and teacher whose focus is sports massage, balanced with Esalen bodywork. A practicing RN, she specializes in emergency medicine and psychiatric intervention. p. 26

Glenna Gerard is cofounder of The Dialogue Group, specializing in interpersonal communication, leadership, and group facilitation. Her passion is integrating spiritual practice and conscious learning in personal and professional life. p. 56

Mariah Fenton Gladis, longtime gestalt practitioner and trainer, founded and has for fourteen years directed the Bucks County Institute. She is director of the Pennsylvania Gestalt Center for Psychotherapy and Training. p. 46, 47

Mary Goldenson (Devarani) is a clinical psychologist, chiropractor, and certified Radix® teacher in Los Angeles. She has a private practice specializing in relationship therapy and transitions. p. 20, 25, 32, 39, 45, 48, 53

Joe D. Goldstrich is board-certified in cardiology and internal medicine. He has lived at Esalen and has given workshops here for fifteen years. p. 43

Chloe Goodchild has taught voice and soundwork for fifteen years in Britain and Europe, where she performs and records. She recently released Wakening, an album of spiritual chants. Last year she was invited to sing for the Dalai Lama. p. 27

Harriet Goslins is the originator of Cortical Reeducation®. She is a Feldenkrais® practitioner with a background in psychosynthesis, applied kinesiology, craniosacral work, and social anthropology. p. 26

Leslie Gray is a Native American clinical psychologist with a shamanic counseling practice in San Francisco. She offers seminars on shamanism and on applied ecopsychology worldwide. p. 30

H

Eleanor Criswell Hanna, professor of psychology at Sonoma State University, is editor of Somatics, director of the Novato Institute for Somatic Research and Training, and author of How Yoga Works and Biofeedback and Somatics. p. 46

Michael Harner has practiced shamanism and shamanic healing for more than thirty-five years and pioneered their return to contemporary life. His books include The Way of the Shaman; The Jivaro; and Hallucinogens and Shamanism. p. 53, 57

Steven Harper coordinates Esalen's Wilderness Programs. He has led both traditional and experimental expeditions internationally for nearly twenty years. His work focuses on wild nature as a vehicle for awakening. p. 14, 24

Rachel Harris was in the 1968 Esalen Residential Program. She is a psychotherapist in private practice in Princeton, N.J., and a consultant for executives on leadership and interpersonal skill development. p. 24

Andrew Harvey, born and raised in South India and educated at Oxford, was the youngest-ever professor of All Souls College. Scholar, educator, and author, his twenty-two books include novels, poems, and translations. p. 14

Jeanne Hay is a teacher of the Ridhwan School, the home of the Diamond Approach, a method of spiritual realization and actualization. She has been involved in spiritual and psychological work since 1974. p. 52

Beth Hedva is the author of Journey From Betrayal To Trust. Her work blends ancient wisdom and spirituality with modern psychotherapy. p. 47

Camille Helminski is the cofounder and codirector of Threshold Society. With Kabir Helminski, she has translated three books of Sufi poetry, including the recently published Rumi translation, Jewels of Remembrance. p. 28

Kabir Helminski, a Shaikh of the Mevlevi Order, applies the teachings of classical Sufism to contemporary community. Among other works, he has authored Living Presence: A Sufi Way to Mindfulness and the Essential Self. p. 28

Christian Hendricks is an Aston Patterner®, Ju Jutsu instructor, and licensed massage therapist. He is in private practice in Seattle, specializing in increasing performance, rehabilitating injuries, ergonomic consultation, and movement education. p. 33

Gay Hendricks has been a psychologist and body-centered therapist for twenty-seven years. He is the author of Learning to Love Yourself and the coauthor of Conscious Loving and At the Speed of Life. p. 36

Kathlyn Hendricks, a movement and body-centered therapist, trains mental health professionals internationally and is the coauthor of Conscious Loving and At the Speed of Life. p. 36

Nick Herbert is the author of Quantum Reality, Faster-than-Light, and Elemental Mind. He is also "Fringe Science" columnist for the magazine Mondo 2000. p. 18

Deborah Ardell Hill is a licensed massage therapist and reflexologist experienced in a variety of modalities, including shiatsu and craniosacral. She also incorporates the chakras and meridians as a framework for looking at the body. p. 26

Geoffrey Hill is an analytic therapist, poet, social critic, and script and creativity consultant. He is the author of Illuminating Shadows: The Mythic Power of Film, and the subject of a documentary on the use of movies as therapy. p. 41

Martina Hoffmann is a painter, sculptor, and Reiki master whose art explores women's connection to the Goddess. Her work is featured in the recent book The Return of the Great Goddess. p. 40

Maria Lucia Sauer Holloman has practiced spiritual healing in Brazil and the U.S. since 1982. She has been a resident student and teacher at Esalen and conducts trainings and seminars internationally. p. 13, 40, 62

Jonathan Horan is a professional actor, certified massage practitioner, and currently on the teaching faculty of the Moving Center. p. 18

Chungliang Al Huang teaches Tai Ji philosophy, East/West synthesis, and the art of movement meditation. He is the founder-president of the Living Tao Foundation and director of Lan Ting Institute in the Sacred Mountains of China. p. 34, 44, 45, 46

Dorothy Hunt has been practicing psychotherapy since 1967 and is the founder of the San Francisco Center for Meditation and Psychotherapy. She is the editor of Love: A Fruit Always in Season. p. 15

Terry Hunt is a licensed psychologist and a certified bioenergetic therapist specializing in addictive disorders and adults from dysfunctional families. He is coauthor of Emotional Healing and Secrets to Tell, Secrets to Keep. p. 18

Leigh Hyams is a painter/teaching-artist at UC Berkeley Extension, Harahorn in Norway, and Atsitsa in Greece. A Fulbright Scholar whose work has been exhibited internationally, she leads art tours for museums and universities. p. 33

I

Sandra Ingerman is an international faculty member of Michael Harner's Foundation for Shamanic Studies. She is the author of Soul Retrieval: Mending the Fragmented Self. p. 53, 57

Julian Isaacs is a faculty member of two Bay Area graduate schools and is clinical director of a brainwave biofeedback training facility in Corte Madera, Calif. He regularly conducts professional seminars in the use of alpha/theta brainwave training. p. 30

J

Arthur Joseph is a teacher and professor of voice and is the creator of Vocal Awareness, a method that integrates mind/body/spirit through the vocal arts. p. 27

Zoran Josipovic is a counselor, meditation teacher, and co-director of Realization Center in Woodstock, N.Y. He is a longtime student of Eastern contemplative traditions and coauthor of Zen for Beginners. p. 42

K

Sharon Kagan is an exhibiting artist and teacher of the creative process, with master's degrees in performance art and psychology. She has extensively studied the roles of faith and hope in the psychology of children of holocaust survivors. p. 51

Sam Keen is the author of eleven books, including The Passionate Life, Faces of the Enemy, and, most recently, Hymns to an Unknown God. p. 47

Galway Kinnell is a former MacArthur Fellow whose 1982 Selected Poems won the Pulitzer Prize and the National Book Award. He teaches at NYU, living part-time in New York and part-time in Vermont. His most recent book is Imperfect Thirst. p. 36

Stanley Krippner is professor of psychology at Saybrook Institute and the California Institute of Integral Studies and coauthor of Dreamworking, Dream Telepathy, and Realms of Healing. p. 54

Igor Kungurtsev is a meditation teacher in the traditions of Advaita-Vedanta and Christian mysticism. He has an MD in psychiatry and is an adjunct professor at the California Institute of Integral Studies and John F. Kennedy University. p. 45

Ron Kurtz developed the Hakomi method and is founder of the Hakomi Institute. He is the author of Body-Centered Psychotherapy and is currently writing a book on psychotherapy as a spiritual practice. p. 31

Susan Kuttner is a marketing and communications consultant, both in business and the healing arts. She assists her clients in becoming more effective, more powerful, more heartful, and more successful in their efforts. p. 33

L

Stephen LaBerge is a scientist dedicated to the transformation of human consciousness. He teaches and researches conscious or "lucid" dreaming at Stanford University. p. 38

Carol LaDue is a Focusing teacher, speaking coach, bodyworker, and the director of the Pool of Listening Wisdom. She facilitates people in the embodiment of a meaningful life with compassion, respect, and humor. p. 56

Dale Larson, associate professor and director of the Graduate Health Psychology Program at Santa Clara University, is a clinician, researcher, former Fulbright Scholar, international lecturer, and author of The Helper's Journey. p. 25

Sarah La Saulle is a psychotherapist and teacher who specializes in healing blocks to self-love and creativity. She is in private practice in Santa Monica, Calif. p. 51

Anthony Lawlor is the author of The Temple in the House: Finding the Sacred in Everyday Architecture. He is an award-winning architect and principal of Lawlor/Weller Design Group. p. 32

George Leonard is the author of Mastery, The Silent Pulse, and The Transformation. He is a fourth-degree black belt in aikido and founder of Leonard Energy Training (LET). p. 20, 29, 54

David Levenson is an internist whose medical practice is devoted to stress reduction, pain management, counseling, and the treatment of obesity. Cofounder of the Sequoia Hospital Stress Reduction Clinic, he is also a long-term mindfulness meditator. p. 39

Elisa Lodge is a motivational speaker and international consultant who bridges the world of business with the expansion of human potential. p. 47

Linda Loomis uses intersubjectivity to specialize in the treatment of physical, emotional, and sexual abuse, and the problems arising from alcoholism and post-traumatic stress. p. 33

Olga Luchakova is a Christian yoga, Shakti yoga, and Advaita-Vedanta teacher. She is an adjunct professor at the California Institute of Integral Studies, Institute of Transpersonal Psychology, and John F. Kennedy University. p. 17, 45

Nancy Kaye Lunney, formerly a vocal coach and accompanist, is the originator of Singing Gestalt, which utilizes lyrics and songs as a means of self-expression. She is director of programming at Esalen. p. 20, 53

Joyce Lyke is a teacher in the Ridhwan Work School, which is dedicated to understanding the relationship between personality and being. She has been part of the Esalen Gestalt staff for many years. p. 52

M

Helen Jerene Malcolm, artist, consultant, and teacher, works with a visionary consulting team designing long-range vision paintings for individual clients and Fortune 500 corporations. p. 17, 44, 62

Noel Mapstead is a local fine artist and potter. He has studied and exhibited extensively in New York and is now at home with Big Sur clays using traditional firing techniques. p. 35, 39

Peller Marion is a psychologist, writer, and organizational management consultant. She is president of Peller Marion Associates, Inc., an outplacement and executive development coaching corporation in San Francisco. p. 48

Dennis Marriott is a graduate of the New England Culinary Institute and co-manager of the Esalen kitchen. p. 41

Dean Marson is a practitioner and instructor of Esalen massage who uses self-care techniques as a means of introducing people to the pleasure and potential of human touch. p. 36, 41

Daniel Martin, a former priest and educator, is the founder/director of International Communities for the Renewal of the Earth, whose mission is to assist the process of value and structural change in an emerging ecological context. p. 21

Robert Maurer teaches writing classes in creativity, storytelling, and character development at UCLA and USC. He is Director of Behavioral Sciences for the Family Practice Residency Program at Santa Monica-UCLA Medical Center. p. 39

Kim McCourt is a licensed marriage and family counselor and a senior associate at the Lomi School. Her bodywork practice incorporates craniosacral, intuitive hands-on energy work, orthopedic massage, and shiatsu. p. 56

Barbara McGavin is accredited as a Focusing Trainer by the Focusing Institute in Chicago. She is a founding member of the British Focusing Network and the British Focusing Teachers' Association. p. 22

Deborah Anne Medow, Esalen workshop leader and bodywork practitioner since 1969, teaches ashtanga yoga, massage, creative movement, gestalt awareness, and related healing disciplines throughout the U.S. and Europe. p. 26, 29, 57, 62

Robin Menken has been performing, directing, and teaching improvisation for thirty-seven years. She is an Obie-winning playwright who created the Second City Workshops in Los Angeles and taught and directed at USC Theatre Conservatory. p. 29

Sukie Miller, former director of education at Esalen, founded the Institute for the Study of the Afterdeath. She has worked extensively with dying patients and has visited and studied over thirty afterdeath systems worldwide. p. 44

Timothy Miller is the author of How To Want What You Have: Discovering the Magic and Grandeur of Ordinary Existence. He is a psychologist in private practice in Stockton, Calif. p. 32

Marissa Moss is an award-winning author and illustrator of children's books. She teaches at the University of California at Berkeley extension program. p. 51

Robert Moss is a shamanic counselor, former professor of ancient history and philosophy, and student of the Western mystery traditions. Australian-born, he first encountered the ways of a dreaming people through his friendship with Aborigines. p. 20

Caroline Muir has been a yoga practitioner for over twenty years. She is a Tantric sex expert who specializes in sexual healing and awakening the goddess energy in women. p. 22

Charles Muir, a professional yoga instructor for twenty-five years, is director of the Source Schools of Tantra Yoga in Hawaii and California. He is coauthor (with his wife) of Tantra: The Art of Conscious Loving. p. 22

Arthur Munyer is a Trigger Point specialist who has been a student, practitioner, and teacher of various bodywork and emotional release disciplines for over twenty-five years, most of them at Esalen. He has a private practice in Carmel, Calif. p. 49

Michael Murphy founded Esalen Institute (with Richard Price) in 1962 and helped initiate Esalen's Soviet American Exchange Program. He is the author of Golf in the Kingdom, Jacob Atabet, and The Future of the Body. p. 54

Thomas Myers trained with Ida Rolf, Moshe Feldenkrais, and Buckminster Fuller, and has practiced Rolfing® internationally since 1976. Anatomist, musician, sailor, and parent, Tom practices on the coast of Maine. p. 29

N

Claudio Naranjo, growth disciplines theorist and former Esalen resident, introduced meditation as an adjunct to therapy and was first to teach the Enneagram as personality map in the U.S. He has given the opening address at all the International Gestalt Conferences. p. 55

Little Bear Nason is the seventh generation spiritual leader of the Esselen Indian Tribe of Big Sur. His life is an apprenticeship to the Earth. p. 23, 65

Steven Newmark is a psychotherapist, author, and lecturer on singles issues. He is the creator of the videos What Women Really Want, The Art of Meeting Men, and How to Meet Women. p. 30

Andrew Nugent-Head is the China Director of the Association for Traditional Studies. He has lived in Beijing since 1987, where he works and studies with the last generation of traditional masters born and educated pre-1949. p. 19

O

John O'Donohue is a Catholic priest, philosopher, poet, and storyteller. Born in Ireland and steeped in Celtic mysticism, he is the author of Echoes of Memory, a poetry collection, and Stone as the Tabernacle of Memory. p. 43

Heather Maycock Ogilvy, a psychologist in Menlo Park, Calif., has been in private practice for twenty years, working with adults and children. She is a longtime Esalen group leader. p. 42

Sharon Olds teaches writing workshops in the Graduate Creative Writing Program of New York University and at the Squaw Valley Community of Writers. She has published many books of poems, including The Gold Cell and The Father. p. 17

Brian O'Leary was a NASA scientist during the Apollo program, has served on the faculties of Cornell and Princeton, and cofounded the International Association for New Science. He has written ten books and 100 peer-reviewed scientific papers. p. 27

Kathleen O'Shaughnessy has an extensive background in Soto Zen, the major psychotherapies, movement therapy, nutritional healing, shamanic states, bodywork, and the practicalities of transpersonal crisis. p. 44

Brita Ostrom, a licensed MFCC, has led massage and other workshops at Esalen for twenty-one years. She is trained in gestalt awareness work and participated in Esalen's two-year somatics education project. p. 44

P

Helen Palmer has for the past twenty-two years directed CITI, a training center that unites psychological work with the agendas of sacred tradition. She has authored The Enneagram and The Enneagram in Love and Work. p. 27, 28

Laurie Lioness Parizek *blends traditional and innovative ways of healing, and works with the chakras and the energy body. She pilots the Healthspring Project, extending Esalen's work in the healing arts and sciences to the rest of the world.* p. 46, 54

Danaan Parry *is executive director of the Earthstewards Network and the author of* Warriors of the Heart *and* The Essene Book of Days. *He has mediated conflicts around the world, including Pakistan, Northern Ireland, and the former Soviet Union.* p. 17

Maggie Phillips *is a psychologist and director of the California Institute of Clinical Hypnosis. She leads workshops on hypnosis and personal growth and is coauthor of* Healing the Divided Self. p. 50

Deborah Pines *is a psychotherapist and a certified teacher of the Enneagram. With husband Tony Schwartz, she is a student of Hameed Ali and the Ridhwan work.* p. 35

Noelle Poncelet *is a psychologist and trainer in hypnotherapy in the U.S. and Europe. She is also on the international faculty of the Foundation for Shamanic Studies.* p. 50

Christine Stewart Price *is a teacher and ongoing student of gestalt practice and other approaches to developing awareness.* p. 17, 45

Carol Proudfoot-Edgar *leads workshops on integrating shamanic methods and Native American teachings, with a special interest in Bear Medicine. She is a certified shamanic counselor and teaches for Michael Harner's Foundation for Shamanic Studies.* p. 50

R

Gustavo Rabin *is a clinical psychologist who focuses on relationships, life's transitions, and spiritual creativity. He has a private practice in Los Angeles.* p. 39, 56

Paul Rebillot, *a group leader at Esalen for twenty years, combines gestalt methodology with theater and ritual. He teaches in Europe and throughout the U.S.* p. 42

Stephan Rechtschaffen, *founder/president of Omega Institute, is a physician concerned with holistic approaches to wellness and longevity. He uses concepts of time as the focus for developing optimal health.* p. 14

Regina Reilly *is a teacher in the Diamond Approach of the Ridhwan Foundation for Spiritual Development and a psychotherapist in private practice in Northern California.* p. 48

Gabriele Rico, *professor of English, creative arts, and humanities at San Jose State University, lectures widely on the application of brain research to the creative process. She is the developer of the ground-breaking clustering process.* p. 24

Jane Marla Robbins, *a professional actress, teacher, and writer for twenty-five years, has acted in movies, television, and on Broadway. Her plays have been produced in New York, London, Copenhagen, and Spoleto.* p. 14

William Roll *is an internationally renowned parapsychologist who made his career studying apparitions, hauntings, and poltergeists.* p. 20

Gabrielle Roth *is an artist, healer, and philosopher. She is the author of* Maps to Ecstasy: Teachings of an Urban Shaman *and is musical director of* The Mirrors. p. 18

Ilana Rubenfeld, *thirty-year pioneer in the integration of body-mind-spirit and originator of the Rubenfeld Synergy® Method, is a certified teacher of Alexander Technique, Feldenkrais Method®, and trained with Fritz and Laura Perls in gestalt practice.* p. 39, 40

S

Stephano Sabetti, *founder of the Life Energy Process®, has a doctorate in psychology and trains therapists internationally. He is also an organizational consultant.* p. 14, 15, 47

Barbara Sachs *trained as a psychotherapist and Ridhwan teacher and was clinical director of counseling at JFK University. She raised her two children as a single parent, integrating her passions: parenting, spiritual life, and psychology.* p. 54

Karel Samsom *is an entrepreneur and teaches creativity, innovation, and environmental entrepreneurship at the University of Vermont and at Nijenrode University in his native Netherlands.* p. 42

Audrey Savage, *gestalt practitioner and body therapist, works with women's issues, sexuality and spirituality, and the tarot. She is the author of* The Fourth Woman *and* Twice Raped. p. 42

Lisa Schachter *is a therapist experienced with individuals, couples, and families in both a psychiatric hospital setting and in private practice. She is trained in psychodynamic theory and a body-oriented approach.* p. 28

Joe Schaller *is a psychotherapist specializing in family therapy, trauma, and addictions. A former Jesuit priest trained in spirituality and theology, he is a certified teacher of the Enneagram in the Oral Tradition with Helen Palmer®.* p. 27

David Schiffman *is a longtime group leader at Esalen. His primary interest is in facilitating people who are in transition toward a more heartful, unstrained existence.* p. 16, 23, 26, 33, 40, 42, 49, 62, 63, 65

Kirk Schneider *is a psychologist, author, and adjunct faculty member at several Bay Area schools. His most recent book is* The Psychology of Existence, *coauthored with the late Rollo May.* p. 28

Meir Schneider *healed himself of congenital blindness at age sixteen using the Bates vision exercises. He is the founder and director of the Center and School for Self-Healing in San Francisco and Tel Aviv.* p. 27

Laurie Schutz, *senior Esalen massage practitioner and teacher, integrates her degree in body awareness psychology with a nonintrusive massage approach to maximize the release of both mind and body tension.* p. 44

Richard Schwartz *is an associate professor of psychiatry at the University of Illinois at Chicago. He is the author of* Internal Family Systems Therapy, *and has cowritten three books on family therapy.* p. 31

Tony Schwartz *lectures widely and is a contributing editor to* Esquire. *Before turning to* What Really Matters, *he coauthored the best-selling* Art of the Deal, *with Donald Trump.* p. 35

Maggie Seeley *is an organizational consultant to business (UNICEF and GE) as well as state and local governments. She teaches organizational change and ethics at the University of New Mexico.* p. 14

Charlotte Selver, *student of Elsa Gindler, introduced sensory awareness in the U.S., and has been closely connected with Esalen and the San Francisco Zen Center since their beginnings.* p. 31

Phyllis Shankman *is a licensed counselor in Santa Monica and a longtime Esalen group leader. She is founder and director of* The Mountains AIDS Foundation, *which offers retreats and groups for people living with HIV/AIDS.* p. 35

Paula Shaw, *a professional actress and acting teacher for over twenty years, conducts workshops in expanding self-expression, well-being, and creativity for non-actors across the United States and Canada.* p. 36, 38

Fred Shoemaker, *a teacher and golf professional, is founder of* The School for Extraordinary Golf. *He has taught seminars for the U.S., Canadian, and Japanese P.G.A.s, and often writes about the deeper game.* p. 22

Julian Silverman *is a psychologist and educator. He harmonizes a spiritual vision with the theory and methods of both Gestalt psychotherapy and community psychology.* p. 21, 23

Tobin Simon *is cofounder of Proprioceptive Writing and codirector of the Proprioceptive Writing Center in Portland, Maine. He is formerly a professor of English and humanities.* p. 52

Robert Solomon *is a professor at the University of Texas and has been giving seminars at Esalen for thirteen years. He is the author of many books, including* The Passions *and* About Love. p. 42

John Soper *is a gestalt practitioner with a background in international business. He is deeply aware of the need to improve the environment.* p. 62

Kathleen Riordan Speeth *is a psychologist trained in Buddhist, Sufi, and Hindu methods who emphasizes Western existential philosophy. Author of* The Gurdjieff Work, *she is devoted to the beauty found in Bach, Debussy, Rilke, Monet, roses, and dreams.* p. 45

Rosie Spiegel *is an Advanced Certified Rolfer and Rolf Movement Teacher and an instructor in yoga, body therapy, movement, and healing. She is the author of* Bodies, Health, and Consciousness, *and* Lessons in Embodiment. p. 29

Brother David Steindl-Rast, *Benedictine monk, psychologist, and author, has lectured on five continents. He was Spiritual Teacher in Residence at Esalen, and is concerned with the unique challenges and opportunities of our time.* p. 46

Margaret Stevens *is a senior member of the Esalen massage staff and a student of yoga, dance, and voice.* p. 36

Robert Stolorow *is Training and Supervising Analyst at the Institute of Contemporary Psychoanalysis, Los Angeles, coauthor or coeditor of six books, and author or coauthor of more than 120 articles on psychoanalysis and psychotherapy.* p. 33

Judith Stone, *the daughter of Hal Stone, is a communication specialist and the executive director of Voice Dialogue Connection, an international organization committed to furthering The Voice Dialogue Process in the world.* p. 40

David Streeter, *a certified sports massage practitioner on the Esalen massage staff, has taught yoga and anatomy and worked as an athletic trainer. Before joining the Esalen faculty, he lived as a Camaldolese monk.* p. 21, 53, 62

Tina Stromsted, *faculty member in the Somatic Psychology Program at the California Institute of Integral Studies, integrates body-oriented, Jungian, and creative arts approaches in her teaching and private practice.* p. 50

Rod Stryker, *an initiate of Kriya and Tantric-Hatha Yoga and a Yogiraj (master) in the ISHTA lineage, has taught yoga and meditation since 1980. He is based at Yoga Works in Santa Monica, Calif., where he leads teacher trainings.* p. 48

Keiko Suga *is a ceramic artist whose focus is on traditional pottery-making techniques using local clays.* p. 35, 39

Sara Szpektor *is a clinical psychologist in private practice in Buenos Aires, Argentina. Working with couples and groups, she combines gestalt practices, strategic counseling, and spiritual development.* p. 56

T

Richard Tarnas, *former director of programs at Esalen, is professor of philosophy and psychology at the California Institute of Integral Studies, and is the author of* The Passion of the Western Mind *and* Prometheus the Awakener. p. 24

Charles Tart *teaches at the California Institute of Integral Studies. Author of* Altered States of Consciousness *and* Transpersonal Psychologies, *he is a student of aikido, Gurdjieff work, Tibetan Buddhism, and other humanistic and spiritual disciplines.* p. 38

Howard Teich *is a psychologist in San Francisco and Sonoma, Calif. For the last ten years he has pioneered, on an international level, the practical use of solar/lunar psychology and mythology as the basis of matter, life, and thought.* p. 18

Paul Temple *is a management consultant for New England businesses and hospitals. A member of the Social Venture*

Network, he has written for Business Ethics Magazine and is a spokesman for new paradigm business strategies. p. 14

Linda Teurfs is an organizational consultant and cofounder of The Dialogue Group. She specializes in leadership, self-organizing/managing teams, interpersonal communications, and integration of dialogue into a wide variety of settings. p. 56

Vicki Topp has been part of the Esalen massage staff and community since 1968. She currently teaches workshops and training groups internationally and is a student of Body-Mind-Centering®. p. 41

Linda Trichter-Metcalf, formerly a professor of English and humanities, cofounded the practice of Proprioceptive Writing and has been teaching it since 1976. She is codirector of the Proprioceptive Writing Center in Portland, Maine. p. 52

U

John Upledger is an osteopathic physician recognized for developing CranioSacral Therapy and SomatoEmotional Release. Author and alternative treatment innovator, he established the Upledger Institute, which has trained thousands of health care professionals. p. 16

V

Robert Venosa is considered one of the masters of Fantastic Realism. His paintings have been the subject of three books, Manas Manna, Noospheres, and the upcoming Drifts with Terence McKenna. p. 40

David Viscott is a psychiatrist and the author of fourteen books. He hosted a popular program on KABC Talk Radio as well as an Emmy Award-winning TV program, Night Talk with Dr. David Viscott. p. 23

W

Ellen Watson practices and teaches at Esalen where she has studied since 1984. Her bodywork style reflects her training in yoga, dance, Reichian and holotropic breathwork, hypnosis, and spiritual healing. p. 53

Patti (Lawrence) White is a teacher and healer certified in Feldenkrais®, CranioSacral Therapy, Whole Brain Learning®, Integrated Awareness®, and Ericksonian Hypnotherapy. She incorporates Holophonic sound and other modalities to harmonize and integrate body, mind, and spirit. p. 35

David Whyte, poet, storyteller, and world traveler, is the author of two books, Songs for Coming Home and Where Many Rivers Meet. He teaches throughout the U.S. and Britain. p. 43

Ian Wickramasekera is a psychophysiologist and professor of psychology at Saybrook Institute. He has made important contributions to mind/body science for over thirty years, for which he has received the Salvador Dali and the Morton Prince Awards. p. 51

Marianne Williamson is the author of A Return to Love, A Woman's Worth, and Illuminata: Thoughts, Prayers, and Rites of Passage. She lectures internationally on spirituality and new thought. p. 23

Scott Wirth is a San Francisco Jungian analyst/psychologist specializing in work with gay men. He co-edited and contributed to Same Sex Love and the Path to Wholeness. p. 21

Anna Wise has been training brainwaves for high performance and meditative states for over twenty years. A member of the Academy of Certified Neurotherapists, she is the author of The High-Performance Mind: Mastering Brainwaves for Insight, Healing, and Creativity. p. 18, 33

Nina Wise is a performance artist who creates autobiographical and fictional pieces. Her multimedia works have been honored with seven Bay Area Critics' Circle awards and numerous grants and fellowships. p. 40

Terra Wise is a certified yoga instructor, herbalist, and body-mind integration therapist in private practice in Laguna Beach, Calif. p. 24

Roger Woolger is a Jungian analyst who brings Buddhist meditation and body release work to his regression process and spiritual healing. Author of Other Lives, Other Selves, and The Goddess Within, he trains therapists in Europe and America. p. 35

X

Xie Peiqi is the only known person to know the complete Yin-style Bagua system, including both its martial and healing sides. In 1993, Dr. Xie began working to fully document and test the methods he has used to cure patients declared terminal. p. 19

MARGARET LIVINGSTON

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Esalen

PETER McARTHUR

*Esalen Institute is a center to explore work
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The Esalen Catalog is published
triannually by the Esalen Institute,
Big Sur, California 93920-9616.
Printed on recycled paper.
©1996 Esalen Institute.
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ISSN 1088-2782

Subscription Information:
Subscription cost for one year is $15 for the United States, $17 for Canada and Mexico, $22 for Europe and South America, and $25 for all other countries.

Although we're delighted to provide you with this issue of the catalog, if you are not currently a subscriber we would appreciate a $5 contribution to defray postage and production costs.

GENERAL INFORMATION

ESALEN was founded in 1962 as an educational center devoted to the exploration of unrealized human capacities. It became known for its blend of East/West philosophies, its experiential/didactic workshops, the steady influx of philosophers, psychologists, artists, and religious thinkers, and its breathtaking grounds blessed with natural hot springs. Once home to a Native American tribe known as the Esselen, Esalen is situated on 27 acres of spectacular Big Sur coastline with the Santa Lucia Mountains rising sharply behind.

There are various ways to experience Esalen, ranging from an overnight visit to a long-term stay as a seminarian. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen. The "Experiencing Esalen" workshops, scheduled periodically, offer an introduction to practices such as gestalt, massage, sensory awareness, and meditation. From such a sampling, participants can then choose those approaches they are most attracted to and pursue them in subsequent seminars.

Another way of being at Esalen which allows a greater involvement at a lower expense is the Work Study Program, an intensive twenty-eight day work-oriented program for individuals who want to make a directed, personal commitment to self-exploration and growth, and a contribution to the Esalen community. For a full description of the Work Study Program, please turn to page 69.

For those who wish an extended stay, there are periodic long-term programs which involve didactic seminars or professional trainings as well as experiential workshops. Please see Special Programs.

Finally, there are other events that enrich life at Esalen. There are occasional forums in which writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights there may be lectures, films, dance performances, or other events. Bodywork of various kinds is available by appointment with individual practitioners. There is also a community event schedule offered. Please check the bulletin board when you arrive.

Esalen is a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute, By Reservation Only.

Catalog Subscriptions

If you would like to receive the Esalen Catalog, please refer to page 2 for subscription rates and send your check or money order (U.S. currency) in the enclosed subscription envelope, or mail it to: *Subscriptions*, Esalen Institute, Big Sur, CA 93920 (see Income Tax Regulation 1.162-5).

The Hot Springs at Esalen

We would like those people who are planning their first visit to Esalen to know that swimsuits are optional, and nudity common, in the hot springs, massage area, and swimming pool. We encourage each individual to choose what is most comfortable, either wearing a swimsuit or not, and emphasize that the environment we strive for at Esalen is one of personal sanctuary and respect for the human body.

In addition to around-the-clock availability for Esalen guests, the hot springs are open to the general public by reservation only from 1 AM to 3 AM. There is a $10 fee. To make a reservation, please call 408-667-3047.

Accreditation

Many formal educational institutions recognize the time spent at Esalen as being worthy of credit in their own curricula; check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs. Please submit a written request to the office supervisor.

Continuing Education at Esalen

Esalen is a provider of continuing education credits for both nurses and psychologists.

Approved workshops for nurses are noted in the Seminars section of this catalog as well as listed separately in the Continuing Education section, page 67. There is a $10 fee for each certificate of completion.

Workshops approved for psychologists are noted in the Seminars section and listed in the Continuing Education section. Those workshops for which C.E.U. applications have been filed and approval is pending are noted in the Seminars section only. For current status information, please phone Brita Ostrom at 408-667-3040.

Disabled Access

Esalen now provides a means of transportation to the baths for those with physical limitations which prevent them from walking. A vehicle was purchased, in part, through the generosity of Dr. John W. Harris, who believes, as we do, that those among us who are aged, infirm, or handicapped should also be able to enjoy the hot springs.

If you are disabled and would like to plan a visit to Esalen or participate in a workshop, please give the office as much advance notice as possible. While disabled access to some parts of the property is difficult, with enough planning, arrangements can be made for access to most of our facilities.

Recommended Reading and Mail Order Merchandise

Most books listed as recommended reading for workshops are available through Esalen's bookstore. All other bookstore items are also available via mail order. For ordering information please call 408-667-3049.

Ongoing Residence Program

Offered beginning mid-September and ending mid-June, the Ongoing Residence Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A Residence Program stay is 26 days (four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay with weekends free to enjoy room and board. Occasionally workshops are cancelled, so second choices are advised.

The cost is $3435 per 26-day period for standard accommodations and $2710 for bunk bed rooms.

RESERVATION INFORMATION

Making Contact with Us

Mail or Fax: The most efficient way to register for a workshop at Esalen is to fax or mail your reservation. If you fax your reservation, be sure to include accurate credit card information.

Esalen's Fax: 408-667-2724
(Our fax line is exclusively for reservations—no personal correspondence, please.)

Phone: If you prefer to make your reservation by phone, please be prepared with your completed reservation form, workshop dates and leaders, and your credit card. We know that all calls to Esalen are long-distance and will try to be as efficient as possible.

General Information: 408-667-3000

Express Reservations: 408-644-8477
(This is only for those who have previously taken a workshop at Esalen and know the workshop, date, and leader of the workshop for which they are registering.)

All Other Reservations: 408-667-3005

Catalog Requests: 408-644-8476

Phone Reservation Hours:*

Mon., Tues., Thur.:	10 AM to 7 PM
Wednesday:	10 AM to 12 NOON
Friday:	10 AM to 5 PM
Saturday:	10 AM to 3 PM
Sunday:	12 NOON to 5 PM

**The reservation office is closed on Christmas and New Year's Day.*

World Wide Web: http://www.esalen.org

Fees

Fees and Reservations: Preregistration, by fax, mail, or phone, is required prior to arrival. A registration form is provided on page 80. Since workshops fill quickly, it is advisable to sign up as early as possible. In order to reserve a space in any workshop, we require full payment or the following deposits:

Weekend:	$150	19 to 21 days:	$450
5 to 7 days:	$300	More than 21 days:	$600
12 to 14 days:	$400		

Deposits are payable in U.S. currency only. Overseas residents must pay by checks drawn on U.S. banks or use a credit card. Balance of payment is due on arrival. (Please see page 5 for information on discounts and reduced rate options.)

Please indicate your second choice for a workshop in case your first choice is cancelled and we are unable to reach you.

Esalen Institute reserves the right to cancel any program at any time.

Workshop Accommodations

Please Note: Workshop fees cover tuition, food, and lodging.

Standard Accommodations: This is shared housing with two or three persons per room. In some cases, bathrooms are shared. Couples will always be housed together. The rates listed with the workshop descriptions throughout the catalog refer to these shared standard accommodations.

7-Day Rate, per person	5-Day Rate, per person	Weekend Rate, per person
$1220	$795	$425

Bunk Bed Rooms: Bunk beds are available for seminar participants who are willing to share a room with three or more persons. There are a limited number of these spaces, which are reserved on a first-come, first-served basis.

$920	$595	$325

Sleeping Bags: For sleeping bag information, please see Scholarship Information below.

Own Accommodations: If you are staying off the property the following rates apply:

$715	$460	$255

Camping on the grounds, either in tents or campers, is prohibited. We do not have parking space to accommodate RVs.

We would like to remind you that scholarship assistance is available; refer to Scholarship Information as well as Reduced Rate Options and Discounts for other economical ways of staying at Esalen.

Room and Board

Occasionally, when beds aren't needed for seminarians, room and board is available. This gives visitors the opportunity to enjoy the grounds, the baths, and massage without participating in a workshop. Accommodations are standard (2 or 3 per room) or bunk bed (4 or more per room). Not all rooms have private baths. Room and board rates include dinner on the day of arrival and breakfast and lunch on the following day. **We require full payment at the time of reservation. This payment is nonrefundable and nontransferable.**

Note: Room and Board reservations must be made with a reservation specialist by phone, not by fax machine.

For a room and board stay between Sunday and Thursday, please call us no earlier than the Thursday before for room availability. For a Friday or Saturday night stay, please call no earlier than the Sunday before. The following rates are per person, per day.*

	Weekend (Friday and Saturday nights)	Weekday (Sunday through Thursday nights)
Standard Accommodations (2 or 3 per room):	$125	$105
Bunk Bed (4 or more per room):	$85	$80

**Off-season rates are in effect from October 1 through March 31, holidays excepted.*

Cancellation Policy

Cancellation and Refund Policy: If you cancel or change any part of your reservation at least five full days before the start of your workshop(s), your nonrefundable deposit, less a $30-per-workshop processing fee, will be transferred to a credit account to be used within one year. If you cancel with less than five days' notice, you forfeit your entire deposit. If you have prepaid your entire reservation fee, we will retain the deposit, as above, less the $30 processing fee, and return the balance to you. (*Please note:* Wilderness Programs has a different cancellation and refund policy.)

Scholarship Information

Standard and Bunk Bed Accommodations: Esalen is able to provide some scholarship assistance to workshop participants in exchange for a work commitment (usually in the kitchen). Approved scholarship recipients will receive their work schedules upon arrival at Esalen. The following assistance is available for standard and bunk bed accommodations only:

	Assistance	Work
Weekend	$ 50	4 hours
5-9 days	$100	8 hours
12-14 days	$200	16 hours
14+ days	$300	24 hours

Sleeping Bag Accommodations: Sleeping bag accommodations are a form of scholarship assistance in which Esalen meeting rooms are used as shared sleeping bag space. Sleeping baggers have only limited access to these rooms, as they are frequently in use. The following rates apply:

7-Day Rate	5-Day Rate	Weekend Rate
$570	$375	$200

These rates entail the following work commitment:

10 hours	8 hours	4 hours

To reserve a sleeping bag space, a written application explaining the basis of your scholarship request is required. *Sleeping bag space cannot be reserved by phone.* The application must be received at least 2 weeks prior to your workshop. Please write "Scholarship" and the dates of the workshop on the *outside* of the envelope. Sleeping bag spaces are assigned according to financial need.

If additional scholarship assistance is required, please send a letter of explanation to: Scholarships at Esalen. Due to the number of requests we receive, we can only provide one scholarship per person per year.

Reduced Rate Options and Discounts

If you pay in full at the time you make your reservation, you will receive a $10 prepayment discount per workshop and be eligible for express check-in upon arrival. This discount does not apply to scholarship recipients or sleeping bag accommodations.

Senior Citizen Discount: Esalen offers a special discount to individuals over 60 years of age. The discount for a weekend workshop is $25; for a five-day or longer workshop, it's $50. Please request this discount at the time of registration. When you complete the reservation form on page 80, please indicate the discounts for which you qualify. If you qualify, and you make your reservation by phone, be sure to ask for this discount. (Please note: Senior discounts are not available for the Work Study Program.)

Accommodations for Families: Two full-paying adults housed in standard accommodations may have their children in the room for a meal charge of $20 per child per day ($10 for children under six). **Note:** If children are enrolled in Gazebo School Park or an Esalen workshop, additional fees are required. Contact the Gazebo, 408-667-3026, for information regarding their fees.

Workshops for Families: Participating families will pay full workshop rates for the first two participants (adult or child). Each additional participant will pay the following rate:

2-day workshop	*3-day*	*4-day*	*5-day*
$115	$165	$210	$245

Additional sleeping mats and bedding will be provided for each room.

The Gazebo School Park Early Childhood Program

The Gazebo School Park is a unique educational experience for children one to six years. It is open year-round and has an average of 15 to 20 children in attendance each day.

The Early Childhood Program is available to seminarians who would like child care at Esalen. Child care is provided during workshop hours only. Daytime activities for the children include gardening, pony rides, learning about animal care, exploring nature, a real boat, the magic castle, and an Indian tepee. Evenings are spent with a teacher in the Gazebo Farmhouse, engaged in activities that are age appropriate, such as reading, learning and playing with the computer, baking, arts and crafts, or building-block play.

Reservations should be made at least a month in advance. Call the Gazebo Farmhouse, 408-667-3026, for more information and reservations.

Weekend: $200 Week: $400

Internship Program: This is a three-month program for those who wish to have intense exposure to life at the Gazebo School Park and its unique educational resources. The Internship Program offers experience with children, the Gazebo environment, and its teaching philosophy. Applicants must have completed at least three work scholar months at Esalen before being considered for this program.

Call the Gazebo Farmhouse, 408-667-3026, for more information or reservations.

First month	$400
Second month	$350
Third month	$300

Seminarians as Volunteers

Seminarians in residence at Esalen are invited to contribute one or two hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out.

Transportation to Esalen

Van Service: On Fridays and Sundays we have van service from the Monterey Airport at approximately 4 PM and from the Monterey Transit Plaza (corner of Pearl and Alvarado, next to Ordway Drug) at approximately 4:20 PM. If you plan to use this service, please inform the Esalen office at least 24 hours prior to your arrival. The $30 one-way fee (subject to change) is payable to the Esalen office when you check in. Return reservations may be made at that time. The only departing van service from Esalen is on Fridays and Sundays at approximately 6:30 PM. If you plan to use this departure service, please make sure that your plane reservations are after 8 PM.

Checking In

Check-in and Meals: Rooms become available at 4 PM; however, guests are welcome to arrive anytime after 2 PM. Weekend programs begin with dinner on Friday and end with brunch on Sunday. Five-day and longer programs begin with dinner on Friday or Sunday and end with lunch on Friday or Sunday. Check-out time is noon on departure day.

F. Y. I.

Health Services: There are no medical services or pharmaceutical supplies available at Esalen. If you will require medical attention or supplies during your stay, please come prepared to administer to your own needs. Esalen is 45 miles from the nearest medical facility or pharmacy.

For Your Safety: Please bring a flashlight for use at night while walking on the grounds.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

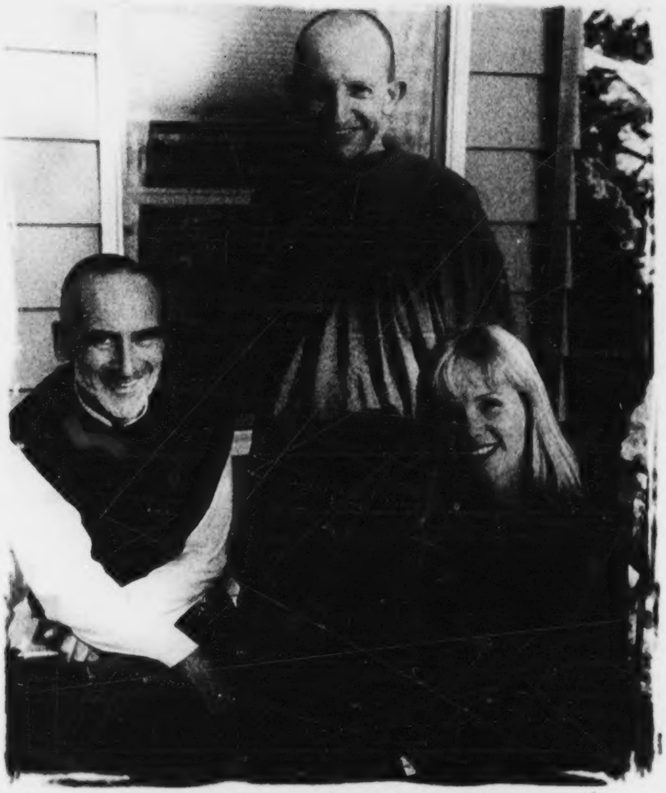
Lost and Found: To inquire about items left behind from your Esalen visit, call 408-667-3019.

Guests: Seminarians are not allowed guests on the property during their stay.

Pets: No pets are allowed on the property.

Smoking: Smoking is not permitted in any of our accommodations or meeting rooms.

Recent Events at Esalen



A Community Invitational Conference on Compassion. Most religious traditions were represented at this conference where compassion was investigated as a concept, an experience, and an integral part of spiritual practice. Some of the participants included (from left): Brother David Steindl-Rast, a Benedictine Monk and psychologist; Ajahn Amaro, founder of a Buddhist monastery of the Thai Forest Tradition; and Sharon Thom, President and CEO of Esalen.

James Hillman reads from *The Soul's Code: In Search of Character & Calling*, his latest book in which he discusses how destiny can be revealed in childhood through the essence of character.

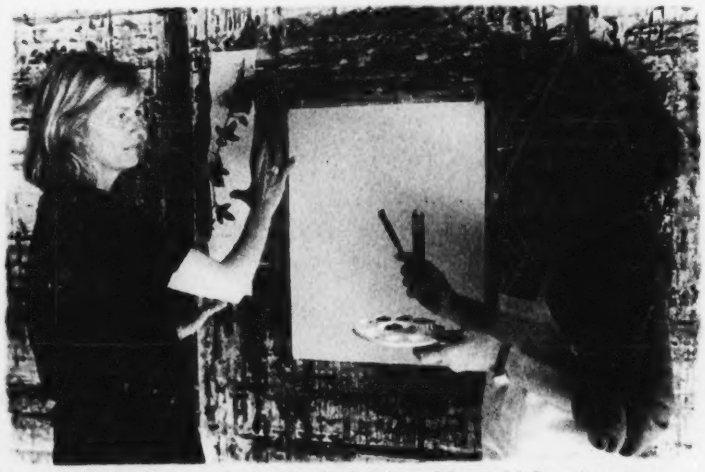
KASIA ZAJAC

Babatunde Olatunji & Friends: Language of the Drums
African percussion, chanting, and dance

DAVID PRICE

Michael Hedges and **Paulie Zink** in concert at Esalen.

Esalen hosted the "Dream Seekers," a group of inner-city teens. These teenagers are part of a program designed and guided by André Salvage (back row, 4th from left). The teens live in a housing project in North Beach near Fisherman's Wharf in San Francisco. "Dream Seekers" leader Salvage said that he hoped their time at Esalen would help guide them more deeply into a place of love and peace.



Esalen's Second Annual Arts Festival. Painter Margot McLean instructs a participant in her "Painting & Perceiving" workshop. Workshops, performances, and participatory events were offered in a wide range of artistic disciplines, including painting, poetry, storytelling, music, children's book writing & illustration, photography, and mythology.

SHARON THOM

Joan Baez performed at the Second Annual Arts Festival.

ESALEN NOTES

Esalen Profile:

David Price, Operations Manager

After spending portions of his early childhood and much of his young adult life at Esalen, David has taken a circuitous route to the position of Esalen's operations manager, including a lengthy stint as a musician and recording engineer. Deeply committed to Esalen's future, he valued the opportunity to assume a role that would be key in charting the Institute's course and maintaining the quality for which it is justly known. As the overseer of Esalen's day-to-day operations, David adheres to the principle of "maximum availability, minimum coercion" to guarantee that Esalen remains a center that promotes diversity and fosters self-responsibility. The son of the late Dick Price, Esalen's cofounder, David says, "I have an investment in keeping it true to what I imagine he would have wanted."

The Esalen Catalog via Internet

We are pleased to announce that the Esalen Catalog is available on-line. In addition to updated workshop availability and information on ways of being at Esalen, the new World Wide Web site also includes announcements of upcoming special events as well as history and feature stories from Esalen. To access the site, set your web browser to:

http://www.esalen.org

For more information or comments on the Esalen site, send e-mail to:

ghs@esalen.org

Scheduling Private Conferences at Esalen

It is possible to arrange for your group or organization to hold its conferences at Esalen. We can accommodate large groups (up to 100) on a space-available basis. Smaller groups may schedule private conferences in our renovated Big House. This facility is available for individuals who work together and would like to design their own Esalen program, drawing on our leaders and other resources. Ten bedrooms, nine bathrooms, a kitchen, dining room, and meeting room make it possible to house group members together, thereby enhancing the retreat environment. We schedule all conferences a year in advance. To schedule or discuss possible formats, please contact conference coordinator Kasia Zajac at 408-667-3038.

THE FRIENDS OF ESALEN

MEMBERSHIP IN FRIENDS OF ESALEN supports the scholarship fund to allow financial aid for those who wish to attend our workshops but cannot otherwise afford them. A membership gift also provides additional funding for our pioneering work in health, education, the environment, and the humanities. With annual membership, Friends of Esalen receive the Esalen Catalog as well as a special newsletter.

Members at the Supporting level or above receive an autographed copy of Michael Murphy's book *The Future of the Body*. At the Sustaining Member level, gifts are also acknowledged in the newsletter, unless the donor wishes to remain anonymous. Benefactors receive all of the aforementioned along with an individual gift from Esalen.

Group 2000 is composed of individuals committed to assisting Esalen in building the long-term financial capability to fulfill its mission into the year 2000 and beyond. The Group 2000 meets together and with staff members at Esalen every year. Members of the Founders Circle are invited to meet individually with our CEO.

We deeply appreciate the generosity and interest of the Friends of Esalen. You are invited to join us in extending the experience of Esalen into the lives of more people. For more information, or if you would like us to call you to discuss your gift, please contact us at 408-667-3007.

☐ Basic member........................$35
☐ Student/Senior......................$25
☐ Joint member........................$50
☐ Supporting member...$100-450
☐ Sustaining member....$500-950
☐ Benefactor..........................$1000
☐ Group 2000........................$2000
☐ Founders Circle................$5000

Name ______________________ Phone ____________

Address ______________________ E-mail ____________

City ____________________ State ______ Zip ________

Please make checks payable to Esalen Institute, in U.S. currency only, or use one of the charge cards listed below:

☐ MasterCard ☐ Visa ☐ American Express

Card No. ______________________ Exp. __________

Authorizing signature ______________________________

Please complete this form or the inside flap of the envelope insert included in the catalog and return with your gift. Check the box on the outside of the envelope marked "Friends of Esalen." Thank you for your support.

Esalen Institute is a nonprofit public charity corporation, exempt from income tax under IRC section 501(c)(3). Contributions are tax-deductible to the extent allowable by law.

GUIDE TO WORKSHOPS

This is a guide to the workshops offered in this catalog. Although many of them could be cross-referenced—and some resist easy categorization—most are listed only in their main subject area. We recommend that you read the workshop description before deciding to register. If you have never been to Esalen or taken an Esalen workshop, you might want to consider the "Experiencing Esalen" workshop scheduled throughout the catalog and listed in the Integral Practices section of this directory. Please call the Esalen office if you have questions concerning a workshop.

THE ARTS / CREATIVITY

December 29-January 3 • Feeling and Creativity: Reinvigorating (Ad)ventures in Life
January 3-5 • Music for Everyone: Finding Your Long-Lost Musician
January 3-5 • Fire in the Earth: Poetry, Silence, and the Heart's Desire
January 5-10 • Vision Painting
January 5-10 • Tao Mentoring in Music and Tai Ji Dance
January 12-17 • Body Poetry East and West
January 12-17 • Creative Arts Center at Esalen
January 26-31 • Hypnosis and Creativity
January 31-February 2 • Writing Children's Books
February 2-7 • The Painting Experience
February 2-7 • Proprioceptive Writing: Demystifying the Creative Process
February 7-14 • The Painting Experience
February 7-9 • Singing Gestalt
February 16-21 • Writing Through Loss
February 28-March 2 • Creative Arts Center at Esalen
February 28-March 2 • Language of the Drums: Intermediate Level
March 2-7 • Language of the Drums: African Percussion, Chanting, and Dance
March 7-9 • Creative Writing Brainstorming
March 9-14 • Painting and the Art of Perception
March 9-14 • The Healing Power of Theater
March 21-23 • Improvisational Being
March 23-28 • True Stories: Autobiographic Storytelling
March 30-April 4 • Pilobolus Technique
March 30-April 4 • Ceramic Insights
April 11-13 • Writing About Our Lives: A Workshop for Women
April 13-18 • The Art and Dance of Transformation
April 18-20 • Drawing and Painting: A Weekend Intensive
April 20-25 • Drawing and Painting: A Five-Day Intensive
April 25-27 • Big Sur Bead Making
April 27-May 2 • Working with Wool
May 4-9 • Believe I'll Sing: Singing in the African-American Tradition
May 4-9 • Exquisite Landscape/Exquisite Corpse: Expanding Perception through Collaborative Drawing
May 9-11 • Exploring our Multidimensionality through Drama Therapy
May 23-25 • African Dance: Expressions of Spiritual Energy
May 30-June 1 • Writing From Your Life
June 6-8 • From the Congo to Dreamtime
June 8-13 • The MAX: Stretching the Limits of Your Self-Expression
June 8-13 • Awakening Vision through Conscious Photography
June 8-13 • Wearable Art: A Polymer Clay Workshop
June 15-20 • A Potter's View of the Universe: Big Sur Clay
June 20-22 • Vision Painting
June 22-27 • Unmasking the True Self
June 27-29 • Chaos and Complexity in Photography, Life, and Work
June 29-July 6 • Language of the Drums: African Percussion, Chanting, and Dance
June 29-July 6 • Creative Arts Center at Esalen

BIOFEEDBACK / HYPNOSIS / INTUITIVE DEVELOPMENT

January 26-31 • Hypnosis and Creativity
March 30-April 4 • Reweaving the Web: Intimate Encounters of an Unknown Kind-A Workshop for Couples
April 4-6 • Enchanting the Joker: An Introduction to Self-Hypnosis
May 2-4 • The Awakened Mind: Brainwave Training
May 4-9 • The High-Performance Mind: Awakened Mind Brainwave Training
May 9-11 • Intuition and Perception: Extending the Boundaries

BUSINESS / WORKPLACE / SOCIAL RESPONSIBILITY

January 24-26 • When Success is Not Enough
April 11-13 • Caring, Respect, and Inspiration: Resolving Ethical Conflict
April 18-20 • The Art of Leadership: Communication, Creativity, Vision
May 2-4 • Managing to Have Fun: The Power of Humor in Business
May 9-11 • Feng Shui, Chi, and Successful Living: In Search of Harmony and Balance
May 11-16 • Meeting the Challenge of the New Business Paradigm
May 18-23 • From Conflict to Partnership
May 23-25 • Green Buildings with Magical Spaces
June 13-15 • The Visionary Life

CHILDREN / FAMILIES / HOME AND HEARTH

February 21-23 • The Path of Parenting: A Spiritual Approach
February 21-23 • The Secrets of Good Bread
April 6-11 • Creative Cooking at the Big House
May 9-11 • Feng Shui, Chi, and Successful Living: In Search of Harmony and Balance

CONTEMPLATIVE / SPIRITUAL & RELIGIOUS STUDIES

December 29-January 3 • Inner Marriage: The Union of Absolute and Relative
January 10-12 • Prayer of the Heart
January 24-26 • The Flame: An Introduction to the Diamond Approach
January 31-February 2 • Introduction to Mindfulness Meditation
February 2-7 • Inquiry: The Path and Practice of the Diamond Approach
February 9-14 • Dzogchen-Awakening the Buddha Within: A Silent Meditation and Self-Inquiry Retreat

BEST COPY AVAILABLE

February 28-March 2 • Vipassana Meditation and the Teachings of Thich Nhat Hanh
March 16-21 • Explorations in Mindful Living
March 16-21 • Working with the Enneagram Types: The Head Center
April 6-11 • What to Do When the World Ends: A Workshop on A *Course in Miracles*
April 11-13 • Buddhism and Shamanism
April 11-13 • The Subtle Self
April 13-18 • The Path of Transformation through Meditation
April 13-18 • Compassionate Action: Real Work, Good Work
May 4-9 • Rowing Toward God: Angels, Powers, and the Ecstatic Journey to Our Souls
May 16-18 • The Profound Stillness of Being: Advaita Meditation
May 18-23 • "Look Mom, No Self!"-The Narcissistic Process in Spiritual Development
May 23-25 • OpenMind Training: Innovations in Meditation and Mind/Body Healing
June 6-8 • Introduction to Mindfulness Meditation
June 8-13 • Feeding the Demons: The Chöd Teachings of Tibetan Buddhism
June 22-27 • Nada Brahma: The World is Sound
June 29-July 6 • Basic Trust and the Spiritual Path

DREAMS

May 2-4 • The Healing Power of the Dream
May 23-25 • Night Poetry: A Workshop on Dreaming
June 6-8 • From the Congo to Dreamtime
June 8-13 • Dreaming: The Magic Mirror that Never Lies

HEALTH / HEALING

December 29-January 3 • SIKE: Healing and Health through Ki Energy
January 3-5 • Taking Better Care of Yourself: An Eclectic Physician's Guide for a Healthy New Year
January 12-17 • Chakra Integration: A Complete Approach to Health and Healing
January 26-31 • Qigong and Psychoneuroimmunology: An East/West Healing System
January 31-February 2 • Secrets Kept From the Mind But Not From the Body
March 9-14 • Spiritual Healing: Laying-on-of-Hands
April 4-6 • Energy Kinesiology: Awakening to Abundant Energy
May 9-11 • Practical Herbology: An Esalen Garden Workshop
May 11-16 • Living with a Life-Threatening Illness: The Spiritual Journey
May 30-June 1 • Core Holoenergetics®: The Art and Science of Conscious Healing
June 1-6 • Holoenergetics® Level One Training
June 13-15 • Facing Death: Meeting Ourselves in the Care of the Dying

INTEGRAL PRACTICES

January 5-10 • The Wildness Within
January 17-19 • Experiencing Esalen
January 19-24 • Life Energy Process®
February 7-9 • Experiencing Esalen
February 21-23 • The Life We Are Given

March 21-23 • Care of the Self: Enhancing Wellness
March 21-23 • Experiencing Esalen
April 6-11 • Integral Transformative Practice
April 25-27 • Experiencing Esalen
May 30-June 1 • Experiencing Esalen
June 13-15 • Experiencing Esalen
June 22-27 • Turning On the Light: A Choice to Live Consciously
June 27-29 • The Ultimate Yes

MARTIAL ARTS / YOGA / SPORT

January 5-10 • Tao Mentoring in Music and Tai Ji Dance
January 10-12 • The Tao of Saging
January 12-17 • Body Poetry East and West
January 19-24 • Yoga and Healing
January 24-26 • ISHTA: The Yoga of Empowerment
February 28-March 2 • Entering the Flow State: Quiet Mind, Fluid Body
March 28-30 • Essential Tai Ji: Body-Mind-Spirit in Action
April 11-13 • Intermediate Yoga: Deepening Practice
May 11-16 • Yoga: The Art of Living
May 16-18 • Joy is the Journey: Hatha Yoga and More
May 18-23 • Golf in the Kingdom: An Exploration of the Deeper Game
June 20-22 • Yoga Works: Tools for Well-Being
June 22-27 • ISHTA: The Yoga of Empowerment

MYTH / RITUAL / SHAMANISM / ANTHROPOLOGY

December 29-January 3 • Clearing Our Vision for the New Year
January 26-31 • The Medicine Wheel Way
February 7-9 • The Way of the Shaman: The Shamanic Journey, Power, and Healing
February 9-21 • Advanced Training in Shamanism and Shamanic Healing
February 16-21 • Waking to the Power of a New Myth
February 23-28 • Cross-Cultural Shamanic Practices
March 7-9 • Reacquainting the Mind with the Spirit
March 9-14 • The Heart of the Shaman
March 23-28 • In Pursuit of Radiant Metaphors: A Mythological Toolbox (5th Edition, Revised)
April 11-13 • Buddhism and Shamanism
June 8-13 • Hunting Power—Gathering Knowledge: A Workshop in Applied Shamanism
June 15-20 • Apacheta: Doorways of Consciousness
June 15-20 • Soul Dramas: Past-Life Regression and Spiritual Healing for (Helping) Professionals

PHILOSOPHICAL INQUIRY / INTELLECTUAL PLAY

January 5-10 • The Next Question: What Happens to Us After We Die?
February 21-23 • A Weekend with Claudio Naranjo
April 4-6 • Appreciating Imagination
April 18-20 • The Metaphor of the Blind Spot
June 6-8 • Between Earth and Sky: Celestial Mathematics and Terrestrial Forces
June 20-22 • Models of the Ineffable: Kabbalah, Practical Alchemy, and Western Science
June 27-29 • Chaos and Complexity in Photography, Life, and Work

PROFESSIONAL GROWTH / TRAINING

January 17-19 • Intimate Connections
January 31-February 2 • Secrets Kept From the Mind But Not From the Body
February 28-March 28 • 28-Day Massage Practitioner Certification Program
March 7-9 • The "Penniston Protocol" Deep Process Technique: A Workshop for Clinicians
March 14-16 • Religious and Spiritual Problems: A Paradigm Shift in Mental Health
March 23-28 • Awakening the Body: A Body-Centered Intensive
May 25-30 • Group Process Training
June 22-29 • Gestalt Practicum

PSYCHOLOGICAL / TRANSPERSONAL PROCESS

December 29-January 3 • Feeling and Creativity: Reinvigorating (Ad)ventures in Life
December 29-January 3 • The Practical Art of Creative Risk-Taking
January 3-5 • Reinventing Love
January 10-12 • The Body: Doorway to Self-Discovery-The Gestalt Practice Approach
January 10-12 • Emotional Literacy
January 12-17 • Completions and Transitions
January 12-17 • Gestalt Practice
January 17-19 • The Practice of Love
January 19-24 • Journey From Betrayal To Trust: A Universal Rite of Passage
January 19-24 • Creating Exact Moments of Healing
January 26-31 • Playing the Edge
January 31-February 2 • Winning the Battle Between Faith and Hopelessness
February 2-7 • The Power of Growth
February 23-28 • El Lenguaje de la Libertad (The Language of Freedom)
February 28-March 2 • Beyond Individualism: A Gestalt Model for Building Your Personal Support System
March 2-7 • The Power of Growth
March 9-14 • The Practical Art of Creative Risk-Taking
March 14-16 • Roots and Wings: Renewing Our Spirits, Living Our Dreams
March 23-April 4 • Emotional Healing: From Codependence to Aliveness
March 28-30 • A Celebration of the Body: A Self-Empowerment Weekend
March 30-April 4 • The Road Best Traveled: Reinspiring Life Purpose and Direction
April 4-6 • Re-Solving Your Past, Remembering Who You Are: A Gestalt Process Workshop
April 6-11 • Making Crucial Life Choices and Major Life Changes

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April 13-18 • Healing Our Hearts
April 18-20 • The Art of Leadership: Communication, Creativity, Vision
April 20-25 • Playing the Edge
April 25-27 • 'Tis a Gift to Be Simple
April 27-May 2 • Gestalt Practice
April 27-May 2 • Rational, Emotional, and Intuitive Decision Making
May 2-4 • Mothers and Daughters: An Exploration in Communication, Identity, and Self-Esteem
May 4-9 • Courage
May 9-11 • The Sources of Growth
May 9-11 • Exploring our Multidimensionality through Drama Therapy
May 11-16 • Being Single
May 16-18 • In Search of the Secret of Joy
May 18-23 • Completions and Transitions
May 25-30 • Healing Body Image and Sexuality
May 25-30 • Group Process Training
May 25-30 • The Core Self: Return to Innocence and Choice
May 30-June 1 • Forgiveness
June 1-6 • The Cosmic Game: Explorations of the Frontiers of Human Consciousness
June 1-6 • Parent and Child Reunion
June 6-8 • Gestalt Practice
June 6-8 • When a Mentor Fails You
June 8-13 • The MAX: Stretching the Limits of Your Self-Expression
June 13-15 • The Visionary Life
June 15-20 • The Good Life: Simple Secrets, Seasoned Wisdom, Sacred Vows
June 20-22 • Change Your Handwriting, Change Your Life
June 22-29 • Gestalt Practicum
June 22-27 • Forgiveness: The Key to Intimacy
June 22-27 • Unmasking the True Self
June 27-29 • Sexuality, Relationships, and Consensus Reality
June 29-July 6 • Dancing with the Shadow

RELATIONSHIP / COMMUNICATION

January 17-19 • Intimate Connections
January 24-26 • Interdependence and Intimacy: A Workshop for Couples
February 14-16 • Communication and Partnership
February 23-28 • Dialogue: A Way of Life, A Path to Wholeness
March 2-7 • The Intimate Couple: An Integrative Body Psychotherapy (IBP) Workshop
March 21-23 • Long-Term Love: Sustaining Intimacy and Passion
March 30-April 4 • Reweaving the Web: Intimate Encounters of an Unknown Kind-A Workshop for Couples
April 11-13 • Caring, Respect, and Inspiration: Resolving Ethical Conflict
April 18-20 • A Workshop for Couples
May 18-23 • From Conflict to Partnership
May 23-25 • A Return to Intimacy and Passion
June 13-15 • Powerfully Presenting Yourself
June 20-22 • Close Yet Free: Keeping a Good Relationship Alive
June 27-29 • Sexuality, Relationships, and Consensus Reality

SOMATICS

January 5-10 • Five-Day Massage Intensive
January 17-19 • Hanna Somatics: Mastery of Muscles and Emotions
January 19-24 • Fit to Lead: Shape-Shifting into the 21st Century
January 26-31 • The Art of Trigger Point Massage
January 31-February 2 • Reinhabiting Your Body: An Experience in Authentic Movement
February 2-7 • The Upledger Institute's CranioSacral I
February 14-16 • Couples Massage Weekend
February 16-21 • Five-Day Massage Intensive
February 23-28 • You Don't Have to Be Good
February 28-March 28 • 28-Day Massage Practitioner Certification Program
March 7-9 • Couples Massage Weekend
March 14-16 • Sensory Awareness
March 14-16 • Advanced Zero Balancing: The Alchemy of Touch
March 23-28 • Awakening the Body: A Body-Centered Intensive
March 28-30 • Weekend Massage Intensive
March 30-April 4 • Sports Massage: Keeping the Players Playing
April 18-20 • Movement for Life-The Feldenkrais Method®
April 20-25 • The Upledger Institute's Visceral Manipulation I-A
April 25-27 • Massage Intensive for Couples
April 27-May 2 • Continuum
April 27-May 2 • Face Reading: The Language of the Face
May 2-4 • Mindbody Rhythms
May 4-9 • Lomi Somatic Intensive: An Active Exploration of Presence
May 25-June 1 • Cortical Reeducation® and the Feldenkrais Method®
June 13-15 • Weekend Massage Intensive
June 15-20 • Mountains and Waves: Wilderness and Continuum
June 29-July 6 • Intermediate/Advanced Massage Intensive

WILDERNESS / ECOPSYCHOLOGY

January 5-10 • The Wildness Within
April 13-18 • The Way of Wilderness
May 4-9 • Apprenticeship to the Earth—Return to Sacred Ground
May 16-18 • Big Sur Wilderness Experience
June 1-6 • Big Sur Wilderness Experience
June 15-20 • Mountains and Waves: Wilderness and Continuum

WOMEN'S / MEN'S STUDIES

January 24-26 • Why Men Are the Way They Are
March 16-21 • What is Cronedom? A Workshop for Women
April 4-6 • For Women Only: Toward a Sacred Sexuality
April 11-13 • Writing About Our Lives: A Workshop for Women
May 2-4 • Mothers and Daughters: An Exploration in Communication, Identity, and Self-Esteem
May 18-23 • Moving Through Idealization and Shame to Love: A Workshop for Gay Men
June 6-8 • Living with Breast Surgery: A Workshop for Women

Week of December 29–January 3

Clearing Our Vision for the New Year

Paul Rebillot & Audrey Savage

"I think one of the most disturbing ways to begin a new year is with a hangover," writes Paul Rebillot. "If, as some say, the first day sets the tone for the coming year, wouldn't it be better to meet the New Year with clear eyes—with wakeful rather than darkened consciousness? Wouldn't it be agreeable to spend a few days before the New Year dealing with, letting go of, saying good-bye ritually to the time past and then preparing the ground for the new?

"We will take time to find the meaning of the last year, and to position that in relationship to the whole last period of our lives, working through any incomplete gestalts—crying, laughing, singing, dancing through whatever needs to be finished before the New Year begins.

"Together we will celebrate a ritual of welcoming in 1997, not with resolutions, but by planting a seed for the next year of life, perhaps even for the next phase of life. Through guided fantasy, art, and movement, we will awaken from the seed a vision for the New Year, identifying our inner resources and our outer helpers in realizing that vision. We will also explore the ways in which we might sabotage that vision, what we can do to prevent that sabotage, and so clear a path to the realization of our goals." $795

SIKE: Healing and Health through Ki Energy

Mallory Fromm & Therese Baxter

Spinal Integration/Ki Energy (SIKE, pronounced "sigh-kee") is a health training program in the healing applications of Ki energy (in Chinese *chi*), the vital energy sustaining life in all living things. Participants will first be taught to access their own Ki energy by means of breathing exercises. They will then learn how to concentrate the Ki for transmission to another person.

SIKE seeks spinal integrity, the restoration of the balance of tension and relaxation in the spine. Most people are tense in the upper dorsal vertebrae and weak in the lumbar vertebrae; hence, back pain, sleep disorders, and poor digestion. Participants will learn how to bring the tension from the upper to the lower vertebrae.

Specific points and procedures for treating common ailments—headaches, migraines, compulsive behavior, sleep disorders, and aches and pains—by Ki energy will be illustrated and practiced.

To enhance spinal integrity, Mallory will lead exercises in breathing and balance, and Therese will lead exercises based on inner muscle balancing to improve body alignment and integrated movement. Their goal is that "participants take away not just a glowing sensation of health and mental clarity, but the knowledge and skills to maintain the sensation by themselves or with others."

Participants should bring pencil and notebook, loose-fitting clothes, fresh socks for the session work, a large towel, and a small towel or handkerchief.

C.E. credit is available for nurses, see page 67.

$795

Feeling and Creativity: Reinvigorating (Ad)ventures in Life

Dale Cummings & Karel Samsom

When we liberate our capacity to respond emotionally, new realms of creativity and zest open up to us. Discovering new solutions in private and in work-oriented settings can transform leisure and job activities and enliv-

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en our experiences. How these two themes interconnect will be the focus of this workshop.

The workshop will use a neo-Reichian approach to emotional release as well as play, art, music, dance, and discussion to tap into feelings and creative capacities. A period of individual Radix work in a small group setting will provide a safe environment of emotional support and release. As negative feelings are worked through, active creativity can emerge.

Dale Cummings, a neo-Reichian counselor, and Karel Samsom, a teacher of creativity, innovation, and entrepreneurship, have for many years integrated these themes into their personal and professional lives. Through their focus on feelings and creativity, this workshop offers encouragement and practical ideas to reinvigorate personal and work experiences and to pursue exciting ideas and new (ad)ventures in daily life.

C.E. credit is available for nurses; see page 67. $795

Inner Marriage: The Union of Absolute and Relative

Zoran Josipovic

All forms are one Earth
All energies are one Energy
All thoughts are mind of God
All selves are one Self

—Sathya Sai Baba

Inner marriage is a process of coming into harmony with our innermost essence, our True Self—that part in us which allows us to realize our natural oneness with the totality of Being.

This workshop of lectures and experiential exercises will acquaint participants with the True Self, both in its subtle aspect as Space and in its dynamic aspect as Bliss. The workshop will investigate how this Self manifests as mind, breath, and body, and participants will practice experiencing the unity of our minds with Cosmic Mind, our breath with Life Energy, and our bodies with the Earth.

Accomplishing this requires opening the Central Channel, known as the "secret pathway of yogis," and learning how to rest our awareness in equipoise at the very core of it. The workshop will use Subtle Self Work, meditation, and Eye-Movement Process, together with gentle stretching, breath, and sacred sounds to arrive at this place of profound mystery.

Participants should come ready for deep, concentrated work. Prerequisites are the ability to sit for a half-hour period of meditation and the willingness to experience and share one's own process. This workshop is for both experienced meditators and dedicated beginners.

Recommended reading: Blackstone, *The Subtle Self*; Grof, *Holotropic Mind*. $795

The Practical Art of Creative Risk-Taking

David Schiffman

To make effective, creative choices, you need courage, imagination, and the willingness to know your heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set—the choice to move against the powerful grain of old fears, habits, and the constant pressure of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of our natures, befriending rather than suppressing or denying the sexuality and power out of which initiative and enthusiasm spring.

This workshop will focus on how to develop a more adventurous, resourceful, and buoyant way of living. In an atmosphere based on warmth and humor, group members will explore their capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as nontraditional innovative approaches in bodywork, kinesthetic retraining, music, and guided imagery. $795

Weekend of January 3–5

Reinventing Love

Robert Solomon & Heather Maycock Ogilvy

"Reinventing Love" is an interpersonal probe into the most highly valued of all passions, its promise, and its disappointments. The workshop will emphasize the essential creativity of love and the need to express and "reinvent" an emotion that is not torn between defensive individualism and independence. The group will explore the myths of love in order to find out why love goes wrong, why we choose the wrong partners, and how to choose the right one in order for love to succeed.

Participants will examine the connection between intimacy and anger, and the fragile connection between love and dependency. Individuals will be encouraged to explore their own experience and discuss the myths and images that have contributed to our most intimate (and sometimes most dangerous) feelings. Above all, the aim will be to understand why love is so important to us and why it cannot be abandoned. $425

Music for Everyone: Finding Your Long-Lost Musician

David Darling

David Darling's magical work with late bloomers, nonprodigies, professional musicians, and "burned-out" teachers has been opening hearts to the mystery of sound for the past two decades. "Music for Everyone" is an adventure into music making, rhythmic grooving, song writing, laughing, and listening.

Regardless of prior experience, this workshop can take you to a deeper, more powerful music level. Bring an instrument or play on David's collection of world instruments. $425

Taking Better Care of Yourself: An Eclectic Physician's Guide for a Healthy New Year

Joe D. Goldstrich

"There are many simple yet powerful self-help tools that can be extremely useful in preventing and treating a wide range of health-related problems," writes Dr. Goldstrich. "They include diet and nutrition, nutritional supplements, herbs, and homeopathy.

"In this workshop we will explore a variety of dietary strategies for preventing and treating heart disease: low-fat, semi-vegetarian diets similar to those used at the Pritikin Center, where I served as chief cardiologist and medical director; the olive oil-based Mediterranean diet for prevention of heart disease and cancer; other therapeutic diets, from raw foods to macrobiotics; and using diet for weight management and relief of arthritis pain.

"There have been recent breakthroughs in the use of nutritional supplements and antioxidants to prevent and treat heart disease. We will learn how to use these supplements safely and effectively. Herbs and homeopathy are potent healing tools with a long history of safe and beneficial utilization. Their use for common conditions like colds and flu, trauma symptoms, and sleeping better can be easily learned.

"We will cover all of the above, plus other fruits of my twenty-five years of eclectic explorations in medicine. We will work in whatever way that may help empower you in your own self-healing."

Recommended reading: Goldstrich, *The Best Chance Diet, The Cardiologist's Painless Prescription for a Healthy Heart and a Longer Life*, and *Healthy Heart–Longer Life*.

C.E. credit is available for nurses; see page 67.
$425

Fire in the Earth: Poetry, Silence, and the Heart's Desire

David Whyte & John O'Donohue

This is a workshop concerned with remembering the half-forgotten and neglected desires that are central to our personal creativity and destiny. Fire has been an abiding image for creativity throughout human history, but the first steps into that flame depend upon our ability to rest in the silence present in our own bodies. These disciplines of silence are a way of understanding desire at a level deeper than we ordinarily experience.

Much of modern life distances us from our bodies, presenting the body as a problem to overcome rather than the center of our experience. In hard times we often find it more difficult to remember rest and silence, and it's during these times that we need them the most. This will be a time to remember, through poetry, silence, voice work, and movement, the priorities closest to our heart's desire.

Ability or knowledge of poetry is welcomed, but not the least bit necessary. $425

Week of January 5–10

Five-Day Massage Intensive

Laurie Schutz & Kathleen O'Shaughnessy

This workshop is for those who are just beginning to explore touch as deep communication. The central theme will be primary approaches to full-body massage, which will be introduced through both demonstration and experiential hands-on exchanges. Self-awareness through movement, sound, and breath will be used to enhance the senses. Discussion will offer insights into various approaches to bodywork and how they address both the physiological and mental/emotional body.

C.E. credit is available for nurses; see page 67.
$795

Vision Painting

Helen Jerene Malcolm

Painting your vision is a sacred journey into self. Visionary art is a means of expressing the core yearning of one's deeper self, an active meditation in which the painter allows a flow of color and images to emerge as if the painting were painting itself. In an atmosphere of exploration and acceptance—enabling the creative impulse to play, take risks, and face fears—the painting finds its own path through darkness and light.

In this work, you can move beyond the rational mind to deeper levels of motivation and desire. Self-expression is prompted from the feeling centers, through the hand onto paper, evoked by guided visioning, color, music, movement, and dream images.

Your vision painting can be a treasure map of your life where change and healing are affirmed. This is a transformative adventure re-creating aspects of your life spiritually, professionally, and physically.

Please note: All are welcome, beginners as well as artists. $795

Tao Mentoring in Music and Tai Ji Dance

Chungliang Al Huang & David Darling

David and Chungliang have been conducting this annual New Year's celebration of creativity for many years at Esalen. This year they will focus on the core elements in their sharing: Passion, Clarity, and Balance. With David's mastery as a cellist and composer and Chungliang's "Living Tao" skills, they will guide participants in one of the subtlest yet most powerful principles of Tao, *Wu Wei*—"non-interference" in our collective creative learning.

Using the inspiration of great classical music (especially Bach), jazz, blues, and multicultural musical heritages, as well as humor and enthusiasm for transformation, David and Chungliang will offer a joyous and supportive environment in which to celebrate our spontaneity and our deep core. They will alternate between mutual teaching—allowing participants to discover their own personal music and pure dance through both improvisation and structure—and sessions focusing on Lao Tzu's *Tao Te Ching*, Tai Ji movement meditation, and healing Qi Gong exercises.
$795

The Next Question: What Happens to Us After We Die?

Sukie Miller & Edmundo Barbosa

Elisabeth Kübler-Ross asked the question: What can dying people teach us? Sherwin Nuland asked: What happens to our bodies when we die? And Raymond Moody and Kenneth Ring asked: What happens to us when we die? This workshop considers the next question: What happens to us after we die?

Together, as a community, participants will explore in depth The Four Stages of the afterdeath as determined by The Institute for the Study of the Afterdeath in its eight years of worldwide research. Participants will learn about and tap into the experiences of The Four Stages and work with the relevance of them to their daily lives. The workshop will also explore the afterdeath systems of several different cultures where the line between the living and the dead is particularly thin.

The afterdeath has many lessons to teach us about a ripeness for death and a readiness to live. This workshop will plumb both levels simultaneously toward the goal of a greater understanding of the journey of our lives, now and in the future. $795

The Wildness Within

Brita Ostrom & Eric Erickson

> *Every part of this soil is sacred... Every hillside, every valley, every plain and grove, has been hallowed by some sad or happy event in the days long vanished.*
>
> — Chief Seattle, 1856

> *Maybe saving a forest starts with preserving some of the feelings that die inside us every day... If we cannot respect that interior land, neither can we respect the land we walk.*
>
> — David Lynch, *Twin Peaks*

"Big Sur is a place where healing can happen," writes Brita. "The deep canyons and expansive coastal setting evoke our wilder personal interiors so our demons and dreams have breathing room and a chance to be tested." This workshop will focus on the interrelatedness of our internal landscape and "the land we walk," first exploring the interior wellspring of dreams, emotions, and intuitions, and then extending outward to make intimate connection with others and with the Big Sur coast.

Participants will work with awareness practices to gain clearer insight into their inner reality, and with meditative movement, conscious touch, and massage to relieve old physical holding patterns to facilitate change and renewal. As body and mind become more integrated, attention will then turn to developing a nourishing relationship with the planet. Big Sur will become the backdrop for short hikes and wilderness experiences.

The workshop is for those seeking a time of personal renewal, couples or friends seeking to reconnect in a different way, and bodyworkers seeking a new perspective on their field. $795

Weekend of January 10–12

The Body: Doorway to Self-Discovery— The Gestalt Practice Approach

Christine Stewart Price

> *My belief is in the blood and flesh as being wiser than the intellect. The body-conscious is where life bubbles up in us. It is how we know that we are alive, alive to the depths of our souls and in touch somewhere with the vivid reaches of the cosmos.*
>
> — D.H. LAWRENCE

In gestalt practice, "feeling" is defined as that which can actually be felt in the body. Awareness of feeling as physical sensation is one of the most effective ways to reach the goals Fritz Perls described as the goals of the gestalt process: to increase aliveness, to have a better ability to cope, and to fill in the holes of our existence. By sensing ourselves as our bodies we may access dimensions of being human that go beyond our ideas of who we think we are.

This workshop will focus on physical sensation as the entry point to knowing ourselves. Using the gestalt practice approach, especially in exploration of breath, movement, and sound, participants will explore this inner realm of awareness in all its grit and glory.

Please note: Open seat work will not be a primary part of the workshop. $425

The Tao of Saging

Chungliang Al Huang

We begin aging at infancy. But until we reach middle age, the shock of aging is never properly addressed by most people. This seminar focuses on a new way of looking at this inevitable process with equanimity, integrity, humor, and realism. With insight and skill, Chungliang will guide participants through a saging dance of living. Using the Tai Ji yin-yang sign to illustrate this paradigm of aging, he will trace the "S" curve within the symbol as the saging path—from birth to midlife—then trace it back again to complete the "whole picture" of life.

Through saging, this living process can prove to be joyfully alive, creative, and constantly enriching. The workshop will combine thoughtful philosophical discussions with enlivening disciplines of daily practice. Come join the dance!

Recommended reading and viewing: Huang, *Embrace Tiger, Return to Mountain* and *Quantum Soup*; Huang & Watts, *Tao: The Watercourse Way*; Huang & Lynch, *Thinking Body, Dancing Mind* and *Mentoring: The Tao of Giving and Receiving Wisdom*; Living Tao Videos (217-337-6113). $425

Emotional Literacy

Kathleen Riordan Speeth

We are all trained to add, subtract, multiply, and divide, to sound out words, read paragraphs, and write down what we think. But who has received the same level of fundamental help in puzzling out our personal feelings? The cognitive gets the training; the emotive is assumed to be indwelling and untrainable. Could that be why so many who can solve differential equations and discuss Heidegger have cold wars or sitcoms at home? Which of us feels fully affectively competent? Real emotional learning is both necessary and possible. As soon as the need is recognized the curriculum can be approached.

This will be an intensive weekend of emotional literacy training in how to:

- Hear what the still, small voice of conscience whispers
- Be self-directed, no longer mere pianos others can play
- Read people like books
- Be deeply kind to self and others
- Maintain a young, creative mind

Participants will discuss, enact, ponder in their private journals, and communicate their developing insights into emotional literacy.

There will be music, there will be philosophy, but most of all there will be indelible personal experience, insights that will enhance the basic understanding of how to live as an emotionally robust human being. $425

Prayer of the Heart

Olga Luchakova & Igor Kungurtsev

The Prayer of the Heart was transmitted from the early Desert Fathers to Byzantine monks, and preserved up to the present day by Russian hermits and pilgrims. This unique psychophysiological, meditative, and devotional practice transcends the framework of Christianity and can be used by spiritual seekers of any orientation. The Prayer of the Heart seeks inner silence and a state of union—the dissolution of the ego in God-essence.

The practice of the Prayer starts with cultivating wakefulness—attention to body sensations, emotions, energy, thoughts. The attention then shifts to concentration on the Spiritual Heart—the most important subtle energy center in the body—and work with the psychological and emotional issues blocking it. Finally, by exploring relationships with spiritual archetypes through sacred images and guided visualization, the seeker finds the individualized form of the prayer and learns how to practice it.

There will be periods of silent sitting and walking meditation/prayer. Participants will develop meditation practice and learn to understand their experiences in the light of the developmental stages of the prayer—vocal, silent, the prayer of recollection, illumination, union. This practice evokes feelings of grace and connectedness, and helps to discover true Essence. $425

Week of January 12–17

Completions and Transitions

Mary Goldenson (Devarani)

Often in our lives we feel incomplete with the past. Unresolved issues inhibit our moving into the present with an open and generous heart. Though we experience them as "finished," old memories continue to haunt us. When we exist more in the past than in the present, it is time to make the distinction between "finished" and "complete." Transitions without completions foster unsuccessful marriages, friendships, and careers—producing the causes of illness and sorrow. The inability to forgive keeps us closed to new opportunities entering into our lives.

Transitions are crossroads in our lives that give us the opportunity to finish and complete the past, reconnect with our present truth, and renew our passion, courage, and commitment for the future. The focus of this workshop is an in-depth review of our lives, relationships, and circumstances to discover what needs to be transformed from "finished" to "complete."

The workshop will provide a safe, supportive environment that includes risk-taking, intense bodywork, gestalt, imagery, movement, and meditation to keep us committed to the process of discovering ourselves.

C.E. credit is available for psychologists; see page 68. $795

Body Poetry East and West

Chungliang Al Huang &
Brother David Steindl-Rast

"A Festival of Aliveness" is the subtitle given to this annual event by past participants. It is an ever new surprise how the combination of Tai Ji body movement with the sharing of poetry in a group setting can release energy and joy of mind and body.

Chungliang and Brother David, two bridge-builders between East and West, use the *I Ching* as a master key for freeing the flow of energy within us. The great Taoist *Book of Changes* can indeed effect changes in our own lives. It can guide us in attuning ourselves to the flow of nature and help us tap wellsprings of our innate creativity.

The treasures of poetry and stories, old and new, shared by Chungliang and Brother David find their perfect setting at Esalen. So does the body movement—the image of the group's Tai Ji movements reflected in the pool at sundown is unforgettable.

In this blessed place, oceans and mountains, gardens, hot springs, and human companionship work together toward one goal, the goal of this workshop: to experience body and soul with fresh delight. $795

Gestalt Practice

Christine Stewart Price

> *The Way, when declared*
> *Seems so thin and flavorless.*
> *Nothing to look at, nothing to hear—*
> *And when used—is inexhaustible.*
>
> —Lao Tzu

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that awareness is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. This form is similar to some Reichian work as well, in that emotional and energetic release and rebalancing are allowed and encouraged.

The emphasis is *intra*personal rather than *inter*personal. It is explicitly understood that participants are not patients but persons actively consenting to work (or play) in awareness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure, or accomplishment. Through group exercises, meditations, and discussion, this workshop will introduce participants to the gestalt practice approach. The format will combine introductory group work with the open seat form in which each participant will have the opportunity to work with the leader in a group context.

Recommended reading: Perls, *Gestalt Therapy Verbatim*; Chodron, *The Wisdom of No Escape*.

C.E. credit is available for nurses; see page 67. $795

Chakra Integration: A Complete Approach to Health and Healing

Laurie Lioness Parizek &
The Esalen Teaching Staff

The chakra system is a complete and effective way to understand and balance our physical, emotional, and spiritual energies. The chakras are vital, life-enhancing energy centers that have their roots deep in our core. Backed up by nerve plexuses and endocrine glands, they open into the energy field and are a three-dimensional energetic system of the body. When integrated, they refine the mainstream current in the central nervous system and bring balance to all the major systems of the body. They are also useful in addressing and healing old restrictive behavior patterns.

This workshop will incorporate movement, sounding, awareness exercises, and supportive hands-on work to balance the chakras and the mainstream spinal current, and to gently and consciously open this channel that connects heaven and earth through our bodies. The workshop will integrate personal and interactive healing work with gentle energetic touch and associated hands-on skills. Meditation will be used to encourage serenity and a deeper personal understanding of the chakras.

The workshop is designed for those interested in developing a working knowledge of this ancient time-tested way of healing, and is useful for those in the fields of health care and education. Please bring warm clothes and your favorite music or instrument.

Recommended reading: Judith, *Wheels of Life*; Haas, *Staying Healthy with the Seasons*; Brennan, *Hands of Light*.

C.E. credit is available for nurses; see page 67. $795

Creative Arts Center at Esalen

Arts Center Staff

Everyone has a drive to create--to be original, inventive, whimsical, resourceful. Located in The Barn at Esalen, the Creative Arts Center is a place for individuals to explore their imagination and their playfulness. It is a growing resource that is constantly evolving—a place that invites you to express your own creative instincts and become the artist that you've always imagined was hiding somewhere inside you.

This workshop invites you on a journey of reawakening. The Arts Center staff will provide a safe, supportive environment for you to rediscover the creator within. There will be a variety of art media available, which may include painting, pottery, silk dyeing, dance and movement, mask making, ritual, and group work. The leaders will offer exercises, as needed, to stimulate and liberate your creative expression, as they guide you deeper into the world of your own imagination and playfulness.

This will also be a wonderful opportunity to get messy. No previous art training is necessary. $795

Weekend of January 17–19

Intimate Connections

Mariah Fenton Gladis

Creating stable and fulfilling relationships is a challenge that everyone faces. To be successful, human relating must be understood and accepted as an activity, an ability that requires movement, purpose, emotional capacity, and contact skills. People often believe that good relating evolves naturally, but they discover in the routine of living with families, friends, and lovers that, in truth, they have not been adequately prepared to meet the demands of loving relationships.

This workshop will focus on the nature and basic requirements of healthy relationships. It will offer participants opportunities to assess their abilities and disabilities, to develop awareness, and to practice risking positive action with others. It is for anyone who has "hit the wall" in a relationship or who has experienced being stuck at some seemingly impenetrable contact boundary and wants to break through. Particularly helpful for adult children of dysfunctional families, ACAs, and human relations professionals, this experiential and didactic workshop will blend individual and group gestalt work, spiritual healing, bodywork, and personal metaphor.

C.E. credit is available for nurses; see page 67. $425

Hanna Somatics: Mastery of Muscles and Emotions

Eleanor Criswell Hanna

This workshop will explore the neuromuscular responses to emotional states—the somatics way to internal mastery of muscles and emotions—and the joy that comes with the body's renewed awareness and freedom. Guided somatic exercises and individual sessions with practitioners trained by Thomas Hanna will give participants the opportunity to experience this wonderful work. Dyad practice is included.

Recommended reading: Hanna, *Somatics*; *The Body of Life*; and *Bodies in Revolt*.

C.E. credit is available for nurses; see page 67. $425

The Practice of Love

Sam Keen

Movie producers, song writers, mystics, saints, and psychologists all agree that "love" is the answer, the solution, the treasure for which we search. But when it comes to thinking clearly about love our brains seem to turn to mush. The more we idealize love the more we mystify it. Modern psychology has focused attention on IQ (intelligence quotient), explored brain chemistry and learning strategies, but has failed to increase our understanding of the nature of love or suggest ways in which we might increase our LQ—our love quotient.

"In this lecture/workshop," writes Sam Keen, "we will strip away layers of nonsense and false mystification and try to think clearly and wholeheartedly about the elements that compose the complex act of love. We will explore the skills, dispositions, feelings, and behaviors necessary to develop a daily practice of the kinds of love that come into play in our relationships with children, family, friends, lovers, mates, and strangers in need of care. We will recollect and share our personal love-histories, explore the varieties of love that give our lives depth and meaning, and, hopefully, increase our capacity for passion and compassion." $425

Experiencing Esalen

Experiencing Esalen Staff

> *Contact is the appreciation of differences.*
> — Fritz Perls
>
> *...and the recognition of similarities.*
> — Richard Price

This workshop is designed to introduce the various practices of Esalen to first-time participants or to those renewing their acquaintance with Esalen. Emphasis will be on finding those approaches to self-awareness that work most effectively for each participant. Sessions may include: meditation, sensory awareness, gestalt practice, group process, art, movement, and massage. There will also be time to explore the magnificence of the Big Sur coast. $425

Week of January 19–24

Life Energy Process®

Stephano Sabetti

The Life Energy Process (LEP) is a spiritually-oriented approach to self-development and professional growth based on Eastern and Western energy dynamics. Specially designed subtle and intensive movements (micromovements) can increase energy flow and lead to the discharge of nonessential processes in the body (repressed emotions, chemical toxins, etc.). Each of us has an energy frequency that can be felt when attuned through LEP. This unique vibration helps to center and ground, as well as to find clearer direction and meaning in daily life. Each participant will have a chance to feel her/his unique energy process and explore it through process inquiry.

Life Energy Process includes: dance, theater, massage, pool work, and various other forms.

The workshop is of particular interest to professionals and laypersons who are excited by the integration of theory, pleasure, and hands-on application of energy concepts. $795

Journey From Betrayal To Trust: A Universal Rite of Passage

Beth Hedva

Betrayal can be shattering. We are all familiar with feelings of betrayal in intimate relationships, but betrayal comes in many other forms as well—some even more difficult to resolve. For instance, many people feel rejected by one or both parents. This is a form of betrayal. So is rejection by our growing children, the hurt when friends drift away, and dismay as our aging bodies fail us. Racism, classism, and societal injustice are often experienced as a personal betrayal. This workshop takes an innovative approach to a fundamental issue of our time. You can learn to help yourself and others:

- Identify the five stages of betrayal
- Transform the tests of betrayal into new personal challenges
- Gain tools to resolve anger, grief, pain, and fear of loss
- Use intuition to remember a deeper truth
- Trust and be true to yourself

The workshop will utilize theory and practice through lecture and discussion, dyad work, role-playing, demonstrations, and extensive inner work. $795

Yoga and Healing

Thomas Fortel

The word "yoga" comes from ancient Sanskrit and translates into "to yoke together," to create union, harmony, and balance: union of masculine and feminine, harmony of inner and outer, and balance of life's polar opposites.

The practice of physical yoga postures (asanas), conscious breathing, and active meditation is a tangible and practical way of change. In a fundamental way, yoga is a practice of self-healing. The yoga postures stimulate and purify the internal organs and glands of the body, flexibility is improved, and muscles and joints are strengthened. The focus on the breath is calming for the mind and nervous system and helps to develop a sense of ease, focus, and concentration. This is a practice of mind-body connection.

Mornings will begin with pranayama (breathing exercises), meditation, and an active yoga practice. There will be an emphasis on the breath, body alignment, and the healing qualities of the postures. The afternoon sessions will focus on restorative postures, forward bends, and twists. Evenings will be filled with yoga philosophy, group discussion, and partner yoga.

All yoga props will be provided. Everyone, from beginner to advanced, is welcome. $795

Creating Exact Moments of Healing

Mariah Fenton Gladis

Adult children of alcoholic, dysfunctional, or abusive families (ACAs) must walk a road of recovery that requires determination, lifelong commitment, and the creation of specific moments of healing. This workshop offers participants an opportunity to take a major step toward health, helping them to define a plan for necessary moments they must create so they can move forward and to transform their personal history from one of liability to one of strength and wisdom. Focus will be on the promotion of healing:

- With oneself—developing awareness, freedom from addictions, and healing of the body and soul from the residual effects of trauma
- With others—improving one's capacity for moving out of isolation and into direct, open communication and trust; expanding intimacy skills while securing healthy boundaries
- In the world—moving away from chaos and deprivation toward stability and abundance
- Spiritually—searching for the meaning of one's history and accessing that part of the self that can utilize universal blessings

This workshop will be experiential and didactic, blending individual and group gestalt work, music, spiritual practices, and bodywork. A step-by-step recovery process developed by the leader will be incorporated throughout the workshop. The atmosphere will be one of trust and mutual support. This workshop is also appropriate for professionals who work with ACAs.

C.E. credit is available for nurses; see page 67.
$795

Fit to Lead: Shape-Shifting into the 21st Century

Elisa Lodge

Writes Elisa Lodge: "Shape-shifting is the ability to alter one's physical, emotional, and mental states at will, to affect and inspire the consciousness of others. It is a term originally ascribed to the shaman, the mystically empowered leader/healer of traditional cultures. Today's radically changing world requires us to become, like the shaman, self-healing and the leaders of our destiny.

"The focus of our week together will be to reclaim the trust in the intuitive authority of our body wisdom. When the body, its movements, breath, and speech become more fluid, vital, and musical rather than mechanized, controlled, and predictable, we exude an authenticity and flexibility of being in all we do and say.

"Time will be spent on recognizing the body language of dominance and subservience and on the ability to contrast pretense and presence, acting and being. Individual and group exercises will be used to: reshape stress and strain into harmonious, congruent expression; sit, stand, and walk with fluent, vibrant aliveness; inspire courage to act with greater boldness and daring; and improvise strategically on one's feet."

The workshop is designed for everyone seeking to enhance personal power. $795

Weekend of January 24–26

Interdependence and Intimacy: A Workshop for Couples

Mary Goldenson (Devarani)

Creating an alive an honest connection with an intimate partner requires us to go deep into our hearts and allow our courageous selves to emerge.

Our culture does not prepare couples for the dual challenges they must face regarding intimacy and interdependence. We need to learn how to embrace our own values and paths, how to merge and enter the world of the other, and how to operate as a loving and effective team.

In this workshop, each participant will have opportunities to: experience how relationships are mirrors reflecting back to us unseen and rejected parts of ourselves; begin the process of healing past hurts; and create new ways of communicating which provide intimacy instead of distance.

Experiential and structured exercises will help participants become more adept at listening, empathizing, truth-telling, creative problem-solving, and taking responsibility to create the relationships we want. Providing a safe and supportive environment, the workshop will draw from gestalt, Reichian work, dance, imagery, and meditation. $425

ISHTA: The Yoga of Empowerment

Rod Stryker

"Every human being already has all that is required to realize deep and meaningful fulfillment," writes Rod Stryker. "Our deepest desires, often hidden or misunderstood, are the guideposts to our ultimate destiny. By leading us to the direct experience of who we are, the practices of ISHTA (Integrated Science of Hatha and Tantric Arts) Yoga can make us aware of and sensitize us to our innate physical, intellectual, energetic, and spiritual gifts."

The course will include daily yoga routines to strengthen and purify the body, breathing practices for rejuvenation and healing, and meditation (including yogic visualization practices) to still the mind and deepen the experience of Self. It will also include open discussion and some theory, and will employ the majesty of the Esalen surroundings to nourish the journey toward wholeness and integration.

Previous yoga experience is recommended but not necessary. For further information, please contact Rod Stryker at 310-364-4698. $425

The Flame: An Introduction to the Diamond Approach

Jessica Moore Britt & Regina Reilly

Since the dawn of time, within the human soul there has been a natural curiosity for understanding where, what, and who we are. This longing for self-knowledge, referred to in the traditions as "the flame," burns bright today.

This workshop is an invitation to embark on your own inquiry into these sacred questions through the support of the Diamond Approach. The Diamond Approach is a method that has arisen out of the needs of people living in modern society. It answers the question of how to be in the world but not of it, how to recognize and abide in essential reality while living an ordinary life.

This knowledge is evoked through the practice of presence and open-ended inquiry, a gentle yet precise method for penetrating the veils of experience. As we penetrate moment-to-moment experience, awareness expands and deeper truth is revealed. This process continues through ever more subtle layers of consciousness, until we discover what is essentially real prior to conditioning.

This workshop offers a taste of the Diamond Approach. It will focus on the love of Truth as the guiding principle of this work. Along with meditation, specific practices and exercises focusing on presence and inquiry will be taught.

For more information about the Diamond Approach, see Special Programs, page 64.

Recommended reading: Almaas, *Essence* and *Diamond Heart–Book One.* $425

Why Men Are the Way They Are

Warren Farrell

> *I've never had a couple come to me and say, "Warren I want a divorce; my partner understands me."*

This workshop is designed to help both sexes understand each other via role-playing in which participants experience the pressures that mold the other sex's psyche. Men, for example, can experience women's view of sexual harassment; women can experience men's fear of sexual rejection and the powerlessness it engenders.

In a safe yet boundary-pushing environment, Warren Farrell will introduce innovative perspectives–initially challenging, perhaps, not only because are they female-positive but also more male-positive than is currently in vogue. Group interactions will be allowed to become emotional enough to reflect how we communicate when we're defensive. Farrell will then facilitate work to demonstrate how both sexes can listen to criticism–even personal criticism–without becoming defensive, thus creating a model for expressing those "tough-to-hear" feelings, even to loved ones. The goal: to create more compassionate ways to relate to the other sex and to view ourselves.

This workshop offers insights on everything from male power and powerlessness to date rape and sexual harassment; from why men fear commitment to why they commit more suicide; from a new view of equality in the home to myths about equality in the workplace.

A common response to this workshop has been "I've never felt so much love for the other sex."

Recommended reading: Farrell, *The Myth of Male Power.*

C.E. credit is available for nurses; see page 67.

C.E. credit is available for psychologists; see page 68. $425

When Success is Not Enough

Peller Marion

> *If I had known what it would be like to have it all, I would have settled for less.*
>
> – Lily Tomlin

Materialism is skyrocketing in the United States. Indeed, many of us are wealthy beyond the wildest dreams of our ancestors. Still, we struggle more than ever for self-esteem and meaning in our lives.

When alternative measures of success are not available, the deep human need to be valued and respected by others is often acted out through consumption. Buying things becomes a means to both self-esteem and social acceptance. "The avarice of mankind is insatiable," wrote Aristotle, who believed that as soon as one desire was satisfied, another would appear to take its place. If our wants are insatiable, there is simply no such thing as enough.

This workshop is designed to explore the questions: How much is enough? What is an achievement junkie? What is my definition of success at this time in my life? How do I create my own personal philosophy of life and live by my own agenda?

Participants will investigate the paradox of success in their own lives. A variety of experiential approaches will be used, including readings, discussion, games, dance, gestalt, imagery, and meditation.

Recommended reading: Marion, *Crisis Proof Your Career: How to Find Job Security In An Insecure Time;* and *Making It: Stories and Stages of Successful Entrepreneurs.*

C.E. credit is available for nurses; see page 67. $425

Week of January 26–31

Playing the Edge

David Schiffman

In the early stages of growth, success seems to be its own reward. Excitement, vitality, and the willingness to face life boldly are characteristics of those who are involved in new and successful ventures. To keep this spirit alive is not easy. Enormous pressures, grinding rou-

tines, and demands of involvement can dispirit even the healthiest people. To listen to one's heart requires the courage to pause. In this willingness to stop and listen to the deeper self live the true resources that guide and protect us.

The purpose of this week is to create a mood of sanctuary for people in transition considering major changes in career, relationship, or matters of the spirit; those in need of a break from stressful responsibilities; and individuals interested in breaking new ground in the areas of self-nurturance, intuitive functioning, and problem solving.

The process will be gently restorative, illuminating, and enlivening. The intention will be to create a community based on trust and goodwill with emphasis on individual freedom. Traditional methods of self-inquiry (gestalt practice, bioenergetics, psychosynthesis) will be combined with innovative methods using music, meditation, poetry, ritual, and prayer to foster this spirit of living fully.

$795

The Art of Trigger Point Massage

Arthur Munyer

Trigger Point massage is the movement of myofascial tissue by means of soft, deep contact with pressure points. These points are actually an interrelated network which form a focus of pain and emotional discomfort in our bodies. Through awareness and skilled touch these points may be stimulated by applying pressure which releases the muscle tension. At the same time, the emotions stored in those tissues may be brought to awareness and given expression. As Arthur writes: "Some of these feelings are painful and some very loving. Learning to be present and sensitive to them all is the most important aspect of my work."

This workshop will combine Trigger Point release with the long, gentle strokes of Esalen massage to provide a nurturing context for this exploration. Where appropriate, craniosacral work, joint release, and deep tissue techniques may be employed, as well as grounding, sound, movement, meditation, and stretching to bring awareness and presence. The journey begins on the surface, then continues inward toward the core of the tensions that create the holding patterns which keep us closed.

This workshop is designed for bodyworkers, medical professionals, health care practitioners, and individuals with massage experience who would like to be more comfortable working with touch and explore the connection between the spiritual, physical, and emotional. Some massage experience is especially helpful.

C.E. credit is available for nurses; see page 67.

$795

Qigong and Psychoneuroimmunology: An East/West Healing System

Sondra Barrett & Shirley Dockstader

Never before has ancient Taoist health-enhancing Qigong been interwoven with the modern science of psychoneuroimmunology (PNI) to create a body/heart/mind medicine. As you will explore in this workshop, these complementary disciplines integrate to form an enjoyable practice for daily life. Through sensory awareness and stress reduction tools which dovetail with Qigong internal energy exercises, you can learn how it feels to move beyond your stress reactions into full-time well-being.

The movements incorporate breath, imagery, acupuncture self-massage, and sound, which help you experience the gates, meridians, and flow of your life force. This profoundly simple East/West practice teaches the science and art of energy balancing and cell health. Through slides and expressive arts you will see the micro-world of the cell, the molecular connections between body, heart, and mind, and enter the spiral mystery of life. The function of this work is to connect each of us to our inherent source of life force and vitality.

This workshop is designed for both beginners and those experienced with Qigong or PNI. It will also benefit anyone wanting to understand and strengthen their healing system, those looking to change lifestyle, and people in the helping professions.

C.E. credit is available for nurses; see page 67.

$795

The Medicine Wheel Way

Carol Proudfoot-Edgar

This workshop draws on Native American Medicine Wheel ceremonies and teachings as resources for personal growth and renewed experiencing of ourselves within the larger web of the natural world. Just as Western psychological theory provides a framework for describing human development, the Medicine Wheel offers a map for self-individuation. A primary difference, however, is that the Medicine Wheel Way views humans as sacred beings and maintains that each must find his or her own path for "walking with beauty in the world."

The Medicine Wheel Way illuminates the relationship of all things. Each direction on the wheel has its particular meaning and points to aspects needed for fuller integration and individuation. Rituals mark the passage of seasons and significant events of life, connecting the individual to the great mystery of life.

Activities will include learning the Medicine Wheel, making medicine pouches, learning about shamanism, using the shamanic journey method to find power animals and spiritual teachers, and drawing upon ancestral knowledge available to all of us. The group will be drumming, rattling, and chanting throughout the week. Please bring a journal, a bandanna (to cover your eyes), and rattles (if you have them).

Please note: This workshop has a sequential structure. Each session builds on the previous one. Therefore, participants are requested to be present for all sessions. Please arrange for massages or other non-workshop activities between session breaks.

C.E. credit is available for nurses; see page 67.
$795

Hypnosis and Creativity

Maggie Phillips & Noelle Poncelet

Our fast-paced, anxious, and often violent world challenges us to seek opportunities to discover the timeless and enduring creative resources of our inner selves. This experiential workshop will introduce ways to tap into sources of inspiration and passion, identify and utilize obstacles to creative expression, and foster receptivity to the creative muse within.

The workshop will feature process-oriented hypnosis, a synthesis of traditional and Ericksonian hypnotic methods, imagery, shamanic journeying, Arnie Mindell's process work, and indigenous healing traditions that evoke various types of trance states. Activities will include group and individual hypnotic explorations; art, movement, sound improvisations, and musical expression; storytelling; and medicine walks. The leaders will create a safe environment for exploring life experiences, inner awareness, and dream states in order to release barriers, balance masculine and feminine energies, and celebrate creative potentials.

Participants are invited to bring drums and musical instruments, art supplies, journals, power objects, and creative symbols.

C.E. credit is available for psychologists; see page 68. $795

Weekend of January 31–February 2

Introduction to Mindfulness Meditation

James Baraz

Mindfulness—or vipassana—meditation is the practice described by the Buddha for developing wisdom, compassion, and peace. Vipassana, "to see things clearly," means being mindful of what is actually happening in the present moment. Using the breath, body sensations, thought, and emotions as objects of attention, we can learn to be fully awake and bring a balanced awareness to all aspects of our lives.

Through vipassana meditation we can experience the nature of reality as continuous change. When we see that all phenomena are impermanent, we can begin to let go of clinging to the pleasant or avoiding the unpleasant. We are then more capable of meeting each situation with spontaneity, fearlessness, and love. Meditation also teaches us to see in each moment the interconnectedness of all things. Our hearts open to a natural expression of compassion and kindness.

Participants will be introduced to this method of meditation practice and the principles on which it is based. There will be periods of silent sitting and walking meditation, as well as discussion. As attention is brought to all activities at Esalen, individuals will continue to develop mindfulness through the weekend. This will provide a foundation for applying mindfulness practice to everyday life.

C.E. credit is available for nurses; see page 67.
$425

Reinhabiting Your Body: An Experience in Authentic Movement

Tina Stromsted

"Authentic Movement" is a meditative form of dance influenced by the psychology of Carl Jung. This workshop offers a structure within which natural movement can bloom and be nurtured, allowing individuals to discover ways to engage their creativity and make soulful self-contact.

The body is the mediator for all of life's experiences. Our bodies form our closest link to the unconscious, providing avenues for deep and lasting change. If we are locked into a muscular pattern held around a specific image, this can determine not only how we move but how we live. Uncovering images of the self that may have locked us into painful or dissatisfying ways of living can help us to heal wounds and find freedom of expression.

Through moving and witnessing in a safe space, participants in this workshop can explore their own inner dance as it unfolds. Body-related issues, unresolved developmental material, preverbal memories, and transpersonal experiences may emerge, leading toward integration and wholeness.

Designed for mental health professionals, educators, artists, and those interested in personal growth, this experiential process aids participants in bridging body and psyche through expressive movement.

C.E. credit is available for nurses; see page 67.
$425

Secrets Kept From the Mind But Not From the Body

Ian Wickramasekera

This workshop will provide a high-impact demonstration of the High Risk Model of Threat-Related Disorders. This model of mind/body interaction pinpoints the sources of stress-related disorders and identifies three risk factors that can block secrets kept from the mind but not from the body. It will provide a demonstration of mind/body interaction on the "stress profile" using one or two volunteers from the group and a noninvasive (without breaking the skin) eight-channel physiograph (surface EMG, electrodermal, heart rate, etc.).

All members of the group will be voluntarily tested on the High Risk Model of Threat-Related Disorders for personal risk factors or "windows of vulnerability," which can be either physical (e.g. muscle tension, temperature, blood pressure) or psychological (negative affect, hypnotic ability, catastrophizing). The implications of this heuristic model for intervention and prevention of threat-related disorders will be discussed. The use of psychophysiological instruments to track unconscious cognitions and emotions will be illustrated with published case studies.

The workshop is designed to provide valuable tools for psychiatrists, psychologists, medical doctors, social workers, counselors, and interested nonprofessionals.

C.E. credit is available for nurses; see page 67.

C.E. credit is available for psychologists; see page 68. $425

Winning the Battle Between Faith and Hopelessness

Sarah La Saulle & Sharon Kagan

In the course of everyone's life there are times of tremendous despair. People commonly suffer from at least one bout of severe depression in a lifetime. While some individuals feel that they have little to give them a sense of hope, others seem to remain strong. But neither of these responses is an experience of true faith.

It is a mistake to believe that faith only comes as a gift. Before one can reach this state of grace, one must undergo a profound initiation. There are three stages to this rite of passage: 1) the collapse, 2) surrender, 3) the state of grace and faith.

In this workshop, the facilitators will enact a dialogue between the voices of faith and hopelessness. Through retelling the story of their lives, participants will build a body of experience on which to base their faith. Discussions will cover topics such as: a challenge to hopelessness, what core beliefs govern an individual's ability to choose between faith and hopelessness, what is false hope, how does faith differ from positive thinking, and faith as an experience.

The workshop will include group discussions, journal writing, storytelling, and art therapy exercises. $425

Writing Children's Books

Marissa Moss

This workshop will focus on developing the writing skills specifically needed for children's picture books. The workshop will begin by looking at how to take an idea and turn it into a story, then go beyond that to see what makes a story work—and what doesn't. Through writing exercises, participants will explore different types of books, including concept books, fairy tales, and family stories, and different aspects of storytelling, such as plot, characterization, and mood. Participants can build on these exercises, either developing new stories from them or using them to hone texts they are currently working on.

There will also be time to discuss submission and publication procedures. Marissa Moss has worked with a wide range of publishers, including Farrar, Straus & Giroux, Houghton Mifflin, and Harcourt Brace, and her books have been critically acclaimed. She is familiar with all aspects of publishing, from design to promotion. Her most recent book, *Amelia's Notebook*, received a starred review from Publishers Weekly, was chosen as an American Bookseller's Association Pick of the Lists, and has sold over 150,000 copies. $425

February 2–14

The Painting Experience

(*In a unique format designed to accommodate the great interest in this workshop, two Painting Experience sessions have been scheduled back-to-back. The first is a five-day session,* **February 2–7** *with* **Stewart Cubley,** *the second a seven-day session,* **February 7–14** *with* **Michell Cassou.** *This will give participants the opportunity to paint for five, seven, or twelve days. If taken as a twelve-day workshop, the rate is* **$1940** *plus $60 materials fees.*)

It is rare for most people to use painting for its qualities of inner adventure and self-discovery, to paint purely for the process of exploration, not for the result.

The purpose of this workshop is to provide a setting to explore the self through painting—to discover in form and color a powerful tool for uncovering and dissolving blocks to emotional and spiritual expression. Participants will be given the support and stimulation to develop a natural way of painting based directly upon feeling. The work takes place in an authentic studio setting with large white surfaces to confront the creative void, along with a rich spectrum of colors and brushes. The workshop may be of interest to persons involved in a wide variety of disciplines, including art, education, counseling, and meditative practices. No prior experience in painting is necessary. Please bring a smock.

For further information about this workshop, contact: The Painting Experience Studio, 2101 20th Avenue, San Francisco, CA 94116; 415-564-8515.

Recommended reading: Cassou & Cubley, *Life, Paint & Passion.*

Week of February 2–7

The Painting Experience

Stewart Cubley

For workshop description see February 2-14. $795

The Upledger Institute's CranioSacral I

Judith Bradley

CranioSacral Therapy is a gentle, noninvasive, hands-on technique that helps detect and correct imbalances in the CranioSacral System which may be the cause of sensory, motor, or intellectual dysfunction. It is used to treat a myriad of health problems, including headaches, neck and back pain, TMJ dysfunction, chronic fatigue, motor coordination difficulties, eye problems, endogenous depression, hyperactivity, and central nervous system disorders.

Participants will learn the detailed anatomy and physiology of the CranioSacral System, its functions in health, and its relationship to the disease processes. Half of the class time will be "hands-on," developing the sensitive palpatory skills needed to detect subtle stimuli in the human body.

Class material will concentrate on palpation and its potential range as an evaluative and therapeutic process; fascial and soft tissue release techniques; and the pressurestat model which explains the mechanism of the CranioSacral System. Participants will learn a concise ten-step protocol for evaluation and treatment of the entire body. By the end of this intensive program, participants will be able to identify and localize significant restriction and imbalances in the CranioSacral System.

Please note: Registration for this workshop is done only through the Upledger Institute. Please call the Upledger Institute at 1-800-233-5880.

For more information see Special Programs, page 64.

C.E. credit is available for nurses; see page 67. $795

Inquiry: The Path and Practice of the Diamond Approach

Joyce Lyke & Jeanne Hay

Inquiry is the primary path and practice of the Diamond Approach, a method of self-realization and actualization developed by Hameed Ali (A.H. Almaas) to meet the spiritual needs of those wishing to contact the depths of who they are while leading ordinary lives of work and family. It is the open-ended investigation of one's experience using the qualities of presence, openness, and intimacy. Motivated by the love of Truth and fueled by curiosity, this method leads to natural unfoldment of the soul by allowing a growing openness to its inherent spiritual nature. Inquiry can be utilized in our daily lives to explore any personal experience in such a way that leads to a greater depth and embodiment of Being.

This workshop is one in a series on the Diamond Approach offered at Esalen. The teaching utilizes elements from depth psychology and traditional spiritual knowledge and practices, creating a new method for engaging in the process of spiritual transformation. During the workshop, participants will explore some of the qualities and skills that support inquiry, as well as some of the obstacles which one may encounter. The for-

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mat will include meditations, talks, and the practice of inquiry.

Please note: Registration requires completion of a questionnaire. For more information, see Special Programs, page 64.

Recommended reading: Almaas, *Diamond Heart–Book One* and *Essence.* $795

Proprioceptive Writing: Demystifying the Creative Process

Tobin Simon & Linda Trichter-Metcalf

"Proprioception" is a physiological term for kinesthetic sensation–feelings that originate in the body's interior. Proprioceptive Writing is a method through which inner intelligence is stimulated: Meaning is approached through feeling. The originators of this method will lead participants in an experiential exploration of a simple yet richly subtle method of writing that demystifies the initial stages of the creative process.

Proprioceptive Writing is practiced to music in 25-minute sessions under stress-free conditions, either in groups or alone. This method takes the emphasis off writing and focuses on the experience of inner hearing, activating the auditory imagination–the key to emotion and the path toward feeling. Once participants relax into a listening stance, their psychological space expands and they can begin to speak through their writing with simplicity and strength. Writing becomes textured as well as cathartic. Because this process releases the writer from the painful pressure to produce form, it feels fluent, like meaning in motion. It lets you enter your own mind and forget the world.

This workshop is valuable for people seeking a form of written expression, a creative ritual, or a meditative discipline, and also for those who desire increased focus and personal meaning in their lives. $795

The Power of Growth

Seymour Carter

Please note: *This workshop has been rescheduled for March 2–7.*

Everyone has unused capacities for further personal development. When these capacities are recognized and given attention, a natural force is released which, like a tide, can carry the individual to a higher level of ability and action. Fritz Perls taught how to recognize the force of avoided issues in dealing with blocked energies. When unfinished issues are confronted and assimilated, it is possible to feel potent and in charge of one's life.

In this workshop, participants will deal with these issues by examining the influence of the inner dialogue on thoughts and the nature of impasse, as well as tendencies within themselves toward psychological completion and well-being. The basis of this work is the gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, and aikido. Each participant's process of development will be honored, encouraged, and treated as unique. $795

February 7–14

The Painting Experience

Michell Cassou

For workshop description see February 2-14. $1220

Weekend of February 7–9

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 17-19. $425

The Way of the Shaman: The Shamanic Journey, Power, and Healing

Michael Harner

Considered by many to be the world's leading authority on shamanism, Michael Harner will introduce participants to core shamanism, the basic methods of the shaman to enter a nonordinary reality of problem solving, well-being, and healing. Particular emphasis will be placed on the classic shamanic journey to explore the hidden universe otherwise known mainly through myth and dream. Participants will be initiated into shamanic journeying, aided by drumming and movement practices, to experience the shamanic state of consciousness and to awaken dormant spiritual abilities and connections with Nature.

Practice will include comparisons of participants' discoveries during their shamanic journeys as well as personal problem-solving. Participants will also be provided with methods for journeying in nonordinary reality to their own individual spiritual teachers, a classic step in shamanic practice. Group members will be shown how shamanism can be applied in daily life to help heal oneself, others, and the planet.

This workshop constitutes the prerequisite for more advanced courses with Michael Harner and faculty members of the Foundation for Shamanic Studies. $425

Singing Gestalt

Nancy Kaye Lunney

Singing can be an experience of great joy, poignant tenderness, or overwhelming fear. It can provide illuminating moments of pure expression or a persona to hide behind.

"Singing Gestalt" is singing about yourself, who you are, what you feel. It is about being yourself in front of other people without judging how well you sing. It is not about performance—it is about making contact, feeling, expressing, and being there, with and for yourself and others.

If the idea of getting up and singing in front of other people terrifies you more than anything you can think of, this workshop is for you. If you love to sing in front of other people and want to stretch yourself further, this workshop is for you. It is a chance to take your singing self out of the shower, out of the car—out of the closet.

Some guided imagery and gestalt may be used. Bring lyrics to songs that express thoughts and feelings you'd like to explore. Accompaniment and lots of music are provided. $425

February 9–21

Advanced Training in Shamanism and Shamanic Healing

Michael Harner & Sandra Ingerman

For workshop description see Special Programs, page 64.

Week of February 9–14

Dzogchen—Awakening the Buddha Within: A Silent Meditation and Self-Inquiry Retreat

Lama Surya Das

Buddhism teaches awareness techniques for awakening to inner freedom. Dzogchen introduces the inherent freedom, purity, and perfection of innate Buddha-Mind. Dzogchen—Tibetan for "the Natural Great Perfection"—is considered the summit of all Buddhist teachings: swift, easy, joyful, and direct.

This retreat will introduce the quintessential Vajrayana path, practiced according to the nonsectarian way of the Practice Lineage of Tibetan Buddhism, relying on authentic Tibetan texts, meditation manuals, oral tradition, and personal experience. Much of the day will be devoted to sitting practice, interspersed with both guided and walking meditations, chanting, self-inquiry, question-and-answer periods, and breath/energy relaxation exercises. Constant themes of this nondual awareness practice will include appreciating the true joy of meditation, the incredible lightness of being, and opening to effortlessness.

This retreat, conducted in silence, offers a unique opportunity for experienced meditation practitioners as well as beginners to better know themselves through the timeless wisdom of this ancient Tibetan teaching.

$795

Weekend of February 14–16

Couples Massage Weekend

Ellen Watson & David Streeter

This weekend couples workshop is designed for those who would like to bring the benefits of massage into their everyday lives. The workshop will teach simple massage techniques, developed by Esalen massage practitioners, which have proven valuable to anyone who wants to help a partner, friend, or family member feel better. Techniques that help relieve pain, increase vitality, or simply soothe the nerves will be demonstrated briefly and practiced with lots of hands-on instruction by the leaders.

This workshop is especially helpful for loving couples, as Esalen massage is greatly beneficial in its connective and healing qualities.

$425 per participant

Communication and Partnership

Mary Goldenson (Devarani)

Underlying all our relationships—husband, wife, lover, friend, daughter, son, mother, and father—is the need to communicate. Often we learn to express our needs through control, power struggles, addictions, dependency, guilt, denial, and unreasonableness.

This workshop is about healing the soul-wounds sustained in our attempts at partnership. The focus will be on:

- Exploring the possibilities of equal soul partnership
- Learning new ways to express our fear, sadness, grief, and love for each other
- Defining what we need to change in our relationships
- Learning the different language styles we can use to better connect with our partners
- Learning ways to heal, forgive, and move on to a mutually beneficial relationship

Come alone or with a partner. The workshop will provide a safe, supportive environment to learn new practices of breathwork, dyadic communication skills, movement, and Gestalt, making it easier to express your truth and take responsibility for your feelings and issues.

C.E. credit is available for psychologists; see page 68. $425

Week of February 16–21

Waking to the Power of a New Myth

Stanley Krippner & David Feinstein

Your personal mythology is an internal guidance system that addresses the broad concerns of identity (*Who am I?*), direction (*Where am I?*), and purpose (*Why am I going*

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there?). The more effective your guiding mythology, the better equipped you are to meet the challenges your life presents.

Personal myths are always evolving. This workshop will help you midwife the birth of a new guiding myth—more fitting, more vital, more spiritually attuned. Drawing upon methods from a spectrum of systems, including Jungian psychology, Gestalt therapy, psychosynthesis, ancient spiritual disciplines, and modern clinical practice, you will be led through a sequence of experiences designed to transform dysfunctional myths while reaching into inner depths for visions that nourish and inspire.

Joseph Campbell often referred people to the leaders' workshops, and a prominent reviewer said of their book: "Neither Carl Jung nor Joseph Campbell showed us how to use myth for personal and societal growth. Feinstein and Krippner begin to answer that question." This workshop will show you how to nurture and transform your guiding mythology so it may become an ever more trustworthy and life-affirming map. Participants are invited to bring a journal
and to record their dreams prior to the workshop. $795

Writing Through Loss

Nancy Bacal

To write from the heart is to heal the heart. . .

One of life's unavoidable realities is that we all experience loss. Whether it be with love, death, youth, health, marriage, work, or a moment of pure grace, we are all subject to the laws of impermanence. Loss inevitably involves pain. Pain becomes suffering when we shut down and resist the natural rhythms of mourning and change.

A time of loss is a time of vulnerability. It can also be an opportunity to awaken to a new perspective of life. This workshop is intended to help participants reopen to joy through surrender and the expression of our deeper feelings. Rather than feel diminished by what is gone, participants will utilize it as material for writing. Even the cruelest tragedy can be transformed through the practice of writing and the telling of story. As we write, we come to know ourselves; as we share, we move out of isolation. As the dark riches of our lives are released, they deepen our emotional and creative lives and inspire the journey of our companions.

Meditation and movement will be included, but the primary tools will be pen and paper. More than skill, enthusiasm for the writing process and a desire for change are the main requirements.

Recommended reading: Beck, *Everyday Zen in Work and Love*; Goldberg, *Writing Down the Bones*; Chodron, *Start Where You Are*. $795

Five-Day Massage Intensive

Oliver Bailey & Laurie Lioness Parizek

Esalen massage consists of more than the long, flowing strokes for which it is well known. In this workshop, the many forms of Esalen bodywork will be demonstrated, practiced, and discussed during this week of learning and relaxation.

The workshop will introduce grounding techniques, pressure point work, meridian massage, gentle manipulations, and energy work. The instructors will present a bodywork style that both addresses individual needs and integrates the whole person, focusing on the concept of working from our essential being. Special attention will be given to self-care, quality of contact, breath awareness, and stress release.

The workshop will also incorporate movement, dance, and rhythm to integrate the bodywork. Yoga and meditation will be taught to encourage focus and serenity.

Participants will make full use of Esalen's beautiful grounds and facilities. Please bring warm, comfortable clothing and your favorite music or instrument. The workshop is open to all levels of experience.

C.E. credit is available for nurses; see page 67.
$795

Weekend of February 21–23

The Life We Are Given

George Leonard & Michael Murphy

> *Like the human heart, the world points beyond itself to something greater and more beautiful. That something attracts us all, in different ways, and leads many of us to seek transformation.*
>
> — GEORGE LEONARD & MICHAEL MURPHY, *The Life We Are Given*

Never before in history have so many people been offered so many possibilities for personal growth. And never before has the need for personal and social transformation been more urgent. Informed by their lifework in the field of human potential, George Leonard and Michael Murphy will lead participants in wide-ranging discussions on such topics as:

- The relations between this evolving universe and world-transcending realities
- Human capacities for extraordinary life
- The elements of transformative practice

This workshop will include simple movement exercises, meditation, storytelling, and unbridled metaphysical speculation. Murphy and Leonard will report on their two-year experiment in Integral Transformative Practice and help participants plan their own paths of transformation.

Recommended readings: Murphy, *The Future of the Body*; Leonard, *Mastery*; Leonard & Murphy, *The Life We Are Given*. $425

The Path of Parenting: A Spiritual Approach

Barbara Sachs

Parenting is difficult. We are given no formal education to prepare us for this profound undertaking. Most of us know almost nothing about it, yet we are expected to be successful on the first try. We want to raise our children to be happy, healthy, loving adults, but we often end up tired, discouraged, and distanced from them.

The purpose of this workshop is to help parents understand a child's psychological and spiritual growth, and to mirror and support the child's emerging self. The workshop will introduce the natural stages of psychological development and the co-emerging inner essence, and suggest how to support both so that a child's intrinsic nature is not suppressed.

Participants will explore their own experience to help understand their own inherent nature and spiritual essence. The workshop will introduce a method of parenting that develops spiritual understanding and essential wisdom rather than relying on unconscious conditioning.

The format will be experiential with mini-lectures. $425

A Weekend with Claudio Naranjo

Claudio Naranjo

Claudio Naranjo is a medical doctor with a psychoanalytic background who worked with Fritz Perls in the mid-sixties and eventually formed part of the first Esalen gestalt team. Naranjo has also received teachings from Buddhist, Sufi, and Indian tantric sources, has

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taught meditation, formulated the psychology of enneatypes, contributed to music therapy, founded SAT Institute in the early seventies, and has written many books (his recent books include *Gestalt Therapy: Attitude and Practice of an Atheoretical Experientialism*; *Character and Neurosis: An Integrative View*; and *The End of Patriarchy*).

He is presently involved in training psychotherapists through a novel integrative and transpersonal approach that he has developed. There will be no preestablished agenda for this weekend event. $425

The Secrets of Good Bread

Peter Beckmann

Have you ever wondered why your home-baked bread never has the same crispy crust as the bread of your neighborhood bakery? Or why some of your home-baked loaves turn out rather like bricks than like those big, fluffy loaves you were intending? Or why your home-baked sourdough tastes more like vinegar than like those fragrant loaves from San Francisco?

This workshop presents the time-honored tradition of European bread-making. It is designed to answer all of the questions you ever had about bread baking. In this hands-on, step-by-step class, you will be guided through the sensitive art of cultivating your own sourdough culture, shaping round, sandwich, and braided loaves, and producing golden brown, crackling crusts in a home-style oven. You will learn the subtle differences a yeast sponge will make to the flavor of your breads. And above all, you will learn basic and natural bread-making techniques that require no fancy gadgets or machines. Bring along your favorite recipes for any questions they might pose. No prior baking experience is necessary. $425

Week of February 23–28

Cross-Cultural Shamanic Practices

Angeles Arrien

This workshop will introduce participants to shamanic tools from diverse cultures. Group members will work individually and collectively to honor ancestor spirits and release unhealthy family patterns. Angeles Arrien's work focuses on the universal human qualities of power, love, vision, and wisdom, accessed to increase personal and professional effectiveness.

This workshop qualifies as foundation work for Angeles Arrien's Four-Fold Way educational program.

Recommended reading: Arrien, *The Four-Fold Way: Walking the Path of the Warrior, Teacher, Healer, and Visionary.* $795

Dialogue: A Way of Life, A Path to Wholeness

Linda Teurfs & Glenna Gerard

Twentieth century sciences tell us reality is relational—meaning is created through relationship. Yet we often find ourselves afloat in a sea of confusion, chaos, and conflict, unable to find meanings that bridge the separation we feel.

Dialogue is a group communication process that focuses on how we create meaning and the very culture we share. Rooted in Greek *dia* (through) and *logos* (word or meaning), dialogue has been with us through the ages in indigenous tribal councils, Quaker meetings, the contemplative traditions, and in the writings of Martin Buber, Carl Rogers, and, most recently, the late David Bohm, quantum physicist and philosopher. Because of its transformative properties, it is of interest to leaders and facilitators in organizational, counseling, educational, and spiritual settings.

This program is an in-depth experience of dialogue and how it can help us move towards greater personal and collective wholeness. Processes from the contemplative, shamanic, and Jungian traditions will be interwoven to develop the capacity for collective mindfulness and wholeness. Attention will be focused on our capacity for holding paradox, expanded self- and worldviews, and how interpersonal openness and integrity lead to higher levels of collective creativity and integration. $795

You Don't Have to Be Good

Kim McCourt & Carol LaDue

> *You do not have to be good.*
> *You do not have to walk on your knees*
> *for a hundred miles through the desert, repenting.*
> *You only have to let the soft animal of your body*
> *love what it loves.*
>
> – Mary Oliver

By listening to our bodies we can know what is right for us, rather than what we "should" do. We knew this as children but were encouraged to ignore our inner truths and obey the critic. Always having to be "good" restricts and censors the richness of who we are. Buried beneath all the "should's" and "don't's" is a true, wise self that longs for expression.

To get there, the group will play with different doorways to somatic knowing: emotional, visual, auditory, kinesthetic, olfactory, or general sensing. The intention will be to identify which doorway opens up our personal intuitive self, and then go on in.

Using movement and meditation, play and process, art and journal writing, participants will explore the indomitable aliveness beneath the censoring critic and conditioned tendencies. The focus will be: listening, accepting, and expressing what is true. The atmosphere will be nonjudgmental and lighthearted. Come and discover what feels so "good" about being "bad."

C.E. credit is available for nurses; see page 67. $795

El Lenguaje de la Libertad (The Language of Freedom)

Gustavo Rabin & Sara Szpektor

Libertad. Estado natural en el cual nacemos. Las emociones no resueltas y las defensas que levantamos para preservar nuestro ser nos van haciendo perder gradualmente esa libertad primordial. Cerramos el paso a lo que nos hiere y al mismo tiempo nos encerramos.

Así nos acostumbramos a vivir. Eso se transforma en nuestro "modus operandi." Por eso cuando finalmente buscamos un cambio, encontramos que nosotros somos nuestro propio obstáculo.

Luego dedicamos gran parte de nuestra vida a aprender cómo volver a la libertad y recuperar nuestra pasión. Lograrlo es una de las conquistas más elevadas.

Este workshop trata acerca de los mapas que nos guiarán desde nuestro propio encierro hacia la expresión más libre de nuestro ser. De la oscuridad a la luz. Juntos descubriremos como hablar nuevas palabras, el lenguaje de la libertad.

Si Ud. siente que algo se agita en un lugar remotamente interno cuando lee estas líneas, este workshop es para Ud.

A través de ejercicios gestálticos, trabajo grupal y proceso personal, en este workshop crearemos el ambiente seguro y protegido en el cual poder hablar este nuevo/ antiguo lenguaje y ser libres otra vez.

Las actividades tendrán lugar totalmente en español, los presentantes invitados serán traducidos simultáneamente. $795

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February 28–March 28

28-Day Massage Practitioner Certification Program

Robert Helm & Brita Ostrom

For workshop description see Special Programs, page 64.

C.E. credit is available for nurses; see page 67.
$3590

Weekend of February 28–March 2

Creative Arts Center at Esalen

Arts Center Staff

For workshop description see January 12-17.
$425

Language of the Drums: Intermediate Level

Babatunde Olatunji

This workshop is designed for those who would like to further explore the polyrhythmic aspect of African music. It will include exploring varying combinations of rhythmic patterns, the ability to play rhythmic patterns on two drums, rhythmic exercises to develop stamina and dexterity of the hands and fingers, and the use of sticks in playing. Participants will also be introduced to different styles of playing the agogo (cow bell), shekere (African maracas), and body percussion.

There will be time devoted to discussion of the healing power of the drum through history. The group will learn how to meditate with drumming and chanting. No special dancing is involved except for occasional movements conducted by the leader.

Please note: This class is open to those who have taken at least two full workshops with Babatunde Olatunji or a professional percussionist.

Things to bring: One or two drums, congas, djembes, or ashidos; shekere (African maracas); agogo (cow bell); and djun-jun (not required). $425

Beyond Individualism: A Gestalt Model for Building Your Personal Support System

Gordon Wheeler

In our individualist culture, we have long overvalued autonomy and independence, while viewing dependency and even mutuality with discomfort or outright suspicion. Freud, Perls, and many others often seemed to equate optimum health with maximum individual autonomy. But our lives take place in a field of people and relationships. People who live fully, with creativity and satisfaction, know how to develop energy and support with others, comfortably and without exploitation or hyperdependency.

In this workshop you can move beyond individualism to develop new experiential models of self and relationship, intimacy and support. Utilizing exercises and dialogue, the workshop will apply these models so you can explore your own style of using support, and expand your capacities for giving and receiving, knowing yourself and others through dialogue, and creating support systems in your own life.

C.E. credit is available for nurses; see pages 67.
$425

Entering the Flow State: Quiet Mind, Fluid Body

Jena Marcovicci

In today's competitive world, what is often lost is the joy of simply playing or of finding meaning in what you do. Whether your interest is athletics or larger life, this workshop can help you play better, have more fun, and enter that flow state that athletes refer to as "the Zone."

Jena Marcovicci is a sports psychologist who has worked with world-class tennis players and mapped out a way to reach this flow state. Blending Western psychology and Eastern practices, he has developed a seven-step process for relaxing psychologically and releasing conditioned patterns that sabotage the joy and effort of playing a sport or succeeding in any aspect of life. As Jena writes: "The more you relax, the better you play. It's the law of 'reversed effort.' By finding your organic rhythms, you can liberate yourself from the fight-or-flight mind-set that envisions the person on the other side as the enemy."

Using yoga, Tai Chi, visual imagery, and freeform dance, discover the map for maximizing your potential. Whether you are a serious athlete, a would-be athlete, or someone seeking to master your "competitive mind," this workshop can help you reach the state of "quiet mind, fluid body".

Please bring a tennis racquet (if you have one), running shoes, and loose, comfortable clothes.

Recommended reading: Marcovicci, *The Dance of Tennis.* $425

Vipassana Meditation and the Teachings of Thich Nhat Hanh

Christopher Reed

This is an extraordinary time to be alive on Earth. How is it possible to live with the awareness of what is happening in our society and to our world? Either we destroy ourselves or we awaken together to our true nature, our profound interconnectedness—our *Interbeing*, as Thich Nhat Hanh calls it.

For many of us there is a deep grief, for many more a nagging malaise. We are destroying our environment, our own home, and neither denial nor activism can fully address the pain and discontent of it.

The practice of Buddhism is a way of transforming old notions of *self* and *self-interest* so that we may truly live. Vipassana means "looking deeply." When we truly look we see that we are a part of life, that it is ours, that we also belong to it. We have the capacity, the right, even the obligation to respond to its call, rather than to just react out of fear, anger, loneliness, compulsivity.

This practice is an invitation to engage with life, to break down notions of separation. The workshop will include instruction in sitting and walking meditation as well as interactive exercises and dialogue.

C.E. credit is available for nurses; see pages 67.

$425

Week of March 2-7

The Power of Growth

Seymour Carter

For workshop description see February 2-7.

$795

The Intimate Couple: An Integrative Body Psychotherapy (IBP) Workshop

Jack Rosenberg & Beverly Kitaen Morse

Trust, love, erotic sexuality, and a core experience of self are building blocks for an alive and vital relationship. Yet, unless our bodies are awakened, these remain elusive ideas rather than familiar body feelings . Until we recognize the themes that distort our views, cause our prejudgments, and perpetuate old defensive patterns, it is difficult to trust or be trusted. For a conscious relationship, or even just one that works well over time, we must know ourselves and have practical body-mind mental-health tools to resolve the inevitable dilemmas that interrupt our sense of well-being.

Today most couples want an equal and reciprocal relationship, but few know how to accomplish this attunement of partnership. Once you simultaneously experience the internal feeling of self and attunement with your partner—and know the obstacles—you will know how you got there and how to achieve it again and again.

Designed as a preventive model, this workshop can help you uncover the key undermining themes in your relationship and provide tools to deal with them before they become terminal problems. It will also provide tools for experiencing heightened aliveness, sustaining a sense of self in the body, and making sex better. With IBP, couples can learn how to regain their hope and excitement.

Please note: This workshop is for couples only.

Recommended reading: Rosenberg & Morse, *The Intimate Couple: Reaching New Levels of Sexual Excitement through Body Awakening and Relationship Renewal*; Rosenberg, Rand & Asay, *Body, Self, and Soul: Sustaining Integration*; Rosenberg, *Total Orgasm*.

$795

Language of the Drums: African Percussion, Chanting, and Dance

Babatunde Olatunji & Friends

Nigerian musician Babatunde Olatunji has been bridging the gap between American and African culture for thirty-five years. In this workshop he will show how drum sounds and rhythms communicate, stimulate, and pace the activities of traditional African life. He will teach the consonants of the Yoruba language, reproducing its sounds on drums and through chants, body percussion, and dance. This workshop is for dancers, percussionists, musicians, and anyone who wants to speak the language of the drums. Drummers can experience the dance and dancers can experience the drums. Bring a drum if you have one.

Please note: This has always been a popular workshop, with lots of people drumming and dancing in a small area. The energy runs high—be prepared for a crowded, exuberant atmosphere!

$795

Weekend of March 7-9

The "Penniston Protocol" Deep Process Technique: A Workshop for Clinicians

Julian Isaacs & Patricia Fields

In 1989 Dr. Eugene Penniston published the results of a study using a revolutionary new treatment for alcoholism based on alpha/theta brainwave biofeedback. The new technique's effectiveness in preventing relapse has now been established by independent researchers as 80% over a five year follow-up—a success rate previously unknown in addiction treatment. Since this landmark study, a growing band of psychologists has used the same technique to successfully treat a wide range of psychological conditions, including depression, anxiety, character disorders, and even multiple personality. The technique is now being adapted to treat mind/body disorders and is also increasingly used for personal psychological growth and peak performance training.

This workshop, led by two experienced teachers of the Penniston Protocol alpha/theta brainwave training technique, will introduce clinicians to its use for addiction and deep psychological process. The workshop will review its applications, describe and teach in detail the treatment process, and address client selection and management issues. Using a sophisticated computer-based brainwave biofeedback system for demonstrations, participants will also be shown how alpha/theta training is conducted in practice.

C.E. credit is available for nurses; see page 67.
C.E. credit for psychologists is pending.

$425

Creative Writing Brainstorming

Herbert Gold

Even professional writers can learn to speak from the heart—in fact, anyone can whose feelings are strong, buried, and complex. Participants will struggle with the issues of love and death, communicate with each other, and explore the talents even gifted artists don't fully understand. Everyone will make some jump starts.

Bring paper, writing, equipment, and a willingness to ride the rhythms of "speed eloquence."

$425

Reacquainting the Mind with the Spirit

Bruce Scotton with Jaichima & Vicente

The wisdom inherent in our Western language and mythology tells us that only when spirit enters flesh do we become alive and conscious. Intellectually we remember the story of God breathing life into Adam—that the words *respiration, inspiration,* and *expiration* derive from the root word *spirit.* Yet we are trained to lose contact with our spirit, and this loss leads us to treat others and the earth as though they were not sacred.

Contrast this Western scenario with that of the Huichol people. When a child is born, the

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parents hold her/him and say, "Thank you for coming to us. We welcome you and love you. Teach us to know who you are." Thus begins at birth the Huichol reverence for the spirit in each of us.

This workshop will be a training in making a place for ongoing contact with spirit. There will be shamanic ceremonies, and the role of the spirit throughout life will be both experienced and discussed. The workshop will also address preparing the way for the spirit's departure from the body in death. In addition, because we Westerners live so much in our minds, a rational framework for understanding this work within Western models of psychological development will be presented.

Jaichima and Vicente are Huichol shamans from the Sierra Madre, fluent in English. Bruce Scotton is a psychiatrist and Jungian analyst.

C.E. credit for psychologists is pending.

$425

Couples Massage Weekend

Vicki Topp & Oliver Bailey

This workshop is for partners who want to learn to massage each other. Emphasis will be on "hearing" with the hands, de-stressing the home, asking for what is needed, and giving to those we love. Sessions will include demonstrations and hands-on guidance. Individual concerns will be addressed so that participants can continue to practice at home.

$425

Week of March 9–14

The Practical Art of Creative Risk-Taking

David Schiffman

For workshop description see December 29-January 3. $795

Painting and the Art of Perception

Margot McLean

> *Thinking is more interesting than knowing but less interesting than looking.*
>
> – Goethe

What stands between you and painting what you see? What speaks to you and how do you translate it into an image? What kinds of materials do you use?

This workshop is designed to open you to new ways of seeing and painting in a relaxed, unintimidating atmosphere. Through studio work and discussion, this course will try to unravel the preconceived notions of what we "think" something "should" look like, in order to reach the innate power of the image.

How we perceive plays an inestimable role in the ecology of culture and place. How may our perceptual choices affect nature so that image-making becomes a collaboration with the natural world rather than an appropriation of it?

With the Esalen grounds as visual habitat, participants will paint what it stirs in them, translating the natural world into images and experimenting with new materials.

This course is for anyone interested in painting and open to new ideas about perceiving the world. It can be taken again and again with ever deepening results. A list of suggested materials will be sent upon registration.

$795

Spiritual Healing: Laying-on-of-Hands

Maria Lucia Sauer Holloman

This workshop will present practical methods for using the hands as instruments of physical and spiritual healing. This practice incorporates both hands-on and energetic work, using the power of natural forces for healing. The emphasis will be on intentionality and personal clarity as the fundamental tools of any healing art. "Intentionality moves energy," says Maria Lucia, "and it is through this focus that you can learn to take responsibility for your own thoughts and actions."

Born into a family of healers with a generations-old tradition, Maria Lucia studied with healers in her native Brazil, where spiritism—receiving healing knowledge from the spirit world—is a practice familiar to much of the population. Having also lived and studied at Esalen for nine years, she applies both Brazilian and North American approaches to healing.

Participants can learn how to practice and refine this approach, as well as experience the personal benefits that come from receiving this work. The workshop is designed for bodyworkers, therapists, health professionals, and anyone interested in working with energy and people's bodies.

C.E. credit is available for nurses; see page 67.

$795

The Healing Power of Theater

Jean-Claude van Itallie

More and more, the world is recognizing the power of creative expression to transform and to heal. In a supportive and nonjudgmental atmosphere, playwright Jean-Claude van Itallie will lead participants on an inspiring, playful, and disciplined adventure, a rediscovery of the place of transformation: the source of both spiritual and artistic practice. Through movement, dance, playwriting improvisations, acting and listening exercises, meditation, and dream- and storytelling, this workshop is designed to reawaken and express the spacious, creative self we often forget. With workshop members encouraging and supporting one other, each individual's healing creativity will be evoked in a spontaneous yet structured manner, through a disciplined play of body, voice, and mind.

Everyone is welcome. No theater or writing experience is necessary. $795

The Heart of the Shaman

Richard Yensen Pérez-Venero & Donna Dryer Pérez-Venero

"The shamanic awakening," write the leaders, "is a mythic and poetic spiritual journey of initiation. In this work we learn to honor our innermost wounding experiences and use them as a portal into the spirit world. The journey of death and rebirth awakens our capacity to be compassionate and loving.

"A circle of trust developed through ritual will carry us through the crack between the worlds. Both ancient and modern practices will be used to enter shamanic trance, experience deep catharsis, and find the path with heart."

Come prepared to use this shamanic environment as a sacred vessel for deep personal exploration and spiritual growth. This workshop is physically demanding, personally revealing, and includes an all-night ceremony. Because of the special nature of this work, enrollment is limited.

C.E. credit is available for nurses; see page 67.

$795

Weekend of March 14–16

Sensory Awareness

Charlotte Selver

Some seventy years ago Charlotte Selver's teacher, Elsa Gindler, began exploring the natural potential of the human being. The work that evolved was an approach through a disciplined practice involving the person as total organism. Gindler's innovative methods very often unearthed, liberated, and cultivated abilities and sensitivities which her students had never been conscious of possessing.

To "awaken" means that one's energies—neuromuscular and perceptive—become altered, leading to greater movability, both psychologically and physically, and to a fuller use of the senses and intuitive powers. For this to occur, a deeper peace is needed so that sensations become clearer and rigidities, pressures, and preconceptions can gradually dissolve. In becoming "tuned in" by another person, or by a task or given situation, powers come into play which correspond exactly to the demands of the occasion. This calls for subtle reactiveness and openness to the moment.

With the cultivation of these functions, our lives can unfold in a far richer and more responsive way than what we are used to. We can restore the delight of ever new experiencing which was our birthright in childhood, but lost in the course of our education into adulthood.

Recommended reading: Brooks, *Sensory Awareness*.

C.E. credit is available for nurses; see page 67.
$425

Religious and Spiritual Problems: A Paradigm Shift in Mental Health

David Lukoff & Francis Lu

> *Religion is a system of wishful illusions together with a disavowal of reality, such as we find. . . nowhere else. . . but in a state of blissful hallucinatory confusion.*
>
> — Sigmund Freud

> *If a member of a typical congregation were to have a profound religious experience, its minister would very likely send him or her to a psychiatrist for medical treatment.*
>
> — Stanislav Grof, *Beyond the Brain*

Increasing numbers of people are having intense religious and spiritual experiences with life-changing consequences. These experiences may occur spontaneously, arise from spiritual practice, or emerge in the context of grief, dying, illness, and recovery from substance and sexual abuse. While religious and spiritual experiences are usually positive, many persons encounter problems integrating them. Yet when they seek assistance from mental health or religious professionals, many persons have had their experiences ignored, trivialized, or pathologized. The recent inclusion of a new diagnostic category entitled "Religious or Spiritual Problem" in the *Diagnostic and Statistical Manual, Fourth Edition* (DSM-IV) signifies a paradigm shift by accepting distressing religious and spiritual experiences as nonpathological problems.

Two of the authors of this new diagnostic category will share the clinical, theoretical, research, and social issues involved in its adoption. Film and videotape excerpts and clinical cases will serve as stimuli for discussions of precipitants, phenomenology, treatment, and integration of religious and spiritual problems. Participants will have the opportunity to discuss their personal experiences related to this topic. While this workshop is designed for health care and religious professionals, interested lay persons are also welcome to attend.

C.E. credit is available for nurses; see page 67.
C.E. credit is available for psychologists; see page 68. $425

Roots and Wings: Renewing Our Spirits, Living Our Dreams

David Schiffman

David Schiffman writes: "This workshop is for people who value a heartfelt, original approach to life, the suitably seasoned who want to trust and master their own rhythms and who appreciate the value of imaginative self-inquiry. Its pacing and format are designed to provide a safe, restorative mood for inner reflection and honest self-appraisal. It will also be a time to catch one's breath and hang out in the elemental beauty of Big Sur in a mood of peace and inspiration, an opportunity to tune into the inner resources that allow us to see the world with fresh eyes and renewed enthusiasm. It is a chance as well to connect with kindred spirits and explore the mysteries, gifts, and dilemmas of who we are.

"Using a blend of physical, emotional, and spiritual attunement practices, we will weave a spell aimed at restoring the magic and faith we need to live soulful, wholehearted lives. We will spend the weekend doing this inner work using ceremony, ritual, music, poetry, movement, and visualization." $425

Advanced Zero Balancing: The Alchemy of Touch

Fritz Smith

In this advanced Zero Balancing weekend, participants will refine and expand their Zero Balancing skills, examine emotional and psychological content held in different tissues and energy fields of the body, and apply this knowledge to Zero Balancing sessions with each other. There will also be time for discussion and problem solving. This workshop will strive to present a broader understanding of the healing process as participants deepen their relationships with their work and each other, and explore new ways of interacting with the body/mind through touch.

Prerequisites for this program are the five-day Basic Zero Balancing program or its equivalent, a working knowledge of Zero Balancing, and the readiness to further develop one's effective use of touch.

C.E. credit is available for nurses; see pages 67.
$425

Week of March 16–21

Explorations in Mindful Living

Jack Engler

"The greatest gift we can give someone," writes Jack Engler, "is the gift of our attention. It is also the greatest gift we can give ourselves, but frequently don't—sometimes out of neglect or busyness, sometimes out of not taking ourselves seriously or as worthy of it, but often because we don't know how to be present to ourselves. As a result, instead of loving ourselves more deeply and feeling connected to others, which is our deepest longing, we find ourselves contracting, disconnected, experiencing a confusing sense of isolation and emptiness.

"We will use various kinds of mindfulness meditation, simple hatha yoga, and certain cognitive and behavioral practices to learn how to be present for ourselves and the moment-to-moment flow of body, speech, and mind, and to confront whatever is keeping us separate and disconnected from ourselves and each other."

The workshop will emphasize practices you can take home with you and use in your life, your relationships, and your work.

C.E. credit is available for nurses; see page 67.
C.E. credit for psychologists is pending.
$795

Working with the Enneagram Types: The Head Center

Helen Palmer

Using the Enneagram model of nine personality types as the solder between psychological and spiritual life, this workshop focuses on the mental center of visualization and knowing.

The format involves practices of awareness, discrimination, and object unification that support visual intuition. Panel interviews with the Enneagram types will explore the interface between personality and the perception of higher knowing as it occurs for different types of people.

We all benefit from deepening intuition as a source of guidance and direction, but the Enneatypes whose personal survival strategy depends on fear-driven imagination gain greatly by learning to discriminate between their own projections and authentic inner knowing.

This is the third seminar in the Esalen series "Working with the Enneagram Types." Each section focuses on the psychological and spiritual work of the body, heart, or mind that specifically benefits different types of people. "The Head Center" workshop can be taken as an independent seminar or as part of the series.

For additional information see Special Programs, page 64.

C.E. credit is available for nurses; see page 67.
$795

What is Cronedom?
A Workshop for Women

Marion Woodman & Ann Skinner

Marion Woodman writes: "In this workshop we will explore the gradual initiation into the most mature aspects of femininity. What is the relationship between body and soul when the body is aging or physically ill? What is the relationship between spirit and soul? What is love forged in fire? What are the dualities that are, in fact, paradoxes? What does accepting our own humanity mean? How do we release creative energy in this phase?"

Please come prepared to do some simple bodywork combined with voice work. This workshop will be of most value to women over fifty.

Recommended reading: Woodman & Dickson, *Dancing in the Flames.* $795

Weekend of March 21–23

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 17-19.
$425

Improvisational Being

Nina Wise

This workshop is designed to give you the physical and spiritual tools to translate your inner life into theater. Everyone has a story to tell, and stories reside as much in the body as in the mind. So you'll begin by moving from your center, giving voice and physicality to your private characters and realities. The environment will be safe and supportive. The result can be the remarkable satisfaction of unbounded self-expression.

The sessions will include relaxation, meditation, movement, singing, storytelling, and theater games. Expect to surprise yourself, to become more playful and at ease before an audience, and to leave with an enhanced sense of well-being in both your personal and creative life. $425

Care of the Self: Enhancing Wellness

Stuart Twemlow & Ron Alexander

The leaders write: "We often work with helping professionals, executives, and others with high demands for performance within their practices, organizations, or businesses. We see many health care professionals and businessmen and women who have neglected their own personal and professional health and have ended up experiencing burnout and exhaustion, derailed careers, and damaged marriages and relationships.

"Over the past twenty-five years we have developed a holistic program for enhancing wellness for such people. We will present a comprehensive lifestyle reorganization plan with concepts taken from Buddhist and Western psychology. This will include: 1) a detailed examination of thinking processes, assumptions, values, and goals; and 2) instruction in the application of principles of martial and meditative arts to strengthen body, mind, and spirit and make the person whole again."

This training experience will utilize practices derived from Zen, martial arts, psychoanalytic object relations, and Gestalt therapy. Sessions will include process work, deep music, meditation, physical repatterning exercises, and dialogue using challenging questions.

This workshop is designed to provide participants with deeper self-awareness, an increased capacity for self-reflection, as well as meditative and martial arts exercises—an integrated wellness program for body, mind, and spirit.

Recommended reading: Polster & Polster, *Gestalt Therapy Integrated*; Beck, *Everyday Zen*; Ogden, *The Matrix of the Mind.*

C.E. credit is available for nurses; see page 67.
C.E. credit is available for psychologists; see page 68. $425

Long-Term Love: Sustaining Intimacy and Passion

Mark Gerzon & Shelley Kessler

What enables love to last? What fosters lasting love in which both partners can grow and flourish? What allows a marriage to reach the harvest in which two whole individuals meet each other with a greater capacity for passion and true surrender?

Grounded in these questions, this workshop explores the many facets of long-term intimate relationships. Based on their marriage of twenty-three years and the research for their forthcoming book, *Man, Woman, Earth: Reclaiming Spirit and Wildness in Intimate Relationship*, Mark Gerzon and Shelley Kessler have designed this workshop for both individuals and couples who are seeking to develop the awareness that makes enduring intimacy and passion possible. Facets of intimacy to be explored include: the alchemy of falling in love, the building of a strong "container," living with the shadow, and the ever changing balance of autonomy and surrender.

Participants will be invited to share their own stories. Tools will include role-playing, council, visualization, sensory awakening, and a storytelling process called LifeLine. $425

March 23–April 4

Emotional Healing: From Codependence to Aliveness

Terry Hunt & Janet Green Garrison

For workshop description see Special Programs, page 64.

C.E. credit is available for nurses; see page 67. $1940

Week of March 23–28

Awakening the Body: A Body-Centered Intensive

Carolyn Braddock & Christian Hendricks

This workshop is designed for bodyworkers, medical professionals, psychotherapists, and all those interested in learning specific body-centered intervention techniques and healing. The work will be primarily experiential, with hands-on practice, extensive video analysis, and case studies.

The focus will be on awakening the body from post-traumatic stress (sexual and emotional trauma, surgeries, loss of limbs or body function, life-threatening illnesses, family or relationship trauma, and others). The body remembers because the body is the scene of the crime. This memory is expressed directly through body voices: how a person breathes, speaks, and moves. Listening to and identifying these body voices can facilitate healing. Special attention will be given to:

- Exploring body resistance and readiness
- Using new movement patterns and addressing the emotional component
- Increasing the ability to "see" bodies more deeply
- Direct bodywork and the element of play
- Addressing the spiritual dimension
- Understanding victimization
- Strategies which do not revictimize the survivor
- Listening to one's own body wisdom and moving from one's core

Please note: This workshop is applicable for Braddock Body Process® certification hours.

Recommended reading: Braddock: *Body Voices: Using the Power of Breath, Sound, and Movement to Heal and Create New Boundaries*; Braddock & Hendricks, *The Awakened Body: Simple Exercises for Achieving Body Awareness and Emotional Power* (available winter, 1997).

C.E. is available for nurses; see page 67. $795

True Stories: Autobiographic Storytelling

Spalding Gray

All human beings have at least one good story in them. The aim of this workshop is to create a safe, supportive space to give birth to that story. Each member of the workshop will be asked to function as storyteller, audience, and critic. When not telling, members will be asked to listen and respond.

Participants should bring a tape recorder to record their own work.

This workshop is limited to 13 people who will be chosen on the basis of personal letters sent to Spalding Gray, c/o Esalen (please include your phone number). The letters should explain why you feel it is important for you to take this workshop. Please send no fees until you have been notified by mail of your acceptance. All letters should be sent to Spalding Gray Workshop, c/o Esalen, Big Sur, CA 93920, and must be received by January 17, 1997. Participants will be notified of their acceptance by February 17. $795

In Pursuit of Radiant Metaphors: A Mythological Toolbox (5th Edition, Revised)

Robert Walter & The Joseph Campbell Foundation

> *Nature is at once without and within us. Art is the mirror at the interface. So too is ritual; so also is myth. All these "bring out the grand lines of nature," and in doing so, reestablish us in our own deep truth, which is at one with that of all being.*
>
> — Joseph Campbell, *The Inner Reaches of Outer Space*

Continuing a tradition begun three decades ago by master mythologist Joseph Campbell, his friends gather each spring at Esalen to explore the mythic dimension. Each year different "tools" are employed in the quest to envision and embody the myths we live by.

Seeking "butterfly metamorphosis," this year's point of departure is a remark by Aquinas, frequently quoted by Campbell: "Three things are needed for beauty: wholeness, harmony, and radiance."

Coordinator Bob Walter, the Foundation's executive director, writes: "This workshop is a week of deep play, sort of summer camp for the soul. There will be dance and discussion, games and song, music and art. We'll tell tales of the timely and timeless, watch films, and riddle dreams. Individual, small-group, and collective activities will provide opportunities for both reflection and expression."

Friends and colleagues of Campbell will join the festivities, including word-weaver and song-spinner Rebecca Armstrong, Tai Ji dancer Chungliang Al Huang, and Caldecott award-winning author and artist Gerald McDermott.

For suggested readings and further information, contact the Joseph Campbell Foundation at 800-330-MYTH. $795

Weekend of March 28–30

Essential Tai Ji: Body-Mind-Spirit in Action

Chungliang Al Huang

Tai Ji is a philosophy of life, a living Tao, and an effective tool for self-cultivation that promotes health, wealth, and spiritual well-being. Chungliang Al Huang will combine structure, discipline, and creative exploration for beginners and longtime practitioners in this weekend of joyful movement meditation.

Recommended reading and viewing: Huang, *Embrace Tiger, Return to Mountain* and *Quantum Soup*; Huang & Watts, *Tao: The Watercourse Way*; Huang & Lynch, *Thinking Body, Dancing Mind* and *Mentoring: The Tao of Giving and Receiving Wisdom*; Living Tao Videos (217-337-6113). $425

Weekend Massage Intensive

Deborah Anne Medow & Carl Chase (C.C.)

Participants will be instructed in basic methods for giving a pleasurable and beneficial full-body massage. Fundamental elements of bodywork, such as breath awareness, grounding, movement, quality of touch, and stress reduction, will be introduced. The workshop is open to beginners as well as those who wish to brush up on their massage skills.

C.E. credit is available for nurses; see page 67.
$425

A Celebration of the Body: A Self-Empowerment Weekend

Carolyn Braddock & Christian Hendricks

> *People usually consider walking on water or in thin air a miracle. But I think the real miracle is not to walk either on water or in thin air, but to walk on the earth.*
>
> —Thich Nhat Hanh

This workshop is designed to facilitate the integration of body, mind, and spirit into a healing journey. The material presented and practiced is designed for daily use—at home, at work, in relationship—and is particularly valuable for survivors of trauma (sexual and emotional trauma, physical illnesses, surgeries, body image issues, loss, and accidents).

The workshop will utilize breath, sound, and selected centering and gentle martial arts practices to assist participants in expressing their voice—the source of their power—while encouraging release through movement. The martial arts practices encourage flexibility and body awareness, and help to stay centered, release areas of tension, and move through difficult feelings with more confidence and ease. Participants will be shown how to move out of the way when in conflict, enhance creativity, and use more voice—verbal and nonverbal—in relationships.

The workshop will be presented through experiential exercises and group process, using bodywork, play, the natural environment, humor, and video analysis. There will also be situational role-playing to learn how this process can be effective.

Recommended reading: Braddock, *Body Voices: Using the Power of Breath, Sound, and Movement to Heal and Create New Boundaries*; Braddock & Hendricks, *The Awakened Body: Simple Exercises for Achieving Body Awareness and Emotional Power* (available winter, 1997).

C.E. credit is available for nurses; see page 67.
$425

Week of March 30–April 4

Reweaving the Web: Intimate Encounters of an Unknown Kind—A Workshop for Couples

Paul Lounsbury & Nancy Winston

As we navigate the politics of our intimate relationships, the stories we construct reflexively pattern our ways of relating—as much as our ways of relating pattern the ways we construct our stories. As couples we live in brilliant co-conspiracies, magically producing endless variations of a finely tuned and well choreographed pattern. But even though the webwork woven in this pattern connects us, both to ourselves and to each other, its borders constrain the quality of our experience.

"What," asks Gregory Bateson, "connects a story its parts?" His answer he calls *Mind*, not the conscious mind, but a sacred source of creativity—the pattern that connects. This workshop is designed to stir you to ponder the heights of your imagination and plumb the depths of your curiosity to investigate truly novel connections. It will enlist you in an unusual conversation hypnotically designed to "tweak," "stimulate," and "tranceform" what had been a "well known story" into the unfolding of a new pattern of relating.

You can expect to: evolve greater variety in your ways of connecting, create space in your relationship for both partners to express more of who they are, generate new choices at old trigger points, increase emotional resilience and malleability, and establish more effective coordinations for solving problems and fulfilling your needs.

Working in the tradition of Milton Erickson, the workshop will employ both formal and informal trance work and utilize "group-as-a-whole" dynamics.

Prerequisites: Humor, a willingness to fully participate in the group, and an openness for learning something new in a way you haven't yet learned to learn it. $795

Pilobolus Technique

Jonathan Wolken

Since its first appearance, Pilobolus Dance Theatre has been a pioneer in American contemporary dance, creating its own unique method of choreography. This workshop is based on Pilobolus's evolving understanding of technique as a creative collaborative process. Dance is approached not as an inflexible physical regime but as an expressive medium for people of all ages, backgrounds, and levels of experience.

Taught by Pilobolus founder Jonathan Wolken, this workshop focuses on the choreographic process that makes movement a powerful means of expression. The workshop will be an exploration into the lively mixture of form and flow, abstraction and theatricality, strength, force, and balance that are at work in the realm of dance.

Participants will experience a wide variety of movement through improvisation and will choreograph a number of short dances. This will be an opportunity to indulge in the incredible panorama of human motion.

Extensive dance training is not necessary, although a reasonable degree of fitness is advised. Participants should be willing to be physically energetic and enthusiastic. $795

The Road Best Traveled: Reinspiring Life Purpose and Direction

Mel Kimura-Bucholtz

"The road best traveled," writes Mel Kimura-Bucholtz, "is the one that reflects the best of us. This seminar is a way station, where we meet to look at how we have come the distance up until now, and how we've brought our natural sensibilities into life along the way. We hold these questions up to ourselves: What are my truest, simplest feelings of vitality, joy, beauty, and awe? How can I live reflecting these qualities?

"We start by discovering our own *stillness*, the lens of attention used to focus on our life. From here we engage the tool *recognition*, using it to grasp the vital and imaginative experiences of our lives. Then we begin to practice *crafting*, forging our own style of expression to take hold of our inner discoveries and carry them into life-affirming action.

"In this way we can start to fulfill the twin mandates of life: first, creativity is the ultimate act of personal responsibility; and second, authentic expression is *being* community, not just maintaining relationships but actually being related. This leads to the practice of feeling centered—rather than being self-centered—a feeling of meeting the aliveness of others while creating vibrant, imaginative realities from within ourselves.

"The road best traveled is grounded in recognizing and crafting the best of us into living expression. Rediscovering our basic way of doing this creates the way ahead." $795

Sports Massage: Keeping the Players Playing

Sherry Sanders Galloway & John Harris

This sports massage workshop is about maintaining athletic conditioning. The focus will be on body mechanics and simple techniques for keeping muscles toned, stretched, and ready for any physical activity. Specific injury treatments, such as trigger point therapy and cross-friction technique, will be demonstrated. There will be simple anatomy instruction and a presentation of methods that can be used regardless of location or supplies on hand. Each session will combine a brief lecture with a step-by-step demonstration, followed by extensive hands-on practice. There will be one-to-one assistance available and individual concerns will be addressed. The objective is two-fold: 1) to become familiar with the tissue that lies beneath the skin: how it works, how it moves, how to prevent injury to it, how to heal it; and 2) to keep both the provider and the receiver of this work comfortable and fit, both physically and emotionally—in short, to "keep the players playing."

Please wear loose and comfortable clothing.

C.E. credit is available for nurses; see page 67. $795

Ceramic Insights

Embree De Persiis

Clay as a medium of expression offers a wide variety of intrinsic gifts. Its textures, colors, malleability, sensuousness, and ancient resonances allow for infinite creative possibilities. In working with clay, as inner vision assumes outer form, unexpected insights can emerge. And the allure of shape and allusion are ever present.

The workshop will begin with the exercise of pinching balls of clay into simple forms. This basic act is a centering experience which provides a familiarity with process that can then be expanded into each participant's individual direction. Coiling, sculpting, and burnishing are all available as methods of giving form to personal vision.

The seminar will culminate in a pit-firing on the Esalen cliffside. There, flame, smoke, seaweed, copper, and salt will imprint their random magic on our works.

All levels of ceramic experience are welcome.

Recommended (but not required!) reading: Berensohn, *Finding One's Way with Clay*; Needleman, *The Work of Craft*. $795

Weekend of April 4–6

Appreciating Imagination

Terence McKenna

Author and explorer, shamanologist and philosopher, Terence McKenna brings a unique perspective to the idea of a spiritual path for each of us and an impending transformation of the human world that will involve everyone.

Terence writes: "Come help examine human attitudes toward the Other and discuss Time and its mysteries, the nature of language, and the techniques of ecstasy that have developed in non-Western societies to navigate to and from invisible worlds. The role of hallucinogenic plants will be explored—their role in shamanism, and their impact on the general evolution of human cultures and social forms. We will discuss making reasonable choices concerning spiritual development and techniques, survey the rich historical foundations of modern spirituality, and investigate the roles that we may each play in the proper unfolding of the post-historical future. This is a think-along experience for those who have grown weary of the lack of sophistic water in the desert of transcendental yearnings." $425

Re-Solving Your Past, Remembering Who You Are: A Gestalt Process Workshop

Julian Silverman

To become a whole person, one must, to quote Fritz Perls in his autobiography, "center one's existence."

Centering one's existence means orienting in time and space. The methods for centering in time and centering in space are different and complementary. Centering one's existence has two major obstacles: one's unresolved past and one's faulty self-remembrance.

Centering oneself in space is a geometric process for achieving physical and psychological balance. Centering oneself in time is a psychological process for *dis-solving* obstacles which interfere with accomplishing your life goals.

This workshop offers a way of projecting order onto the world which neutralizes the compelling influence of "how things appear to be." It is about rediscovering love and integrating the rediscovery into our lives in a more meaningful way.

C.E. credit is available for nurses; see page 67.

$425

Energy Kinesiology: Awakening to Abundant Energy

Donna Eden

"Each of us is a swirling universe of energy that gives life to every cell of the body, animating health and determining our state of mind," writes Donna Eden. "The human body is designed to heal itself. The body talks with symptoms instead of words. We can talk back in the language of energies: the meridians, chakras, and the life force. We are designed to feel good. You can discover how to bring energy into an exhausted body, empower your immune system, and be more alive, healthy, and exuberant."

This is a hands-on workshop. Through muscle testing and other simple demonstrations, participants will be shown how to test for energy blockages and dysfunctions, and how to move energy in themselves and others. There will be energy exercises to improve the harmony of all the body's systems and help alleviate pain and stress.

This is a workshop for all those interested in awakening their body's sensitivity and learning to heal with energy.

C.E. credit is available for nurses; see page 67.

$425

Enchanting the Joker: An Introduction to Self-Hypnosis

Paul Lounsbury & Nancy Winston

Hypnosis is not magic but it is extraordinarily effective for gaining access to a surprising array of capacities outside our normal range of conscious functioning.

Learning to use self-hypnosis effectively takes practice and hard work, but the payoffs for those who decide to really learn to use it can be enormously rewarding. The abundant payoffs grow from developing an ever deeper appreciation for, reliance in, and rapport with what we call, for convenience's sake, the "unconscious mind." This translates into authentic creative communication and coordination with our total functioning.

Specific uses include: clarifying, contacting, and coordinating inner desires and motivations; enhanced learning and concentration skills; developing inner controls for influencing forms of perception (e.g., pain perception, pleasure perception, time perception, color perception); controls for effecting attitudes and behaviors (emotional states, states of relaxation, memory states, performance states, as well as behaviors including numerous forms of creative problem-solving).

Using a hypnotic orientation in the tradition of Milton Erickson, this workshop will introduce you to basic principles, skills, and techniques of self-hypnosis. The workshop will entail instruction, formal and informal trance induction by the leaders, and structured experiments. Please bring a hand mirror big enough to reflect your face. $425

For Women Only: Toward a Sacred Sexuality

Lenore Lefer

Lenore Lefer writes: "This workshop addresses the question: How can we as women move towards integrating our sexual lives with our spiritual nature? We live in a culture that has traditionally separated these two aspects of our selves, both of which are essential to living rich and full lives. The separation of the sacred from the sexual has caused many women to feel compartmentalized and less than whole. Having consciously or unconsciously made this choice, we are left longing for our exiled half.

"Some of the themes to be covered in this workshop include:

- The enhancement of our relationship to our bodies
- The broad diversity of the Feminine, and the goddesses that represent this energy
- The journey from shame to divine pride
- The changing nature of our sexuality as we mature
- Recognition, development, acceptance and comfort with both our sexual and mystical aspects

"In this weekend we will explore, as well, our beliefs and attitudes, both sexual and spiritual, that limit and enhance our creativity, power, and self-expression. We will use yoga, guided imagery, humor, group process, writing, and meditation to explore the full potency and mystery of the bawdy, sexual, wise, abundant, profound, deep Feminine wisdom."

$425

Week of April 6–11

Integral Transformative Practice

Michael Murphy & George Leonard

Early in 1992, Michael Murphy and George Leonard began an experiment in what was to stand as a culmination of their lifetime work:

a long-term program for realizing the potential of body, mind, heart, and soul. This program, Integral Transformative Practice (ITP), is designed not for monastics but for people with busy lives, and is described in Murphy and Leonard's latest book, *The Life We Are Given.*

This five-day workshop welcomes people who would like to begin their practice of ITP along with those who are already practicing and wish to deepen their work and share ideas with fellow practitioners. You will have a chance to learn a forty-minute *kata* series that includes physical movement, breathing practice, relaxation, transformative imaging, and meditation. You will practice balancing and centering, the use of *ki* or *chi*, focused surrender, and the creation of effective affirmations leading to increased vitality and good health. There will be discussions on the principles of mastery, the remarkable efficacy of long-term practice, and the mental/material interface. Especially useful to ITP practitioners will be a deeper understanding of the historical/theoretical foundations of Integral Transformative Practice.

This workshop involves physical movement but is not strenuous. All that's needed is a generous heart and a willingness to participate.

Recommended reading: Leonard & Murphy, *The Life We Are Given*; Leonard, *Mastery*; Murphy, *The Future of the Body*. $795

Making Crucial Life Choices and Major Life Changes

Michael Broder

Achieving fulfillment is a lifelong process which involves both recognizing and making many choices along the way. Taking the risks that make major life changes possible is the essence of the personal growth experience. Relationship transitions, career changes, and new lifestyle options all challenge us to choose between our comfort zones and new levels of fulfillment.

Using visualizations and meditation practices, as well as both group process and individual work, this workshop will present each participant with the opportunity to identify the next major step along his or her path along with the obstacles to getting there. Then participants will be encouraged to explore the risks that need to be taken to overcome potential blocks to change. This workshop is especially recommended for those who recognize themselves as living in a *comfortable state of discomfort* with respect to one or more important aspects of life; for anyone in the process of transition; and for those who can use some sharpening of their risk-taking skills.

C.E. credit is available for nurses; see page 67. C.E. credit is available for psychologists; see page 68. This workshop is approved by the American Psychological Association for 26 Category I C.E.U.s for psychologists. $795

What to Do When the World Ends: A Workshop on A Course in Miracles

Julian & Cynthia Silverman

> *All that went before was a mistake, a fumbling preparation for birth.*
> — Thomas Merton

> *He not busy being born is busy dying.*
> — Bob Dylan

"This is not a workshop about survival," write the Silvermans. "*Forget it.* It's a workshop for the 'insightful' who realize that it really *is* hopeless. It's about how to change your mind. It's about how to change your way of looking at things so that eternity replaces time. It's about how to respond at the end of the world *you think is real*. . . and feel good about it.

"It's about *giving up* without despair. It's about *for*-giving. It's about laughter."

Required reading: *A Course in Miracles.*

C.E. credit is available for nurses; see page 67. $795

Creative Cooking at the Big House

Robin Burnside

> *As the common diet moves further from the soil, so too society becomes more dislocated and diffused.*
> — Socrates

The kitchen can be a place of alchemical transformation, from carefully gathering the finest ingredients to creatively blending them together to imaginatively presenting them. In this workshop, participants will meet at the beautiful Big House Kitchen to spend a week harvesting, cooking, and eating extraordinary dishes created from the best of Esalen's garden and farm, Big Sur's bountiful forests and sea, and local farmers and ranchers.

The workshop will explore the many ways to combine basic ingredients, using simple preparations to create exciting, nutritious, tasty, and comforting meals. Recipes will be shared, along with techniques to expand beyond them and create "your own way" with the food.

There will be outings to forage for ingredients from their "native homes" (bring some good walking shoes), a muffin-making jamboree in the Lodge Kitchen (baking for 250 people), and time together at the baths with a special closing ceremony.

All in all, a satisfying meal of a workshop. $795

Weekend of April 11–13

Buddhism and Shamanism

Joan Halifax

This retreat is an exploration of compassion in action through the wisdom traditions of Buddhism and shamanism. In many tribal cultures, it is the shaman who practices the craft of compassion. This healer-ecologist can be brought to the shaman's role through a "sacred catastrophe," an experience of suffering and redemption turning the individual toward compassion. Exploring the shaman's crisis as a potential gateway to compassion, this workshop will look at how the shaman serves the extended community of nature and culture.

In Buddhism, through the practice of kindness and awareness, every moment is seen as a vehicle for awakening. That is why we can use our everyday lives as a way to practice mindfulness and to help others. Engaged Buddhism is a way of practice and service that is opening spiritual practice for many non-Buddhist individuals. This weekend workshop will include meditation practices, council process, and ceremony. $425

Intermediate Yoga: Deepening Practice

Deborah Anne Medow

"Yoga is a multidimensional awareness practice," writes Deborah Medow. "By paying attention to yourself through body, mind, and breath, you can develop more physical aliveness, mental clarity, emotional openness, and a more peaceful and joyful spirit.

"This intermediate-level yoga weekend will focus on breathing exercises (purifications) and asanas (yoga postures), as well as some yogic philosophy and theory. The approach: Instead of pushing into or 'going for' the stretch, you will be encouraged to move slowly through an asana, staying at first within your comfort zone and giving yourself time to experience everything you are feeling in your muscles, tendons, and bones—not pushing, just being and breathing. By allowing yourself to fully experience where you are—right now,

in the posture, in your mind, in the present moment—you will be amazed at how much further into the stretch your body can then naturally extend—playing at your edge—with *no pressure* from your mind or strain through your body."

This is a workshop for all those wishing to get more from their current yoga practice. $425

Writing About Our Lives: A Workshop for Women

Ellen Bass

"The philosophy behind this workshop," writes Ellen Bass, "is best expressed by Martha Graham, who said, 'There is a vitality, a life force, an energy, a quickening that is translated through you into action. And because there is only one of you in all time, this expression is unique. And if you block it, it will never exist through any other medium, and be lost. The world will not have it. It is not your business to determine how good it is, nor how valuable, nor how it compares with other expressions. It is your business to keep it yours clearly and directly, to keep the channel open.'

"This workshop will help keep the channels open. It will be a supportive place to share our lives and work, our voice, our creativity. There will be a lot of time for writing, as well as time for sharing and feedback. From beginners to experienced, all women writers are welcomed. Whether you are interested in poetry, fiction, nonfiction, or journal writing, this workshop is an opportunity to become clearer, go deeper, express your feelings and ideas more powerfully."

Note: Although Ellen Bass is known for her work with survivors of childhood sexual abuse, the focus of this workshop will not be on healing from trauma. It is a creative writing workshop in which women are free to write on any subject they choose. $425

The Subtle Self

Judy Blackstone

All spiritual traditions refer to an essential dimension of existence, calling it unity consciousness, emptiness, universal consciousness, and many other names. This dimension is not an abstract concept. It is the core of our own true nature and can be experienced by anyone who is willing to approach it with patience and openness. Unity consciousness is experienced as clear, mirror-like space, pervading our body and our environment, transcending the duality of self and object. It is deeper than the physical and energetic levels of our being and beyond our psychological defenses, projections, images, and archetypes. Subtle Self Work is a precise method of attuning to the clear space of unity consciousness.

In this workshop participants will explore how to: relate to others in this clear space, commune with nature, experience and live in the inner depths of the body, and integrate the body, authentic self, and unity consciousness. Group members will use the Subtle Self Work attunement exercises, daily sitting meditation, and sound, breath, and movement exercises to stimulate the channels in the vertical core of the body and expand the sense of unity consciousness. In this essential dimension of ourselves, we can find the source of our love, clarity, vitality, and peace.

Recommended reading: Blackstone, *The Subtle Self.* $425

Caring, Respect, and Inspiration: Resolving Ethical Conflict

Bill Puka

Our thorniest values-based dilemmas and ethical conflicts with others have clear-cut solutions. This is true at work, in broad social contexts, or in intimate relationships. But resolutions to conflicts are not singular endpoints reached by obsessing about them. They are step-by-step processes by which we show others and ourselves sensitive respect and caring—in little ways, all along the way.

Using the explicit conflict-resolution methods of Gandhi, King, and Mother Teresa, as well as research findings in cognitive development, this workshop will address personal/career issues brought to the group by participants. The workshop will also offer practical ways to evolve more admirable outlooks and traits, thereby enhancing our habitual ways of thinking, perceiving, feeling, and relating even when we are "running on empty" or in turmoil inside. Inspiration will be drawn from videos and profiles of "ethical superstars" (see above) and "everyday heroes" in our midst. $425

Week of April 13–18

The Way of Wilderness

Steven Harper

> *You didn't come into this world. You came out of it, like a wave from the ocean. You are not a stranger here.*
>
> — Alan Watts

Ever since the supposed "primordial soup," nature has been our teacher. We were born of this earth and throughout recorded time people have turned to wilderness to awaken and become whole again.

With wild nature as the primary teacher, participants will explore the ways of wilderness, discovering as "civilized" twentieth-century humans what it means to walk this ancient path that uncovers our relationship to nature and to ourselves. Charles Darwin wrote, "From so simple a beginning endless forms most beautiful and most wonderful have been, and are being evolved." Perhaps through direct experience of nature we can continue this "most beautiful and most wonderful" evolution consciously—as nature aware of itself.

This workshop will include movement awareness exercises, meditation, and extended day-hikes (3-10 miles long) into the Big Sur backcountry. Most sessions will be outdoors, with a return to Esalen each evening. Special attention will be given to incorporating into everyday life what is learned from the wilds.

Previous wilderness experience is not necessary, although participants should be prepared for some vigorous physical activity.

Recommended reading: Harper, "The Way of Wilderness" from *Ecopsychology* (edited by Roszak, et al.). $795

The Path of Transformation through Meditation

Daniel Brown

Meditation is not just a means to sit quietly. Its purpose is to gain fundamental insight into self, reality, and time. This workshop is designed both for beginners wishing to establish a solid foundation in meditation and for experienced meditators wishing to refine their practice. Participants will explore how the path of meditation unfolds from the very beginnings of practice to the stages of enlightenment.

The workshop will be practice-oriented, presenting a wide range of meditations in order to determine the best match for each individual. It will stress the fundamentals of both concentration and awareness styles of meditation. Emphasis will be on establishing a sound basis in posture and mental stabilization. A form of standard insight meditation will be taught, as well as some of the more subtle "quick path" instructions, such as meditating on the movements of the mind and "awareness of awareness" meditations. Specialized meditations for transforming bodily states, affect, and thought will also be presented.

Daniel Brown draws upon twenty-five years of meditation practice in various Eastern traditions, ten years of translating meditation texts from Sanskrit and Tibetan, and ten years of scientific research on meditative states.

C.E. credit is available for nurses; see page 67.
$795

Healing Our Hearts

Julie Bowden & Richard Balaban

This workshop will be a journey into the tender part of the self that carries childhood trauma. Feeling and integrating the pain and gifts of our past allows us to live more fully in relationship with ourselves and others, and helps us to acknowledge and nurture our inner voice. Using guided imagery, music, metaphor, and dialogue with the historical child, this work is about melting the frozen tears and befriending the child within. Gaining compassion for the self and experiencing a supportive community are also a part of this work.

To help create an atmosphere of safety, care, and respect for core issues to emerge, participants are asked to forgo alcohol and other mood-altering, nonprescription drugs for these five days.

If you long to live beyond your past, discover your untapped strengths, and enhance your relationships, this workshop is designed for you.

C.E. credit is available for nurses; see page 67.
$795

Compassionate Action: Real Work, Good Work

Joan Halifax & Jitsudo Ancheta-Sensei

Bodhicitta is a Buddhist term that describes the experience of longing that has been transformed to joy through our commitment to and practice of helping others. It is a heart that is truly awakened. Although Buddhism uses the experience of retreat to deepen our kindness and open our awareness, it is understood that every moment is a vehicle for our awakening. That is why we use our everyday lives as a way to practice mindfulness. "Real work, good work" is work that we do to help other beings. This kind of work, however, is seen as an opportunity to practice mindfulness.

This workshop will look at compassionate action as meditation practice. It will explore the essential teachings of the Buddha and how they apply to our everyday lives. Participants will engage in various forms of meditation practice, discussion, and interviews with the teachers. The workshop will also explore the value of contemplative work with the environment, youth at risk, and dying people. $795

The Art and Dance of Transformation

Joanne Segel & Linda Jacobson

Transformational art and movement are creative processes that can be tools for self-development, spiritual growth, and understanding. Opening up to our creativity, we receive more life energy. Art is a natural process of being human: This workshop is designed to show you not that the artist is unique but that each person is a unique artist.

During this week the stages of life will be explored, beginning with the first instant of cellular consciousness. Drums and dreams, drawing and painting, writing and ritual will be woven together to inspire and ignite you. Participants will take active dream journeys to enter the imaginal realm where inner healing takes place, tapping the wellspring of imagination and creativity in a nonjudgmental, nurturing environment.

Art and movement are vessels that hold enormous power for transformation. By connecting with our creative, instinctual natures, we inform our souls.

All levels are welcome—no prior art or movement experience is necessary. $795

Weekend of April 18–20

Movement for Life— The Feldenkrais Method®

Anat Baniel

> *Our only limitation is our belief that it is so.*
> — Moshe Feldenkrais

Do you remember a moment in your life when you moved fluidly, effortlessly, exquisitely, and pleasurably? Can you recall the sense of well-being and unlimited possibility that infused that moment?

Movement is so intrinsic to life that we take it for granted. We come to accept our limitations as natural and inevitable, largely unaware that the way we carry ourselves is a result of our belief systems, our feelings about ourselves, and what happened to us as we grew and evolved. The way we move then continues to shape our view of ourselves and our possibilities in the world.

Fortunately, the human brain has the capacity throughout life to form new patterns of movement, feeling, thought, and action with speed and efficiency. Given the necessary sensory, mental, and emotional information, habitual movement patterns can be replaced with easier, better organized ones. New possibilities open up: hence, greater spontaneity and freedom of choice. This can happen regardless of your level of skill, fitness, or degree of limitation.

In this workshop, through a variety of gentle, safe Awareness Through Movement® lessons, you'll use your feelings, thoughts, and awareness to acquire more pleasurable and more efficient ways to move. You'll have the opportunity to experience greater flexibility, spontaneity, and the joy that comes with being the master of your own body.

C.E. credit is available for nurses; see page 67.
$425

The Art of Leadership: Communication, Creativity, Vision

Ron Alexander

> *In the beginner's mind there are many possibilities*
> *While in the expert's mind there are few.*
> — SUZUKI

This workshop is for individuals who are interested in exploring an intensive experiential process for becoming more effective leaders in both their personal and professional life settings. It is appropriate for entrepreneurs, executives, managers, and others committed to improving their communication and leadership skills, and especially intended for those open to doing deep personal work with a commitment to transform the self and thereby become more effective and productive in their leadership style. The major areas of focus will be: resolving conflict, developing trust with those who feel threatened, addressing blind spots in self-esteem, healing blocks in creativity, and building support for transforming vision into reality.

The workshop is primarily experiential and will include gestalt open seat work, sharing feedback on leadership and communication styles, improving coaching skills, developing the unconscious to creatively solve problems, and role-playing and problem-solving exercises for real-life work situations.

Recommended reading: Depree, *Leadership is an Art*; Wing, *The Tao of Power*; Crum, *The Magic of Conflict*.

C.E. credit is available for nurses; see page 67.
C.E. credit for psychologists is pending.
$425

A Workshop for Couples

Daniel Brown & Marushka Glissen

This is a workshop for couples who want to improve their communication skills and increase their understanding of each other. It will teach ways to resolve conflict and practical methods for becoming both self-assertive and self-transcending in a partnership. Some of the work will address how family of origin and past conditioning contribute to the bonding as well as to the conflicts. Time will also be devoted to learning how to find satisfaction, mutual support, relaxation, solitude, and play in day-to-day living as partners. The overall emphasis will be on helping couples to discover the wider purpose of being together through a sharing of values, love, and, perhaps, a spiritual vision. $425

The Metaphor of the Blind Spot

Heinz Von Foerster

Heinz Von Foerster writes: "At the place where the optic nerve leaves the eyeball there are no sensors to register any visual stimulus. We are not aware of this blind spot. Our visual field appears seamless and complete: we do not see that we do not see.

"Socrates was supposed to have said: 'I know that I don't know; but many don't know even that.' While the first part is of knowing ('I know...'), the second part draws our attention to absolute ignorance: being ignorant of our own ignorance, an ignorance of the second order. It is this kind of ignorance that fascinates me, because I might be one of those to whom Socrates refers.

"We pride ourselves for understanding so much. We understand the macrocosm—we even let people walk on the moon. We understand the microcosm—we even use the power of atomic nuclei for unimaginable destruction or for unlimited supply of energy for our daily life. What we apparently do not understand is understanding itself. Do we have a blind spot in this respect?

"I shall use the metaphor of the blind spot as a guide to let us talk about a way of understanding understanding, learning, and knowing vis-à-vis in-principle undecidables, unanalyzables, and unknowables." $425

Drawing and Painting: A Weekend Intensive

Leigh Hyams

Leigh Hyams is an artist whose unorthodox teaching methods enable students to release their own creativity and to work fearlessly, exuberantly, sensitively, and imaginatively from the very first session. This workshop will employ a variety of art materials and techniques, working both indoors and outdoors, using models, dreams, music, memories, fantasy, synesthesia, and Esalen's natural landscape. Informal discussions and demonstrations will be an integral part of each session.

This workshop is designed for anyone interested in revitalizing his/her connection with art and the environment, as well as for those with no previous experience. The only prerequisites are curiosity about the creative process and a desire to see the world with fresh eyes.

Please note: This weekend workshop may be taken independently or as preparation for the April 20-25 Five-Day Intensive. $425

Week of April 20-25

Playing the Edge

David Schiffman

For workshop description see January 26-31.
$795

Drawing and Painting: A Five-Day Intensive

Leigh Hyams

This five-day intensive drawing and painting workshop is limited to those participants who have had at least one previous course with Leigh Hyams (the preceding April 18-20 weekend intensive qualifies). Emphasis will be on identifying and developing a personal voice in each individual's work while expanding experience in the creative use of materials and deepening understanding of art and its place in our lives. $795

The Upledger Institute's Visceral Manipulation I-A

Frank Lowen

Visceral Manipulation (VM) is a manual therapy that uses specifically placed pressure to encourage normal mobility, tone, and inherent tissue motion of the viscera (internal organs) and their connective tissues. The VM process is based on the concept that each of the internal organs rotates on a physiological axis. The VM techniques have the potential to affect the physiological function of individual organs, the systems they function within, and the structural integrity of the entire body.

"Visceral Manipulation I-A" is the first in the two-part introductory level of VM study. Participants in this class will be given the basic manual skills to locate, evaluate, and normalize primary areas of dysfunction within the abdominal cavity (with the exception of the deepest visceral layer). Class work focuses on the dynamics of motion and suspension and their effects on internal organs, membranes, and ligaments. Among the topics addressed will be mobility, motility, the relationships between subatmospheric pressure and visceral homeostasis, as well as the organs and structural or neuromuscular integrity.

Participants must have completed the Upledger Institute's CranioSacral I.

Please note: Registration for this workshop is done only through the Upledger Institute. Please call the Upledger Institute at 1-800-233-5880.

For more information see Special Programs, page 64.

Required reading: Barral, *Visceral Manipulation I*; Netter, *Netter's Atlas of Human Anatomy*.

C.E. credit is available for nurses; see page 67.
$795

Weekend of April 25–27

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 17-19.
$425

Massage Intensive for Couples

Peggy Horan & Dean Marson

For workshop description see March 7-9.
$425

Big Sur Bead Making

Noel Mapstead & Keiko Suga

The Big Sur coast is uniquely endowed with natural clays that have been decomposing from granite rock for millions of years. This workshop will be dedicated to the making of clay beads from local natural sources.

The group will explore the Big Sur coast to gather clays, make beads, and bake the beads in open-pit fires using cow dung and seaweed. Participants will be taught to identify natural clays, work and process clay, and fire with traditional and modern methods. Other activities will include bead stringing, hot clay mud baths, and a Native American sweat lodge.

The very act of pinching clay with our fingers marks us as human. The impulse to fashion the natural materials that we share with the beasts of the field is what distinguishes us from them. The workshop will develop from this simple ground. It will also examine the history of hand-crafted beads as money versus the dehumanizing value of money today.

Emphasis will be on creating objects to give to loved ones. No experience is necessary.
$425

'Tis a Gift to Be Simple

David Schiffman

This weekend is intended as an offering for people who would like to return to the simplicity of the values we treasure most. Its aim is to create a climate of mutual support and encouragement for exploring how to best cultivate the spirit of real generosity and faith in dealing with ourselves and others. This timely gift will embrace the following elements:

- Sanctuary—the opportunity to step away and pause, to create a mood of peace and personal clearing without haste or interruption
- The company of kindred spirits—a chance to be met with honesty, empathy, and wisdom in an atmosphere of soulful, clear-eyed support
- The emotional freedom to be—the right to let down and be sad, glad, or mad in order to clear the air and move on, making room in our hearts for new possibilities
- The right to feel free and alive in our bodies—the use of innovative ways of moving and touching in order to restore the vitality of feeling truly alive and physically at ease

The methods will be drawn from a wide variety of practices, both traditional and nontraditional, all aimed at restoring our gratitude and appreciation for being alive. $425

Week of April 27–May 2

Gestalt Practice

Christine Stewart Price

For workshop description see January 12-17.

C.E. credit is available for nurses; see page 67.
$795

Continuum

Emilie Conrad-Da'oud

This workshop explores the idea that movement is something we *are* rather than something we *do*, that what we call a "body" is actually a nonlinear creative event.

"Awareness of ourselves as movement begins with developing our sensitivity to our intrinsic world," writes Emilie Conrad Da'oud. "We do this by exploring the mobile diversity of our breath, by discovering how our sound permeates connective tissue, and most of all by experiencing fluidity as our biological origin—the undulating waves of life that brought us here in the first place.

"As we enliven ourselves from the inside, our dynamic expressions in the world increase. This oscillation from intrinsic to extrinsic, from cell to action, urges itself into new creative channels. Released from convention, our movement vocabulary can include textures and dynamics that are the expression of what is current and alive."

As a movement specialist at UCLA, Conrad-Da'oud has contributed to a study demonstrating that enhancing fluid movement is essential to mediating disease and aging. Her work is incorporated into the fields of alternative medicine, physical therapy, and physical fitness.

This workshop can give participants a deeper awareness of the body as a process where change, growth, and innovation are possible. No dance or movement experience is necessary.

C.E. credit is available for nurses; see page 67.
$795

Working with Wool

Noel Mapstead & Keiko Suga

Since ancient times wool has been a civilizing force in the lives of women and men. Through the ages it has been used as a tool for commerce as well as for comfort. In this workshop, you can discover, with your own hands, the unique properties of wool. These special traits will enable you to create wool felt and to learn to produce yarn using a technique known since the Stone Age and still in use throughout the world.

The workshop will start with gathering wool—either from sheep on site at Esalen or from a field trip to a nearby ranch. From there you will move on to cleaning and preparing the fleece for use. The experience of working with wool in this way is soothing and relaxing.

As part of the workshop, there will be a Native American sweat lodge and clay hot baths, where you will fashion clay beads to string on the yarn that you produce.

Emphasis will be on the fascination of the process, not the finished product. $795

Rational, Emotional, and Intuitive Decision Making

Yossi Yassour

How do you go about deciding to choose a job, a mate, or a place to live? What about deciding to get a divorce, have a baby, or resign from a job?

"Modern" people have been taught to despise their feelings and put all their faith in their brain when making decisions. On the other hand, uncontrolled emotions can be a major source of irrational behavior. The "optimal" mix of intuition, emotions, and rationality may cancel out the worst features of each and enhance the constructive energies of the others to provide us with a balanced presentation of reality and of ourselves.

This workshop will focus on the ways in which people make and should make decisions. Special attention will be given to decisions made under uncertainty, risk taking, the status quo trap, and the psychology of decision making.

The workshop will consist of exercises, meditations, discussions, and some theory sessions. In addition, games and questionnaires will be used in a humorous and safe setting.

C.E. credit is available for nurses; see page 67.
C.E. credit is available for psychologists; see page 68. $795

Face Reading: The Language of the Face

Lillian Lesefko Garnier

The face has a language all its own. When the clues of the face are translated, you can gain many insights into the emotions, personality, and character of an individual. Facial language is more specific than body language, and people cannot control what their face tells about them. Face reading can help you find a mate, choose good business associates, sell and negotiate better, and recognize who to trust—you can read people better and faster because you know what to look for.

Based on the principles of the Five Element System of Chinese medicine, this workshop combines ancient wisdom with modern psychological and medical practices. Participants will be taught to recognize the personality types from the facial features and to interpret the meanings of the facial map. From the expressions of the eyes to the markings on the face caused by life experience and held emotions, you can come to recognize the subtle yet profound messages of the face. The ability to read faces also provides diagnostic tools to assess both psychological and physical health. Not only can you learn to profile others, but ultimately you can uncover your own blockages and unmask your real self.

C.E. credit is available for nurses; see page 67.
$795

Weekend of May 2–4

Managing to Have Fun: The Power of Humor in Business

Matt Weinstein, Fran Solomon, Ritch Davidson & Terry Sand

Recent research clearly establishes that workers who are having fun on the job outproduce and feel better about themselves and their company than workers who are "satisfied" with their job but who are not having fun. In this experiential workshop, the senior staff members of Playfair Inc., an international management consulting organization, take a look at ways to restructure the corporate culture so that it supports laughter, play, and the "human" values in the workplace—and at the same time increases productivity, teamwork, and physical well-being.

Through games, exercises, and assorted activities, participants in this workshop will learn how to find more joy in their work lives and more playtime in their personal lives. Come prepared for some serious fun. $425

The Awakened Mind: Brainwave Training

Anna Wise

Inside each person lives a wealth of knowledge, capacities, and power rarely transmitted to the conscious mind. Brainwave training, combined with meditation and biofeedback monitoring, can help develop these deeper resources, allowing access to greater creativity, reduced stress, and a deeper awareness and understanding of the inner self.

After assessing the brainwave patterns of hundreds of unusually highly-functioning people, C. Maxwell Cade of London's Institute for Psychobiological Research began to see similarities in the patterns of optimal states of mind. Drawing upon Cade's work, Anna Wise has developed a training program to help access these optimal states.

Different methods of meditation, visualization, and psychophysiological relaxation affect our brainwaves in particular ways. So do specific acts such as tongue, eye, and body positions. In this workshop you will learn techniques for brainwave development of beta, alpha, theta, and delta, and begin to determine which methods of practice are best for your particular brainwave pattern. You will also address how you can use these optimum states for your own creativity, mental flexibility, self-healing, problem solving, and spiritual development.

The Mind Mirror EEG will be used to demonstrate brainwave patterns, and each participant will be able to use an Electrical Skin Resistance Meter to measure the depth of arousal or relaxation of the nervous system.

C.E. credit is available for nurses; see page 67.
$425

The Healing Power of the Dream

Joyce Frazee

Each night we dream
Each dream a work of art
Each work of art a healing

This seminar will reveal how simple approaches to the art and artfulness of dreams can reveal the healing power of the dream.

Joyce Frazee writes: "Most of us forget our dreams and so are unable to receive the gift of healing the dream has to offer. When we do remember we wonder, Who are these strangers and acquaintances, friends and lovers who come to visit us at night—often bizarrely different from their daytime roles? Who are these monsters and attackers?"

This weekend workshop will focus on techniques for remembering and working with dreams, including how to use dreamwork for therapeutic intervention and how to use dreams to uncover body memories. Storytelling, role-playing, drawing, dancing, meditation, and gestalt will also be used to learn how the dream itself—and the understanding of the dream—can be the healer.

C.E. credit is available for nurses; see page 67.
$425

Mindbody Rhythms

Angelina Spector

Mindbody Rhythms integrates the mind, the body, and the spirit through guided movement. More than just physical fitness, this workshop offers a workout that combines dance, martial arts, and fitness with emotional expression and meditative awareness.

Mindbody Rhythms offers beginners and experienced movers alike a synthesis of joyful movement that allows the body to move with efficiency and ease. Drawing on the work of Debbie and Carlos Rosas's NIA Technique, the Pilates-based Physicalmind Method, and European stretch therapies, participants will learn principles of alignment, movement, and muscle use that develop core body strength.

This workshop is comprised of a three-stage process. Each stage will include a ninety-minute Mindbody Rhythms workout and focus intensively on a specific aspect of movement. Participants will begin by finding the level of fitness that enables them to move at their optimum capacity. Then they will work through the feet for balance and grounding. The final section will focus on developing fluidity and strength with the head, chest, and pelvis.

Anyone, regardless of fitness level or movement experience, can benefit from this comprehensive movement practice. $425

Mothers and Daughters: An Exploration in Communication, Identity, and Self-Esteem

Bonnie Mark & Loren Judaken

> *All women become like their mothers. That is their tragedy. No man does. That's his.*
>
> — Oscar Wilde

"The lives of mothers and daughters are inextricably interwoven," writes Bonnie Mark. "This relationship has a profound influence on us both throughout the tapestry of our lives. The choices we make and the paths we take are deeply affected by the insight we have about ourselves, our childhood, and our parents. Becoming aware of the roots of these choices can be a lifelong process."

This workshop offers mothers and daughters opportunities for self-exploration and opening modes of creativity through a variety of experiential interactions. Group process will focus on resolving conflict and power struggles, negotiating interpersonal boundary difficulties, and improving communication between parents and children, leading toward development of identity and enhancement of self-esteem. Self-reflection, assessment of objectives, and creative journalizing will be used to facilitate insight-oriented self-growth. Reflection on family expectations, obligations, and our unique styles of accepting, challenging, and rebelling will also be addressed in the context of the women's roles—past, present, and future.

The workshop is open to all women who want insight into their roles as daughters and/or mothers. Women coming alone to work on these issues are welcome and will be able to participate fully. $425

Week of May 4–9

Apprenticeship to the Earth—Return to Sacred Ground

David Schiffman & Little Bear Nason

For workshop description see Wilderness Programs, page 72. $795

Believe I'll Sing: Singing in the African-American Tradition

Ysaye Barnwell & George Brandon

Everyone *can* sing. Each and every voice has a contribution to make in building a vocal community. This workshop is an introduction to the harmonies, melodies, rhythms, countermelodies, and vocal styles of the African-American tradition. Using the rich musical forms of this tradition—calls and chants, spirituals, ring shouts, hymns, gospels, songs of the civil rights movement, and songs of contemporary struggle—participants will build a community of voices and spirit during a week of heartfelt music-making.

Ysaye Barnwell (see workshop above)

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As an introduction to the songs, the leaders will provide the historical, social, and political context for each of these musical forms. By participating in the songs and discussing their context, the group will explore from an African-American worldview the values embedded in the music, the role of cultural and spiritual traditions and rituals, how leadership emerges and can be shared among community members, and the significance of shared communal experience in one's personal life.

Ysaye Barnwell is a member of the a cappella group, Sweet Honey In The Rock. George Brandon is a musician and composer.

No experience is necessary. All that is required is a willingness to participate as fully as possible. $795

Lomi Somatic Intensive: An Active Exploration of Presence

Robert Sanoff & Johanna Putnoi

> *You have slept for millions and millions of years.*
> *Why not wake up this morning?*
>
> – Kabir

"The awareness we bring to each moment is the key to our deep freedom," write the leaders. "Most of us get stuck in habits of body, heart, and mind. These habits are unconsciously formed in our family of origin and become etched onto our essential infrastructure. This matrix imprints on our body language, our emotional climate, and our state of mind, ultimately creating our worldview. Unexamined belief clouds the reality of each moment, and we become prisoners in a body/mind cell.

"In this workshop, awareness, presence, and practice will be our lanterns. We will use meditation, conscious movement, breath awareness, informed touch, and principles from aikido and gestalt as ways to experience ourselves richly and to participate with integrity, courage, and gentleness.

"The Esalen environment is a beautiful laboratory in which to practice interrupting our habits and expanding our capacity to tolerate deep feeling. The greater our commitment to the process, the more intrinsic the change. The real challenge of our time together, however, will be to discover how to bring our embodied insights home." $795

Exquisite Landscape/Exquisite Corpse: Expanding Perception through Collaborative Drawing

Holly Sumner & Hanno Ahrens

In the 1920s the Surrealists played a parlor game of images, words, and chance. The game is played with three or more people, each adding an image, or word(s), without knowing—the paper is folded to hide the image—what the other has drawn. In the end the paper is unfolded to reveal the complete image. "The exquisite corpse will drink the new wine" was the result of one of the first games played.

More than just a parlor game, this process can open up new possibilities for drawing, creativity, and perceiving art. Participants will create their own "exquisite corpse" to explore the irrational creativity of a group and the energy given and received by each individual in the process. There will be a focus on the individual's ability to expand his/her perception in terms of what is seen and learned from these unconscious collaborations. The human body will be examined and drawn as a metaphor for landscape—Esalen's landscape, imaginary landscape, internal and psychological landscape. The work created can cultivate a sense of oneness with the environment and stimulate a redefinition of one's relationship to the landscape.

The workshop will consist of sessions of collaborative drawing, individual drawing based on the collaborations, discussion, and a final large-scale collaborative drawing. $795

The High-Performance Mind: Awakened Mind Brainwave Training

Anna Wise

The high-performance mind is clearer, sharper, and more flexible. Emotions are more available and easier to transform, and information flows more easily between the conscious, subconscious, and unconscious levels, increasing intuition, insight, and empathy.

Having a high-performance mind means being able to enter at will the state of consciousness most beneficial for any given circumstance—then understanding how to use that state. Through brainwave training for beta, alpha, theta and delta, this workshop will teach you how to produce the components for an awakened mind, the brainwave pattern of peak experience, optimum creativity, and high spiritual awareness. Working with both the state and the content of consciousness, you can learn to use these brainwaves to develop a high-performance mind for self-healing, dealing with emotional issues, increasing creativity, improving relationships, and developing greater self-knowledge and awareness.

Biofeedback monitoring combined with meditation, visualization, and deep psychophysiological relaxation will help you learn how to master your own states of consciousness. The Mind Mirror EEG will be used to demonstrate brainwave patterns, and Electrical Skin Resistance Meters will be used to measure the depth of arousal and relaxation of your autonomic nervous system, illuminating the interrelationship between your body and your mind.

C.E. credit is available for nurses; see page 67.
C.E. credit for psychologists is pending.

$795

Courage

Joyce Frazee

> *In the mouth of the dragon there are many jewels.*
> —BUDDHIST PROVERB

For some of us it takes courage just to live our daily lives. Every day we awaken to face the demons in our lives—demons that come in many forms: perfectionism, guilt, avoidance, shame, despair, failure. Time passes and we become skillful at living despite the constant awareness that these demons are preventing us from experiencing the fullness of life. Their existence drains our energy and limits our joy and freedom. But getting close to them, allowing ourselves to confront them, is very difficult to do.

This week will give us an opportunity to find the courage to face our demons. Participants will be encouraged to look at the things in their lives that are difficult to face and will be given support to help recognize and confront them. This will be done through gestalt practice, dreamwork, and bioenergetics. Drawing, dance, and meditation may also be used to recover the jewels from the dragon. $795

Rowing Toward God: Angels, Powers, and the Ecstatic Journey to Our Souls

Sophy Burnham

From time immemorial people have recorded their mystical experiences: raptures, ecstasies, angels, miracles, visions, dreams, and the curious coincidences that allow us to glimpse past the curtains that hide the Secret Realms. The spiritual has inspired the prophets, created new religions, and led ordinary people to extraordinary, sometimes miraculous achievements. The mystical can also carry us into a gradual and profoundly joyful self-realization, giving birth to clarity, creativity, and bliss.

Today more and more people are having mystical encounters that once seemed the privilege of saints alone. Are they real? What is happening?

Sophy Burnham writes: "This workshop provides space for moving individually and collectively toward the higher planes to heal ancient wounds and discover the source of our being, our missions, and the spiritual guides who lead us. The sessions will introduce specific exercises, meditation, dance, music, and private journeying intended to open us to the angels that surround us, the secrets of our hidden selves, ecstasies, and the highest levels of wisdom, freedom, creativity, and love."

As time permits, a number of private "readings" may be arranged. These are energy readings, made through contact with your angels and spirit guides.

Recommended reading: Burnham, *A Book of Angels*, *Angel Letters*, and *The President's Angel*; William James, *Varieties of Religious Experience*.

$795

Weekend of May 9–11

Practical Herbology: An Esalen Garden Workshop

Jeanine Pollak

This workshop is an in-depth presentation of thirty useful plants growing fresh in the Esalen garden. It includes how to identify, prepare, and formulate these plants according to the medicinal, nutritional, and cosmetic aspects of each.

Using the garden as a classroom, participants will learn to make fresh tinctures, sun teas, herbal oils, and liniments. The workshop will cover herbal formulas for common colds, flus, sore throats, headaches, digestion, and respiration. It will draw from modern scientific research and herbal pharmacology, as well as from tradition and folklore, to explore the uses and energetics of each plant. Handouts, recipe sheets, and species lists will be included, plus a variety of homemade herbal products for sampling.

This workshop is designed to broaden herbal perspectives, to contact plants in many forms, and to provide a wide diversity of approaches to working with herbs.

C.E. credit is available for nurses; see page 67.
$425

The Sources of Growth

Seymour Carter

Many potential sources of our growth reside in our unfinished issues, the developmental processes that we have failed to recognize and assimilate because of distressing life experiences or the inability to learn about them. "Unfinished issues" refers to normal phases of development which have been bypassed or ignored. It is unfortunate but true that most families emphasize some of our attributes and ignore or discourage others. These unclaimed potential talents, tendencies, and traits are a powerful reservoir within us waiting to be tapped.

Using a primarily gestalt-oriented process, supported by the tools of family systems theory, practices of introspection, and body-oriented intervention strategies, participants can begin to discover and utilize capacities in themselves for new possibilities in their lives. Each participant's process of development will be honored, encouraged, and treated as unique. $425

Exploring Our Multidimensionality Through Drama Therapy

Renee Emunah

By nature we are multifaceted creatures. Some aspects of ourselves are predominant, others are latent. Some facets of ourselves are very visible to the outside world, others remain hidden. Dramatic processes, improvisation, and role play can help us to access, identify, express, and embody the many roles and facets that make up who we are—and who we are *becoming*. In acknowledging and embracing the many selves within us, we can also begin to empathize more fully with others.

This experiential workshop will begin with playful, interactive, nonthreatening theatre games and drama therapy techniques—designed to unleash creativity, facilitate expression, and develop trust and interrelationships within the group. Drama therapy processes (some of which are closely aligned with gestalt and psychodrama) will then be incorporated to explore our many selves, their interconnectedness, and the internal director that brings about a sense of unity within. Dormant or newly emergent aspects will be ushered in and strengthened via dramatic ritual as well as the enactment of hypothetical situations in which these parts can be experienced and practiced.

Recommended reading: Emunah, *Acting for Real*; Landy, *Persona and Performance*. $425

Intuition and Perception: Extending the Boundaries

Keith Harary & Darlene Moore

Most of us have had experiences in which we appeared to be aware of information that was not immediately available to our five familiar senses. Such experiences usually emerge spontaneously and can range from simple hunches to feeling in touch with a loved one at a distance to premonitions in which we seem to be inexplicably aware of impending events. Labeling these experiences "psychic" does not explain them, but makes this fundamentally normal aspect of human awareness appear to be some sort of occult or supernatural process. Yet such experiences most likely emerge from an interconnectedness between consciousness and the physical world that is entirely natural.

This workshop will present techniques of extended perception to allow this capacity to become a consciously available resource in your everyday life, rather than a strictly spontaneous phenomenon. Starting with the basics of learning how to manage mental impressions, participants will practice separating their most relevant feelings and images from various forms of "mental noise" in a variety of extended perception scenarios. A more advanced technique that involves using your own "mental noise" to help guide your intuition will also be taught so you can develop your own inner language for processing intuitive information. Additional exercises will focus on exploring techniques for inducing lucid dreams and out-of-body experiences and for consciously connecting with the broader perceptual continuum that lies just beyond the threshold of ordinary awareness.

C.E. credit is available for nurses; see page 67.
$425

Feng Shui, Chi, and Successful Living: In Search of Harmony and Balance

Steven Post

> *The Wind is mild, the Sun shines.*
> *The Water is clear; the vegetation lush.*

From this ancient Chinese poem (which describes desirable living conditions) arises the image of perfect harmony between heaven, human being, and earth embodied in a place. In such a place, the *Chi*, the vital energy of nature and being, gathers and collects, bringing peace, joy, and blessings.

Feng Shui, the Chinese art of placement, seeks to establish such a harmony in our living and working environments. It is the art of balancing the yang of people with the yin of place.

Our environment is a reflection of our psychological and spiritual state. As such, it is a wonderful tool to understand ourselves, and a powerful place to intervene to create harmony and balance.

This workshop is an introduction to this ancient tradition that can teach you to express your spiritual practice through your surroundings. The topics covered will include site assessment, placement, meditation practices, empowerment techniques, and holistic healing methods. Feng Shui can help you to enhance your home or workplace to the benefit of your career, health, relationships, and wealth. It is a practice for transforming your inner life and outer circumstances. $425

Week of May 11–16

Yoga: The Art of Living

Ganga White & Tracey Rich

Yoga is far more than a set of physical exercises, although that alone would make it an extraordinary practice. It is an art of living, a process of reintegration and movement into wholeness. The beauty of Yoga is that it addresses all areas of our lives. These five days will be spent cultivating physical, mental, and spiritual rejuvenation. The goal will be to assist beginners as well as experienced Yoga students in finding the tools and the inspiration for learning a lifelong practice.

Days will begin with a flowing Hatha Yoga sequence combining asana (posture), pranayama (breath control), and meditation to condition the whole person and develop strength, flexibility, and vitality. Participants will be shown how to integrate this practice into their daily lives, making it practical and accessible as well as joyful and creative. There will be discussion and inquiry into such topics as: the latest principles of natural diet and nutrition, aligning and restructuring the body, awakening the body's intelligence, working with the breath and subtle energies, and freeing the mind from authoritarian gurus and sacred cows. The workshop will also look at the areas of meditation, love, freedom, and death.

All levels welcome, no previous experience needed. $795

Meeting the Challenge of the New Business Paradigm

Bill Sechrest, Linda Crompton & Ron Loeb

We and our planet are threatened by forces whose magnitude and complexity have never before been experienced. Simultaneously, we have the promise of a new consciousness using our human and natural resources and burgeoning technology for our betterment. There is no doubt that business is an essential participant in the transformative work which will successfully cope with these forces and realize this promise. The challenge of this new business paradigm is to assume a sense of responsibility for the whole, while continuing to operate effectively and produce a fair return to investors.

This workshop will gather entrepreneurs, executives, managers, and consultants to pursue all of the frustrations, fears, and feelings of helplessness they encounter in their attempts to bring soul and spirit into business. It is designed as a forum to delve deeply into the most challenging issues in starting, growing, or preserving an enterprise; functioning in a highly competitive, and, at times, unkind business environment; and achieving the *double* bottom line of profitability and social responsibility. It will draw upon whole systems theory, case histories of best business practices, personal experience, and "success stories," together with poetry, music, meditation, and deep dialogue in addressing the personal issues which participants are willing to share with the group. The only prerequisites are honesty and a willingness to "go deeper" in a safe and nurturing environment. $795

Living with a Life-Threatening Illness: The Spiritual Journey

Phyllis Shankman

This is a spiritually-based workshop for people living with a life-threatening illness (such as HIV/AIDS or cancer) who are committed to living a quality existence each day, deepening their spiritual practice, and honoring themselves. At the time of diagnosis or the onset of symptoms, many people begin a deep inner spiritual inquiry and journey. This journey often becomes the focal point of their life as they heroically face the unknown and address the daily challenges as well as the "unfinished business" of their life.

The program includes meditation, body awareness practices, movement, art, poetry, music, ritual, and group process sessions. It is designed to offer participants an opportunity to creatively explore their feelings—about themselves, their illness, and their relationships—with others who can offer support, inspiration, hope, and encouragement.

This program is offered by the staff of the Mountains AIDS Foundation in Santa Monica, Calif., who have developed a retreat program for people living with the challenge of a life-threatening illness. The workshop is only open to participants with a diagnosed illness and their significant partners or family members. Partners or family members may attend only with the person living with the illness.

Enrollment in this workshop is limited. To become eligible, a written medical evaluation from your primary physician along with a completed application will be required. For complete information and to receive an application, please contact Phyllis Shankman at 310-455-2491.

C.E. credit is available for nurses; see page 67. $795

Being Single

Seymour Carter & Constance Jones

A positive self-image does not necessarily depend upon being in a partnership. However, being single in a partnership-oriented world can create low self-esteem. Is being single a conscious or subconscious choice, a trick of fate, a lack of opportunity, a way of avoiding intimacy, or a valuable state of being? Changing our belief systems about the meaning of being single offers new understanding and opportunity for living a more fulfilled single life, in either openness for future relationships or contentment in being single.

In this workshop, participants will explore blocks to personal growth and opportunities for new relationships, using gestalt methods and interactive processes including role playing, massage, and communication skills. Whether you wish to remain single or are searching for a partner, this workshop will assist you with your choices and ease you on down the road. $795

Weekend of May 16–18

Joy is the Journey: Hatha Yoga and More

Lilias Folan

Join Lilias Folan, host of the PBS series "Lilias, Yoga & You," for a weekend of yoga and relaxation. In her compassionate teaching style, Lilias will guide participants in learning fresh ways to move, meditate, and breathe—with special focus on the art of relaxation. There will be time for stillness and time for high play. Sunday morning (weather permitting), as the sun rises, participants will gather to "Greet the Day in a Sacred Way."

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Open your heart, mind, and spirit with a journey through your closest natural environment—your own body! Lilias will share her spiritual journey and practical ways to weave yoga practice into your daily life.

All levels of expertise are welcome. Please wear comfortable clothes and bare feet, and bring your own mat. Registration will be limited to 35 participants. $425

In Search of the Secret of Joy

Andrew Feldmar

Andrew Feldmar writes: "Alice Walker says, 'Resistance is the secret of joy!' Resistance to what? To tyranny external or internal; to coercion blatant or subtle; to domination/submission, however disguised. We will look for the courage needed to be truthful, to be generous, to be a friend, to enjoy sex, to engage in congenial conversation. We will attempt to move from coercion through freedom to love, i.e., from oppression/depression through autonomy to communion.

"The group will have one rule only: If anyone feels uncomfortable with what is going on, (s)he can say *Stop*, and we'll stop. Otherwise, anything goes. Whatever is not prohibited is allowed. Prohibitions will be arrived at as part of group process.

"The workshop is based on the premise that what we may call our 'problems' do not originate within us, but are the result of living, from conception until death, in a field of power and relationship. The work will be an exploration through group process to find comfort, clarification, and the use of all of our available powers and resources." $425

Big Sur Wilderness Experience

Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. Using this natural reserve as the primary teacher, participants will walk into the Los Padres National Forest. Drawing on various traditions, this wilderness experience will help participants develop the quality of their awareness and open to the natural world.

Weeklong workshops will venture out on five hikes (4-10 miles long). Weekend workshops will take two hikes (3-6 miles long). Using Esalen as a base camp, the group will explore the different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each hike will begin after breakfast and conclude in time to enjoy the hot springs and dinner each evening at Esalen. Basic outdoor skills such as map reading and minimum impact concepts will be practiced. Participants will be taught enough skills to begin exploring the wilderness on their own after these outings. More information will be sent upon registration.

$425

The Profound Stillness of Being: Advaita Meditation

Olga Luchakova & Igor Kungurtsev

Olga Luchakova writes: "The teaching of Advaita Vedanta became known to wider circles of Western seekers largely through the grace of Sri Ramana Maharshi, Sri Nisargadatta Maharaj, and their modern successors. These sages reveal that in reality you are formless Consciousness/Energy, not a person as you thought yourself to be. One Infinite Consciousness exists eternally and the world is a dream-like appearance in it.

"Of course, intellectual knowledge of this truth is not enough. True freedom is realized only through direct experience. While informed seekers are familiar with direct silent transmission, it is less well known that Advaita also has special meditative approaches to Realization. This workshop will present those meditations that approach the different aspects of the One Supreme Self:

- Focusing on the sense of beingness: realizing you are pure Existence itself
- Differentiating the pure seer: realizing you are pure limitless Awareness
- Hunting the "I": realizing you are not an individual entity
- Diving into pure longing: realizing you are Bliss itself
- Total surrender and relaxation: realizing you are not the doer

"All your questions and doubts are welcome so that they may become clear in the light of Consciousness." $425

Completions and Transitions

Mary Goldenson (Devarani)

Often in our lives we feel incomplete with the past. Unresolved issues inhibit our moving into the present with an open and generous heart. Though we experience them as "finished," old memories continue to haunt us. When we exist more in the past than in the present, it is time to make the distinction between "finished" and "complete." Transitions without completions foster unsuccessful marriages, friendships, and careers—producing the causes of illness and sorrow. The inability to forgive keeps us closed to new opportunities entering into our lives.

Transitions are crossroads in our lives that give us the opportunity to finish and complete the past, reconnect with our present truth, and renew our passion, courage, and commitment for the future. The focus of this workshop is an in-depth review of our lives, relationships, and circumstances to discover what needs to be transformed from "finished" to "complete."

The workshop will provide a safe, supportive environment that includes risk-taking, intense bodywork, gestalt, imagery, movement, and meditation to keep us committed to the process of discovering ourselves.

C.E. credit is available for psychologists; see page 68. $795

Golf in the Kingdom: An Exploration of the Deeper Game

Stephen Cohen, Brian Bergstrom & Andy Nusbaum

> *Ye'll come away from the links with a new hold on life, that is certain if ye play the game with all your heart.*
>
> —MICHAEL MURPHY (AS SHIVAS IRONS), *Golf in the Kingdom*

The game of golf provides many opportunities to enhance the journey of self-discovery. It can be experienced not only as an athletic endeavor, but also as a metaphor for the way one lives. Just as in life, issues of self-confidence, fear, trust, discipline, and awareness emerge in the conflict between the ego's desire for success and the inner self's ability to achieve.

During these five days, teaching methods gleaned from a study of the deeper game will be utilized, as well as principles from psychosynthesis and gestalt, to explore the inner self and how one interferes with its emergence. Two days will be spent on field trips to the Monterey Peninsula where participants will practice and play in some of the most beautiful golf country in the world. On other days there will be time to relax and enjoy the natural pleasures of Esalen and Big Sur.

Recommended reading: Murphy, *Golf in the Kingdom*; Gallwey, *The Inner Game of Golf*; Shoemaker, *Extraordinary Golf: The Art of the Possible*. $795

From Conflict to Partnership

Jim Tamm & Ron Luyet

This workshop is for people who want to be more effective at creating climates of trust and dealing with conflict—at home, at work, and within oneself. Many personal and business relationships become adversarial simply through a lack of conflict-resolution skills and self-awareness. This course will provide useful skills as well as a model explaining the fundamental emotional undercurrents that go on between oneself and others during conflict.

This work offers a combination of two powerful approaches to transform conflict into collaborative problem-solving. The first, interest-based nonadversarial negotiations, is well documented for dramatically reducing conflict in business, governmental, and interpersonal relationships. The second focuses on behaviors and feelings that can block resolution of conflicted situations. Participants will be shown how their often unconscious emotional needs in the areas of inclusion, control, and openness impact their effectiveness when dealing with conflict.

This course is not a series of techniques that promise "how to get yours and most of theirs, too." It is skill-building to develop relationships for long-term mutual gains. The material will be of immediate use to individuals as well as those in interpersonal and work relationships, such as couples, families, team leaders and members, and employers and employees.

C.E. credit is available for nurses; see page 67.

Approved for MCLE credit by the State Bar of California in the amount of 18 hours. This activity conforms to the standards for approved education activities prescribed by the rules and regulations of the State Bar of California governing minimum continuing legal education.

Approved by the California State Board of Accountancy for 18 hours of C.E. credit.

$795

"Look Mom, No Self!"—The Narcissistic Process in Spiritual Development

Alia Johnson

In spiritual practice and teaching, we commonly see the intensification of defensive ego structures. We might experience these intensified structures as barriers to openness and realization. We might, on the other hand, actually mistake the intensified ego structures as evidence of progress on one's path. For example:

- A posture of superiority, even grandiosity, as certain openings enhance the sense of self—the phenomenon we call "Look Mom, no self!"
- A newly harsh self-judgment related to spiritual ideals, along with a sense of failure or deficiency
- An intensification of the need to idealize a guru or teacher
- Increased alienation from the "conventional" world
- Increasing splitting off of negativity in practices which emphasize love and positivity, increasing the likelihood of acting out suppressed negativity

These issues are related to how the narcissism of the ego-self is affected by spiritual work. This seminar will use the work of A.H. Almaas, creator of the Diamond Approach and author of the major work on narcissism on which this seminar is based, *The Point of Existence*.

The work will be half didactic, illuminating the relationships between various spiritual dimensions and the ego structures which are challenged by them. The experiential part will consist of interpersonal exercises, meditation, group discussion, and some process work with the teacher.

This is an advanced seminar for serious practitioners with some years of experience, or for teachers in any tradition who have interest in psychodynamic understanding. $795

Moving Through Idealization and Shame to Love: A Workshop for Gay Men

David Hawkins

David Hawkins writes: "Men who are homosexual (or bisexual) live in a bicultural world. Our personalities are shaped by the expectations and values of the culture into which we were born and those of the culture we may choose to join. In each culture certain aspects of our humanity are idealized while other aspects are shamed. Our lives and our options are limited or supported by the strategies we have developed to respond to idealization and shame.

"Each of us achieves a unique balance of adaptation/individuation, confrontation/capitulation, hiddenness/openness, coming out/passing. Since no lifestyle is inherently more honorable than another, each must be evaluated as to its costs and benefits to each individual's current developmental needs.

"Because loving relationships depend on knowing and being known, understanding and being understood, strategies for achieving the ideal and avoiding the experience of shame may actually be preventing us from reaching the love and intimacy we desire. This workshop is for men who are willing to risk and work together to create an environment in which the true self can be seen and heard." $795

Weekend of May 23–25

OpenMind Training: Innovations in Meditation and Mind/Body Healing

Ron Alexander

> *Learning to observe experience from a place of stillness enables one to relate to life without fear and clinging. One begins to accept pleasure and pain, fear and joy, and all aspects of life with increasing equanimity and balance. Life is seen as a constantly changing process.*
>
> —Jack Kornfield, *Seeking the Heart of Wisdom*

OpenMind Training provides instruction in meditation and mind/body healing from both a psychological and spiritual perspective. The focus is the practice, experience, and benefits of meditation and self-healing in daily life.

Meditation helps to cultivate self-regulation through relaxation and the development of attentional skills. Training in mind/body healing facilitates awareness of inner resources of the Core Self—trust, comfort, time, and curiosity—for the activation of the healthy and creative aspects of the unconscious mind. This promotes insight, wellness, and individuation.

Meditative techniques of the various Buddhist schools, particularly Tibetan and Zen, will be explored. Tibetan meditation uses mindfulness, insight, and visualization to activate physiological and psychological energies whose merger can produce powerful states of mind to penetrate into the reality of our being and experience.

Participants will also be taught various forms of breathing, chanting, trance states, and mind/body healing exercises. This workshop can help participants acquire skills to calm the mind, regulate affect states, develop trust with the unconscious, and explore inner healing resources. The workshop is designed for anyone from beginner to advanced.

Recommended reading: Goldstein & Kornfield, *Seeking the Heart of Wisdom*; Rossi, *The Psychobiology of Mind-Body Healing*.

C.E. credit is available for nurses; see page 67.

$425

African Dance: Expressions of Spiritual Energy

Yao Tamakloe & Sarah Abukutsa

Yao Tamakloe is a teacher of dance, drumming, and ethnology. He is a third-generation jazz performance artist and has danced and taught with Babatunde Olatunji and Katherine Durham for over ten years. Sarah Abukutsa, his wife, is one of Kenya's most celebrated singers, and has also studied West African dance. Together they will teach the exciting forms of African dances and the symbolic stories they tell.

Participants will experience the dynamics of war, harvest, and initiation dances, as well as the subtle healing funeral and recreational dances. The different movements that relate to various roles in society will be presented.

Live drumming will accompany this joyful marriage of power and fluidity inherent in dance. Drumming to accompany dances will be taught using Babatunde Olatunji's Gun GoDo PaTa method. Bring a drum if you can.

$425

A Return to Intimacy and Passion

Mary Goldenson (Devarani)

Where in life did we stray from our path as lover? How do we return to that path and connect to our intimate and passionate self?

Many of us suffer from failed relationships, often giving up in despair and anger. We are all, in some form, battle-scarred veterans, wounded by failed romances and marriages, alienated sons and daughters, and lost friends.

The major focus of this workshop is moving out of the "blame game" which destroys intimacy and passion. The workshop will explore the self-defeating male and female roles we play, our fears of one another, our anger, our control issues—all of which become barriers to loving and fulfilling relationships.

Participants will be shown new ways to communicate needs and desires, to deepen the ability to accept love, and to transform personal, social, and work relationships. Group work will include imagery, movement, Gestalt, Reichian work, meditation, and writing. This workshop is appropriate for individuals, couples, relatives, and friends who desire a higher level of intimacy and passion in their lives.

C.E. credit for psychologists is pending.

$425

Green Buildings with Magical Spaces

Greg Franta

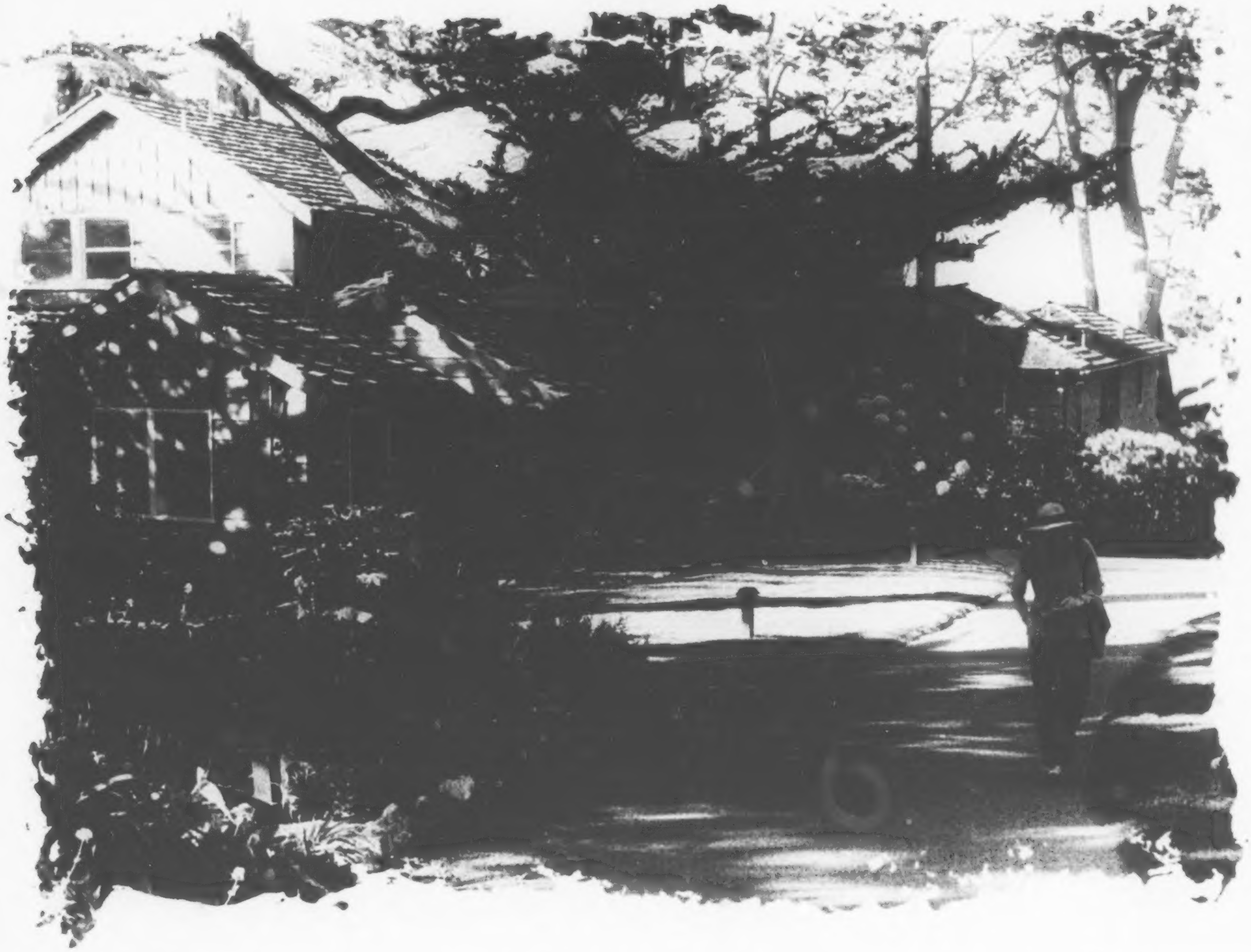
As our society pushes toward global environmental havoc, can we make a significant difference in the quality of our future? Can our communities become "green" enough to enable future generations to enjoy our planet in healthy, sustainable ways? This workshop will explore design strategies leading toward sustainable communities. Participants—whether homeowners, architects, educators, facility planners, executives, or concerned citizens of Earth—will have opportunities to discover a deeper awareness of the intrinsic relationship between people, nature, and technology.

The workshop will address our built environment and its growing impact on energy, health, pollution, natural resources, and social economics. Energy efficiency, natural lighting, and environmental quality in architecture will be extensively explored in regard to building design, form, envelope, interiors, materials, and lighting. The format will include slide presentations, a design studio individualized for participants with diverse interests, and time for personal adaptation and process. $425

Night Poetry: A Workshop on Dreaming

Kathleen Riordan Speeth

"Every night we dive deep into a vague and mysterious realm," writes Kathleen Speeth. "While our eyes move beneath their closed lids, we somehow compose works of art expressing our innermost mysteries. Dreams are poems full of elements saturated with



meaning, if only we knew how to wring the truth from them. There are big dreams that must be heeded and little dreams that recite stray memories. Some dreams are solemn announcements, some are masked desires, some are merely psychological litter that needs to be discarded, some are Rosetta stones, and—oh yes!—there are dreams like drowned cathedrals whose complex chambers and details could yield deep insights to be gained in no other way.

"Much has been said about the interpretation of dreams yet few actually have sufficient practice in understanding how to divine the meanings they at once reveal and conceal. This weekend will be devoted to intensive training in personal dream analysis to be used throughout life for the enhancement of self-awareness. Everyone will have a chance to explore their dreams in several ways. Even seasoned psychotherapists familiar with psychoanalytic methods proposed by Freud or the Gestalt enactments of Perls will be surprised by other approaches and strengthened by the long-neglected, far-reaching methods of Wilhelm Stekel. Everyone will go home with dreamwork practices that will support the still, small voice of the poet within."

C.E. credit for psychologists is pending.

$425

May 25–June 1

Cortical Reeducation® and the Feldenkrais Method®

Harriet Goslins

How a person sits, stands, or moves reflects patterns that are "wired in" to the nervous system. This information can be erased or changed. By reeducating the brain-muscle connection, restrictions in movement can be freed, freeing lifetime habits that have organized around that movement.

This work is a relearning of the ease and fluidity taken for granted as a child and lost somewhere along the way. Physical injury, emotional trauma, or ongoing stress all evoke a protective response from the body. These patterns remain when no longer needed, outside of awareness, and continue to cause discomfort and limitations. Freeing them results in relief of chronic pain or tightness and a higher energy level. By changing muscular holding patterns, the entire protective posture is altered, deeply affecting the body's habitual defense system. Thus, new movement possibilities mean new self-image possibilities.

Fears and anxieties have corresponding muscular habits. Verbal information or spiritual practice that fails to extinguish these habits may fail to eliminate the toxic behavior.

This workshop is for the sedentary or those dealing with after-effects of injuries; for chronically tired and stressed individuals who want to learn how to take better care of their neck, shoulders, and back; for those who are physically active and fit and want to increase their skills while learning to reduce risk or injury; and for those who want to improve their posture and breathing and live with more flexibility and comfort.

C.E. credit is available for nurses; see page 67.
$1220

Week of May 25–30

Healing Body Image and Sexuality

Carolyn Braddock & Guests

"Awakening from trauma," writes Carolyn Braddock, "is a statement of breathing life into the body through breath, sound, and movement." This workshop is for those who want to move beyond bodily and emotional trauma (sexual, physical, or spiritual trauma, surgeries, loss, illnesses, or accidents) to a positive image of self and sexuality.

The focus will be on participants establishing a new relationship with themselves, their bodies, and their sexuality, both internally and externally—releasing old messages and creating new patterns. Participants will explore the connection between sexuality and spirituality, allowing them to be more present in life while creating space for new life energies, passion, love, and movement.

Each body will be honored as sacred. Participants will be taught to listen to the wisdom of their bodies and develop positive approaches toward body awareness, change, health, and relationships. In a safe and supportive environment, the workshop will use breath, sound, movement, group process, humor, gestalt, imagery, journal work, creative expression, and body dialogue. Video analysis will also be employed. The goal will be empowerment and the integration of body, mind, and spirit into a healing self.

Recommended reading: Braddock, *Body Voices: Using the Power of Breath, Sound, and Movement to Heal and Create New Boundaries*; Braddock & Hendricks, *The Awakened Body: Simple Exercises for Achieving Body Awareness and Emotional Power* (available winter, 1997).

C.E. credit is available for nurses; see page 67.
$795

Group Process Training

Howard Schechter & Barbara Lee

> *Learn your techniques well and be prepared to let them go when you touch the human soul.*
>
> — Carl Jung

This is a workshop for people fascinated with the power of skillfully guided groups. It offers participants the personal value of deep group process along with the skills necessary to become an effective group leader. Participants will learn how to use the unfolding moment-to-moment material in the group as the primary tool to foster individual awareness, facilitate healing and growth, and help the group become a rich environment for individual development.

Three levels of facilitation techniques will be presented: personal, interpersonal, and systemic. Participants will be taught how to cultivate individual growth within the group context, use interpersonal conflict and cooperation to deepen relationships, and read group signals and promote whole-system health. The methodologies will be an integration of gestalt practice, psychosynthesis, Focusing, Process Oriented Psychology, Authentic Movement, art therapy, the Diamond Approach, and the circle techniques of native peoples.

The key to being an effective leader is to discover, identify with, and honor the sacred essence in the other members of the group—beyond the issues arising out of more superficial personality dynamics. Practicing this, while processing whatever phenomena emerge in the moment, allows a leader to guide groups toward a powerfully moving, positive, and growthful experience.

C.E. credit is available for psychologists; see page 68. $795

The Core Self:
Return to Innocence and Choice

Ron Alexander

Resources for healing, such as spontaneity, curiosity, trust, creativity, innocence, and joy, are found in the Core Self. This workshop will assist participants—including health professionals—in accessing the resources of the Core Self to facilitate personal healing and to acquire new skills in the mind/body healing process. Participants will work toward cultivating a friendly relationship with the unconscious to heal dysfunctional patterns and resolve incompletions from the past in order to become more conscious in the present moment. This process can bring about the healing of pain, fear, grief, and loss, and thereby enable the creation of healthier pathways for living, loving, working, and relating.

The goals of this work are to enhance self-esteem, to become free of trauma and self-images of the past, to communicate more effectively, to become empowered as a leader, and to develop a cohesive personal vision. The tools will include gestalt open seat, self psychology, insight meditation, breathing practices, dreamwork, deep music, group process, and immersion into nature.

Recommended reading: Heider, *The Tao of Leadership*; Chopra, *Ageless Body, Timeless Mind*; Polster, *Every Person's Life is Worth a Novel*; Moore, *The Care of the Soul*.

C.E. credit is available for nurses; see page 67.
C.E. credit for psychologists is pending.
$795

Weekend of May 30–June 1

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 17-19.
$425

Core Holoenergetics®: The Art and Science of Conscious Healing

Leonard Laskow

Leonard Laskow is a Stanford-trained OB-GYN who coined the term *holoenergetic healing*, "healing with the energy of the whole." In this experiential workshop Dr. Laskow will introduce the art and science of "energy healing," present current research, and integrate the advances of medical science with the unifying power of a loving consciousness to heal and transform oneself.

Holoenergetics uses coherent heart-focused energy, consciously directed through attention, intention, imagery, breath, and hands to facilitate the inherent healing response of body and mind. Participants can learn to:

- Establish a healing presence in alignment with their spiritual essence
- Activate and direct the body's immune system to help transform illness into wellness
- Recognize, understand, release, and reform energy patterns that are sources of illness
- Employ healing practices based on resonant energy transfer, intention, insight, imagery, forgiveness, and love

In this Core Holoenergetics® Introductory workshop, theory will be integrated with practice so that participants can immediately begin using their inherent healing ability and new skills for personal transformation and to help others.

Recommended reading: Laskow, *Healing with Love.*

C.E. credit is available for nurses; see page 67. C.E. credit for psychologists is pending.

$425

Writing From Your Life

Lynne Kaufman

> *Art is a lie that makes us realize the truth.*
>
> – PABLO PICASSO

Many good writers use their personal life experiences to create enduring stories. In this workshop, through writing exercises and role playing you can learn to shape your own experiences into compelling and universal narratives. You can learn how to isolate dramatic moments from your past, how to draw upon characters you have known, and how to develop your own personal and truthful voice. Theatre games will be used to foster spontaneity and playfulness.

This workshop is for anyone who wishes to understand his or her own life better through the lens of art. $425

Forgiveness

Julie Bowden & Maria Nemeth

Every culture has its healing rituals, ways of letting go of old attachments to make way for new possibilities. An essential component is the practice of forgiveness.

As the years go by, many of us develop a history of incomplete relationships and unfulfilled expectations. As these experiences accumulate, our trust in others and ourselves diminishes, and our commitments in life become conditional. To release these burdens is to forgive the past.

This workshop will guide participants through exercises focusing on our judgments and characterizations, with emphasis on how these distorted perceptions affect us and interfere with our relationships. This work is preparation for a powerful forgiveness exercise, designed to facilitate letting go, allowing more joy and light into our lives. $425

Week of June 1–6

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 16-18.

$795

The Cosmic Game: Explorations of the Frontiers of Human Consciousness

Stanislav Grof with Cary & Tav Sparks

In nonordinary states of consciousness, people often encounter transpersonal experiences that bring profound philosophical and spiritual insights. These revolve around such fundamental problems of existence as the nature of reality, the mystery of the creative principle or God, the dynamics of the process of creation, the function of the archetypal realm, the dilemma of good and evil, the "taboo against knowing who we are," the role of consciousness in the universe, the relationship between consciousness and matter, and the purpose and meaning of human life.

This workshop will explore the understanding of existence emerging from the study of nonordinary states theoretically and experientially with the use of holotropic breathwork. The resulting insights will be compared with various spiritual and esoteric systems and with the revolutionary developments in Western science, usually referred to as the new paradigm. This seminar is based on the ideas explored in detail in Stan Grof's forthcoming book of the same title.

Note: Participation in the experiential part of the workshop requires previous experience with holotropic breathwork in the workshops of any of the certified practioners. Holotropic breathwork is an accelerated practice which may not be appropriate for everyone at a given time. Participation is inadvisable for those with cardiovascular diseases, generally debilitating physical conditions, recent injuries or operations, epilepsy, glaucoma, pregnancy, and a history of serious psychiatric problems. $795

Parent and Child Reunion

Cheryl Purdue

There are many reasons why we become disconnected from our mothers or fathers when we are growing up—physical or psychological illness, death, divorce, or adoption, among others. Similarly, as adults we may find ourselves experiencing the loss of a child. Losing such key personal relationships inhibits our ability to receive or give nurturing. The result of such physical and/or emotional severance is that the bond to life itself seems broken. We are left feeling numb, robotic, and depressed. We are disconnected and bereft, floating adrift in life, separated not only from the important missing person but from ourselves as well.

This workshop will use group sharing, writing, and art to deal with grief and begin the process of reconnection. Whether we aim for a literal reunion with significant others or an inner reconciliation, the goal is to find a way to parent ourselves and make peace with our situation.

Please bring a stuffed animal, doll, or other similar article for hugging. $795

Holoenergetics® Level One Training

Leonard Laskow

Dr. Laskow writes: "This training, the first of a six-level Holoenergetic® practitioner program, is designed to empower you to transform and heal yourself and others through expanded awareness, love, and conscious choice.

"In this training (for which the Core Holoenergetics® Introductory weekend is a prerequisite), you will be shown a system of healing which can allow you to go beyond relief of symptoms to trace and unfold the fundamental sources of separation. As we bring ourselves into wholeness through love, the enormous energy we expend to maintain the illusion of separation is liberated. This energy can then be consciously directed to encourage our body's natural healing response.

"Recent research reveals that deep compassion and love can produce distinctive electrophysiologic changes as measured by the electrocardiogram. This state of cardiac coherence characterizes the loving, healing presence, which, in conjunction with conscious choice and release of past conditioning, can profoundly facilitate enduring transformational change."

In this workshop the focus will be on:

- The Holoenergetic® Tracing Process to unfold the sources of illness, suffering, and stress and energetically replace the dysfunctional patterns
- The Forgiveness Process—a powerful method of forgiving and releasing
- Expanding awareness of and alignment with your Transpersonal Self
- Aligning transpersonally with others to facilitate their healing
- Deepening and expanding your ability to detect and direct subtle energy
- Incorporating the principles of Holoenergetic® healing into your daily life so as to catalyze the integration of body, mind, and spirit.

C.E. credit is available for nurses; see page 67.
C.E. credit is available for psychologists; see page 68. $795

Weekend of June 6-8

Introduction to Mindfulness Meditation

James Baraz

For workshop description see January 31-February 2.

C.E. credit is available for nurses; see page 67. $425

From the Congo to Dreamtime

Titos Sompa & Ione

Titos Sompa, master dancer, choreographer, and percussionist from the Congo and psychotherapist/author/director Ione collaborated on Ione's internationally acclaimed play *Njinga the Queen King*, which premiered at the Brooklyn Academy of Music's Next Wave Festival, and was most recently performed at New York's Lincoln Center.

Together they have created a workshop that teaches Congolese movement and rhythms while simultaneously accessing participants' deepest dream themes. A vocabulary of ancient Congolese movement will be created to assist participants in expressing the most important aspects of their inner journeys, discovered through overnight dream incubations and shamanistic journeying.

The workshop is open to all levels of experience. $425

Gestalt Practice

Dorothy Charles

> *The Way, when declared*
> *Seems so thin and flavorless.*
> *Nothing to look at, nothing to hear—*
> *And when used—is inexhaustible.*
>
> —Lao Tzu

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that awareness is made primary relative to action, gestalt practice has a strong relationship to some forms of meditation and visualization. This form is similar to some Reichian work as well, in that emotional and energetic release and rebalancing are allowed and encouraged.

The emphasis is *intra*personal rather than *inter*personal. It is explicitly understood that participants are not patients but persons actively consenting to work (or play) in awareness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure, or accomplishment. Through group exercises, meditations, and open seat work, this workshop will introduce participants to the gestalt practice approach.

Recommended reading: Perls, *Gestalt Therapy Verbatim*; Chodron, *The Wisdom of No Escape*. $425

When a Mentor Fails You

George Lough

Many people seek a relationship with a mentor because they failed to get healthy support when growing up in their families. Thus they need the leadership and trusted help of an outside person, a wise counselor and guide who can aid them in dealing with life's difficulties. Unfortunately, some mentors, be they therapists, supervisors, professors, priests, or employers, violate boundaries, seeking to meet their own needs rather than those of the mentee. Such experiences can be abusive, leaving the recipient feeling confused and betrayed, with their functioning in life crippled rather than enhanced.

This workshop will help participants understand the nature of mentor relationships and what often goes wrong with them. It will also offer guidance for those who are mentors, alerting them to the pitfalls inherent in the role. Using writing exercises, dyads, and group discussion, participants will work on feelings of disillusionment, pain, and anger with the aim of finding ways to separate from abusive mentors and to move forward toward a greater connection with one's own inner mentor. $425

Between Earth and Sky: Celestial Mathematics and Terrestrial Forces

Ralph Abraham & Ray Gwyn Smith

The leaders write: "Passing through the portals of pre-Celtic sacred geometry and the way of the bards, we will explore the vibrational resonance between Earth and Sky. Celestial mathematics and terrestrial forces will be our lodestars.

"Since the emergence of consciousness by starlight, mathematics has evolved in the intuitive space of spiritual harmony between the earth and sky. This seminar stands at the crossing of the celestial rays from the stars and the telluric forces of our earth, the path of the mathemagician and that of the bard. In this crossing, a mysterious resonance has provided guidance since time immemorial.

"Join us in this resonant space between earth and sky. With poetry, story, personal mythology, and guided meditation, we will dive through the relatively opaque waters of the intellect to reenter the clears depths of primordial knowing." $425

Living with Breast Surgery: A Workshop for Women

Elaine Hughes & Ellen Watson

This workshop provides a safe, supportive environment for women who have had any kind of breast surgery—reductions, enlargements, lumpectomies, mastectomies, reconstructions. It is also appropriate for women who feel they have deep issues about their breasts.

Elaine and Ellen have spent years making peace with their own breast surgeries. They will share all that they have found helpful in their own search for wholeness. Through guided meditations, intensive writing, breath awareness, expressive movement, informal drawing, and improvisation, the workshop is designed to transform fears, inhibitions, and self-criticisms into empowering self-acceptance and self-expression. Participants will also spend time at the baths exploring the foundations of Esalen massage and learning specific touch for softening scar tissue which has formed on the body and the psyche.

If you're ready to confront and integrate your memories, feelings, and issues about your breasts, this workshop is designed for you. Come share your story in the presence of women who can listen with the compassionate understanding that only comes through shared experience.

Please bring a favorite journal and six assorted pens.

C.E. credit is available for nurses; see page 67. $425

Week of June 8–12

The MAX: Stretching the Limits of Your Self-Expression

Paula Shaw

"The MAX" is an outrageous voyage through your own humanity—a journey to turn yourself inside out and explore the extent of your self-expressive power. It employs a variety of acting, observation, and communication methods designed to expand your limits "to the max" and move you into a new arena of personal creativity and self-expression.

"The MAX" is extremely challenging. Participants must commit to a rigorous exploration of the sources of their emotional limitations. Seminar hours will be longer than usual early in the week (and shorter later in the week). Participants will work individually in front of the room, playing to and with other group members. There will be exercises that use raw emotion, role-playing, and "dress-up" assignments.

This workshop is an opportunity to experience yourself in a way you may have dreamed about but never imagined possible. The game is risk, the premise: You're either daring or dead—the most unsafe thing you can do in life is to play it safe. This course is not for the faint of heart, but it is full of heart, humor, and irreverence and is constructed with the understanding that this kind of risk-taking requires a very safe workspace.

If your heart beats faster when you think of taking this workshop, then maybe it's just the thing to do.

Please note: Due to the intense and sequential nature of this workshop, attendance at all sessions is necessary.

Prerequisite: A 1-3 minute memorized piece—monologue, poem, song, etc. $795

Dreaming: The Magic Mirror that Never Lies

Jeremy Taylor

The basic language of dreams is symbol and metaphor. Dreams address everyone in essentially the same way, regardless of the uniqueness of our individual lives and circumstances.

Participants will share and work with their dreams, drawing on the mythological/archetypal images that shape our contemporary individual and collective lives. Although the focus will be dream interpretation in a collective context, the methods are designed to give participants the ability to engage in their own dreamwork upon returning home.

Everyone is welcome—those who are just beginning to explore the world of their dreams, as well as professionals who work with dreams. As Jeremy Taylor adds: "Only the dreamer can say with any certainty what meanings his or her dreams may hold: Dreamwork is one of the few activities that puts beginners and experts on an equal emotional footing from the outset."

Recommended reading: Taylor, *Dream Work* and *Where People Fly and Water Flows Uphill*.

$795

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Feeding the Demons: The Chöd Teachings of Tibetan Buddhism

Tsultrim Allione

The model of the hero's journey is one of slaying the monster and protecting ourselves from demons. The Chod teachings of Tibetan Buddhism present an alternative model: to feed and pay attention to what the demons need. These demons are often parts of ourselves we don't even see, but which have an undermining, "sickening" effect on our lives. Chod is used for healing physical and mental disturbances, ending epidemics, and as a practice for realization.

Hearing about demons we might think, "This is a primitive belief which has nothing to do with me." But we all have our demons. Our world is riddled with disease, depression, abuse, addictions, and epidemic violence. Certain things "eat at us" or we are "plagued" by someone or something. Certain foods are "dangerous," as if they had a life of their own. These are our demons. Our hopes and fears create demons. They drain our lives of vitality, wreak havoc, and cause illness.

Usually we try to still the demons by ignoring them or trying to destroy them. This retreat offers an alternative: to look at the demons as forms of ego attachment and work with them as a path to liberation and an understanding of the nature of mind.

Please note: This retreat is taught in a traditional way with a Tibetan text, drum, and bell. It is not recommended for the simply curious; one should have some basis in meditation and be committed to learning the practice of Chod.

$795

Hunting Power—Gathering Knowledge: A Workshop in Applied Shamanism

Hank Wesselman

Anthropologist Hank Wesselman has worked for twenty-five years with an international group of scientists investigating the mystery of human origins in East Africa's Great Rift Valley. In the 1970s, while doing fieldwork in southern Ethiopia, he began to experience spontaneous expanded states of awareness, similar to those of traditional shamans. In an attempt to understand this, he went beyond scholarly research into direct, personal contact with ancient methods practiced by tribal people for achieving mystical states. Years later, this search brought him face-to-face with a series of visionary encounters that form the core of the teachings in this workshop.

This workshop is an opportunity to gather in a focused group to experience shamanic journeys. It will be a time of hunting for power and gathering knowledge to increase spiritual, mental, and physical well-being, to establish expanded connections—with past and future, ancestors and descendants—and to build community. The workshop will also explore the evolution of shamanism with a slide presentation offering evidence of the prehistoric beginnings of this ancient spiritual tradition.

Although best suited for those with previous experience in shamanism who wish to deepen their search, this workshop is also a powerful introduction to those less familiar with the work. The most important requirement is to be open to challenge your perceptions of our world and reality.

Please note: Bring drums and rattles if you have them; a notebook and sketchpad; a bandanna or eyeshade; a small set of chalk or oil pastels; and a blanket.

Recommended reading: Wesselman, *Spiritwalker: Messages from the Future.* $795

Awakening Vision through Conscious Photography

Jeff Berner

Turn looking into really seeing—and snapshooting into fine photography. Whether you are starting out in photography or are an advanced beginner, you can explore nature, people, and wildlife through the "mirror with a memory." This workshop will show you how to follow the path of photography as a meditation, a hobby, and an art.

Jeff Berner's teaching style can help each individual discover his or her talent. Without technical jargon, he explains how to make your camera serve your personal vision.

Easy-going projects will include: The Psychology of Lenses, The Selective Eye (Composition), Depth of Field, A Still Life is Still Life, The Click that "Kills," Creative Accidents, Visual Meditation, and Expressions of Color. There will be creative group critiques of each participant's work. The class will shoot and talk by day, and show-and-tell by night. The group will go on nonstrenuous photo safaris, including a morning at Pfeiffer Beach.

The workshop will emphasize the use of color slide film so participants can see their day's work projected with music on an eight-foot wide screen each evening. What is taught can be fully applied to your future print and slide photography.

Bring 5-to-10 rolls of 36-exposure Fujichrome and/or Ektachrome slide film, rated ISO 100 and 200, plus $8 per roll for overnight processing. Bring a working, full-size 35mm SLR camera and lenses. A recent compact 35mm point-and-shoot camera with a zoom lens range of at least 38-70mm will be adequate.

You can call Jeff Berner to discuss the workshop at 707-878-2000, weekdays, 9AM to 3PM Pacific Time. $795

Wearable Art: A Polymer Clay Workshop

Lee Brown

Although polymer clay has been commonly used in Europe for the past fifty years, it has only recently become a popular art medium in the United States. This man-made material—also known as Fimo, Sculpy, Cernit, and Promat—comes in a wide range of vibrant colors. It can be used as it comes directly from the package or blended to create pastel shades. Its easy-to-use formula lends itself to art projects that can provide you with immediate gratification as well as a special sense of accomplishment.

During this week in the Esalen Art Barn, you will learn how to condition the clay and create exciting designs that you can make into beads, buttons, talismans, amulets, and fetishes. You can then incorporate these into necklaces, pins, bracelets, and earrings. You will be shown basic bead-stringing and wire-wrapping techniques and intermediate jewelry assemblage. You can construct a colorful picture frame, a votive candle holder, a small box or bowl, even a refrigerator magnet or two.

This workshop offers everyone—men, women, and children—the opportunity to explore the endless potential of their creativity. No previous experience is necessary. $795

Weekend of June 13–15

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see January 17-19.

$425

Weekend Massage Intensive

Ellen Watson & David Streeter

For workshop description see March 28-30.

C.E. credit is available for nurses; see page 67.

$425

Facing Death: Meeting Ourselves in the Care of the Dying

Frank Ostaseski

In facing death directly, we have the opportunity to come fully into life. Whether making the bed or confined to it, we contact the same precarious nature of this life, and so come to appreciate its preciousness. It is a time of aliveness.

This workshop explores a mindful and compassionate approach to caring for those with life-threatening illness. Drawn on the experience of the Zen Hospice Project, an innovative model of conscious care, the aim is to demystify the care-giving process, investigate our own response to suffering, and clarify our intention in service.

The workshop will introduce traditional meditation practices of awareness, impermanence, and forgiveness; provide exercises designed to explore loss and accumulated grief; and discuss the importance of "mutual benefit" in care giving. Through silence, storytelling, and the collective wisdom of the group, participants will discover ways of encouraging innate generosity and developing the skillful means necessary to stay present in difficult or impersonal care-giving situations.

The workshop offers renewal and a fresh perspective on service to professionals or individuals caring for friends or family. All are invited—those caring for people with AIDS and cancer are particularly encouraged to attend.

C.E. credit is available for nurses; see page 67.

$425

The Visionary Life

Robert Maurer

In the past, psychology's usefulness has traditionally been limited by its focus on people with problems. Recent studies, however, have centered on those who have succeeded in the major challenges of life, from vocation to relationships. How did they achieve and sustain success? Current research has provided surprising insights into the pursuit of success.

This weekend program explores one of the key attributes common to all successful people: vision—the clear sense of purpose that guides and sustains actions and emotions, particularly during times of crisis. During these challenging times, people of vision and commitment are extraordinary and essential. What are the skills of the visionary and how are these skills developed and maintained? This program will not only provide the remarkable research findings but will demonstrate these qualities in filmed and live interviews.

The quest for a visionary life is a journey that each of us is capable of. The focus of this workshop will be on creating vivid dreams, discovering the path to get there, and finding the courage to travel the road.

C.E. credit is available for nurses; see page 67.

$425

Powerfully Presenting Yourself

Paula Shaw

Why are some people so cogent and inspiring when they speak? What holds you back from delivering your message? This workshop will explore the inhibitions to self-expression and communication and help you to move beyond them, creating more freedom in both your personal and professional life. It is designed for people who want to develop a more powerful personal and public presentation as well as better professional and business communication skills (e.g., lawyers, doctors, teachers, managers, and consultants).

In an environment of safety and support, you will have the opportunity to experiment with presenting yourself in front of various-sized groups, using your voice, body, and emotional power. There will be in-depth individual and group exercises designed to free you from past blocks to presenting yourself publicly.

Up-front courage, passion, and clarity need not be restricted to rare moments in life. This process can help bring to life the eloquent speaker of your fantasies. You can learn to express yourself more fully and experience the satisfaction of being more authentic, effective, and self-assured. $425

Week of June 15–20

The Good Life: Simple Secrets, Seasoned Wisdom, Sacred Vows

David Schiffman & Susan Kuttner

The leaders write: "This workshop is intended for people who appreciate and are seeking the wisdom, courage, and patience necessary to live a heartfelt life. Our aim will be to develop further what makes us adept and masterful at maintaining the soulful, romantic, and creative aspects of our lives. Our studies will focus on how to survive and thrive amidst the everyday practicalities and demands, how to face the fires of changes in our work and relationships with potency, resourcefulness, and originality.

"We will gather together to create an emotional climate that encourages honest, thorough self-reflection, a simple mood of plain talk from the heart, and the right to live freely and naturally in our own skins and with each other.

"A rich variety of attunement practices will be used to heal, reveal, and restore ourselves. Sources ranging from ancient to modern, involving those of touch, movement, breath, emotional release, meditation, music, and ceremony will be employed to break new ground for our hopes and dreams. Our intention will be to make manageable promises to ourselves—promises we can keep—based on clear personal vision and a balanced appreciation for passion and reason." $795

Soul Dramas: Past-Life Regression and Spiritual Healing for (Helping) Professionals

Roger Woolger

"Soul dramas are the daily emotional patterns, roles, and scripts we get stuck in and habitually act out," writes Roger Woolger. "Some believe that although the soul first staged its dramas around childhood trauma, it had already rehearsed them *in utero* and had written them long ago from the ancient store of past-life melodramas we all carry."

Soul dramas can be tragic, pathetic, humorous, or banal, and when left unrecognized can cause anxiety, depression and rage, or a deep sense of dissatisfaction or alienation. Roger Woolger's unique method of releasing and transforming these compulsive dramas involves regression to buried memories and past lives, as well as profound after-death encounters in the spirit realms called "bardos" by Tibetan Buddhists. Participants will be taught simple methods for body release, healing catharsis, and the reintegration of lost parts of the soul.

Experienced in psychotherapy and bodywork (Jung, Reich, and Gestalt), Woolger helps bring people through deep, transformative experiences, creating an atmosphere that is safe and contained. He also illuminates the broader spiritual picture, from Sufism to Western mysticism to Shakespeare—teaching with humor through poetry, music, story, and meditation.

Recommended reading: Woolger, *Other Lives, Other Selves.*

C.E. credit is available for nurses; see page 67.
$795

Mountains and Waves: Wilderness and Continuum

Steven Harper & Susan Harper

Nature is a primary teacher of movement, creativity, and awareness. Being outdoors in the richness and beauty of the natural world awakens our senses to the world around us. Continuum movement takes us inward, heightening the awareness of our inner experience. These five days will combine both practices, integrating the subtle inner explorations that Continuum movement inspires with the activity of day-hiking in the magnificent Big Sur backcountry.

The day-hikes will introduce participants to basic and increasingly refined awareness practices to enhance their sensitivity to all that wilderness and being out-of-doors offers. In so doing, not only will there be contact with the natural world but there will be opportunity to reawaken those elements of wilderness within.

In the indoor sessions, participants will explore movements which express and embody what they have taken in during their walks, enlivening their ability to feel what they see in nature as well as their own inner nature. Engaging with this sensual environment, the group will play with movement, breath, sound, dreams, and ritual.

This will be a time for contact with nature and wilderness, inside and out. Participants need not have previous experience in hiking or dance. $795

A Potter's View of the Universe: Big Sur Clay

Noel Mapstead & Keiko Suga

This unique pottery workshop is an alchemical blend of four basic elements: Earth, Water, Fire, and Fun. Imagine yourself engrossed in:

- Primordial Big Sur clay oozing between your fingers
- Pottery making on a Pacific beach
- Nights around fires of glowing cow dung, seaweed, and clay
- Making beads in the dark of a Native American sweat lodge
- Slathering your body in wet clay and bathing in Esalen's hot springs

Starting with ostensibly valueless natural materials, participants will learn to fashion valued objects within a group setting designed to cultivate creative experimentation, human transformation, and environmental awareness. The group will be taught to identify, gather, and prepare naturally occurring clays; to use hand-building pottery methods; and to work with traditional firing techniques, skills which can all be used anywhere on earth.

No previous experience is required. This workshop is a total immersion into the potter's world—and a chance to make beautiful objects for those you love. $795

Weekend of June 20–22

Vision Painting

Helen Jerene Malcolm

Vision painting is a nonverbal gestalt experienced via color, light, and form. It is a subtle process exposing the conditioned mind and its limitations. In an atmosphere of exploration and acceptance you are encouraged to suspend judgment, enabling the creative impulse to play, take risks, and face fears. The resulting paintings become a visual journal of your stream of consciousness.

Prompted by visualization, meditation, music, and movement, expression is evoked from the feeling centers, through the hand, and onto paper. Your intuitive voice is encouraged to uncover a source of wisdom reflected in the impulse desiring expression. Beyond the rational mind, from deeper levels of motivation, the painting seemingly paints itself and reveals its message.

Expanding consciousness through your work permits a look at the life you create for yourself physically, spiritually, and professionally. Your vision paintings become a treasure map of your life where change and healing are affirmed. This is a transformative adventure in personal creativity. It is also fun and profoundly educational.

Those who are sure they can't paint, beginners, and artists are all welcome. $425

Yoga Works: Tools for Well-Being

Maty Ezraty & Chuck Miller

Yoga is an ancient system that uses the body, breath, and mind to energize and transform all aspects of living. It is not only an excellent source of physical exercise, but a unique and powerful tool for self-realization. The practice of yoga can help release blocks that cause mental and physical pain and prevent us from knowing our divine nature. It is also a great way of dealing with the stress of daily living.

The invigorating effects of yoga become readily apparent as the body opens and stretches. Breath is the link between mind and body, and various breathing methods will be taught to help reduce tension and cleanse the system. The serenity and clarity that is the goal of yoga will be sought through meditation exercises that calm and focus the mind. Yoga philosophy and theory will be discussed, as well as nutrition and its role in overall physical health.

All levels are welcome and no prior experience is required, only an adventurous spirit. For further information contact the leaders at 310-393-5150. $425

Close Yet Free: Keeping a Good Relationship Alive

Gerald Smith

How can we be open and vulnerable in order to love another person, yet at the same time free in order to continue to grow as an individual? The balance of merging and still maintaining a strong sense of self is never completely worked out, because each partner is continually changing. But this dilemma of competing needs can be dealt with in ways that will add to the aliveness in the relationship.

Much of the participants' time during this weekend will be spent with their partners, separate from other couples. The workshop will use verbal, nonverbal, and written exercises to enhance openness, support, and affection, as well as skills to resolve differences in ways that do not produce "scar tissue." Also, since play is an essential part of keeping a relationship alive, there will be experiences to spark the imagination and willingness to play together.

Enrollment is limited to 12 couples.
$425 per participant

Models of the Ineffable: Kabbalah, Practical Alchemy, and Western Science

Mira Zussman & Christina Carmines

At the crossroads of magic, science, and religion, equivalent principles operate. Practical alchemy, kabbalah, and Western science are rooted in the same fundamental concepts despite our thinking of them as distinctly different cosmologies.

This workshop will explore the origins, theory, and practice of these traditions as well as the intersections between them. Participants will enter into the four alchemical elements (fire, water, air, and earth), the tetragrammaton (the four Hebrew letters that form the name of God), the four fundamental physical forces (electromagnetic, gravitational, strong, and weak), and more—thereby returning to the building blocks of Creation itself. The workshop will provide not only an introduction to these multiple ways of knowing, but also a way to integrate them in our understanding and experience of nature.

The weekend will include an animated mixture of discussion and experiential exercises.
$425

Change Your Handwriting, Change Your Life

Vimala Rodgers

Handwriting is much more than a style of penmanship. It is a road map to the psyche, a clear path through the winding labyrinth of our personality. It acts as a witness, indicating quite impartially where we are hiding our inborn talents, abilities, and dreams. Says Vimala Rodgers, "In the hundreds of thousands of handwriting samples I have studied, I have not seen a single one that reflected 'fear of failure.' Not one. I have, however, seen hundreds of thousands that were embedded with 'fear of *success*.' My goal in working with people is to give them permission to uncover and embrace their unique abilities, discover their purpose, and to enter into life as a courageous adventurer rather than a mystified bystander. By banishing fear-based writing patterns and introducing self-affirming ones, this process is set in motion.”

This workshop is gentle in its approach, and alive with compassion, fun, and respect for the human condition. It focuses on establishing an unquestioned sense of self-worth and on giving participants access to their hidden dreams, life purpose, and personal inner vision.

Recommended reading: Rodgers, *Change Your Handwriting, Change Your Life.*

C.E. credit is available for nurses; see page 67.
$425

June 22–29

Gestalt Practicum

Christine Stewart Price & Guest Leaders

This workshop is designed for people who would like to further explore the gestalt practice form in theory as well as through personal experience. It is especially appropriate for those in the helping professions, such as counselors, bodyworkers, and teachers, who are interested in integrating this approach into their current practice. The format will include open seat sessions with the leaders, structured exercises where participants work with each other, didactic presentation, and discussion.

The prerequisite for admission into the workshop is previous participation in a workshop specifically in gestalt practice led by one of the Esalen gestalt staff (Eric Erickson, Christine Price, or Joyce Lyke). Otherwise you may send a letter of application to Christine Price, 31 Onyx Street, Larkspur, CA 94939, and will be considered if there is space available.

Recommended reading: Perls, *The Gestalt Approach* and *Eyewitness to Therapy*; Heider, *The Tao of Leadership*; Ram Dass & Gorman, *How Can I Help?*.

C.E. credit is available for nurses; see page 67.
$1220

Week of June 22–27

ISHTA: The Yoga of Empowerment

Rod Stryker

For workshop description see January 24-26.
$795

Forgiveness: The Key to Intimacy

Mary Goldenson (Devarani)

All life is about relationships. Creating an alive and honest connection with an intimate partner requires us to go deeply into our hearts and allow the courageous self to emerge. This journey to intimacy begins with the path of forgiveness. How does forgiveness lead to intimacy?

- It allows us to let go of anger, resentment, and grief
- It allows the agitated mind to move more deeply into the healing heart

- It resolves separation from ourselves and from others
- It allows us to give up inflicting punishment on ourselves and others
- It allows us to complete unfinished business

The workshop will present ways to help complete the past, be open to the present, and create the future. It will offer a safe, supportive environment that will include taking risks, intense bodywork, gestalt imagery, dance, and meditation to support the commitment to the process of discovering ourselves.

This workshop can be especially helpful for those dealing with boundary issues, the effects of a dysfunctional family life, or addictions that have been used as a defense against intimacy. It is appropriate for everyone, whether in a good relationship or troubled, as a couple or alone, mother, father, daughter, or son, or in the healing professions.

C.E. credit for psychologists is pending.

$795

Nada Brahma: The World is Sound

Bhagavan Das

This workshop introduces Nada Brahma, the Path of Ecstatic Devotion, an exploration into devotional music and the landscape of consciousness. It will present ancient sacred Sanskrit mantras that have been used for thousands of years for healing through sound, intoning, and chanting.

"We will explore and discover the special natural voice that is within each of us," writes Bhagavan Das. "As we sing and chant the divine mantras repeatedly, the rhythm and melody fan the emotions, which creates a heightened ecstasy that leaves the mind behind and brings pure stillness of heart. In this stillness, you will discover other ways of meditating on breath."

Workshop participants will be instructed in the Indian musical scale and how each note stimulates a different chakra, using ancient "seed" syllables to experience different ways of entering divine sound.

"We will chant," adds Bhagavan Das, "to experience the White Goddess, Saraswati, the Mother of Sound and the teacher of musical form."

$795

Unmasking the True Self

Charles Miedzinski

In order to survive we learn to protect the preciousness of our true nature by developing the masks of our personality and body armor. Eventually, we identify with these masks, thereby forgetting our essence.

In this workshop, powerful yet simple art processes are used as a means of unmasking the radiance of who we truly are. This deep journey begins with the creating and painting of our mask; its inside represents our true nature, the outside represents the persona we formed to protect it. Through the incorporation of movement, drawings, interactive exercises, as well as meditation and practices of presence, we can then see and feel the constraining character of our shadow and its reflection in our body armor. The theories of Jung, Reich, and Almaas will further illuminate how our masks function and will point to the means of becoming liberated from them. The week culminates in a sacred mask ritual in which each participant enacts what is needed for his or her journey of return from personality to essence.

This workshop is recommended for those who are ready to shake loose their encumbering masks/identities in a supportive and creative setting which encourages the unfolding of their true being.

$795

Turning On the Light: A Choice to Live Consciously

Laura DeNuccio (Ma Prita) & Guests

> *In the sunlight of awareness, each thought and action becomes sacred.*
>
> – Thich Nhat Hanh

Laura DeNuccio writes: "To live fully in the present moment, deeply in touch with life, is a choice each individual can make—one breath at a time. This week we will honor, empower, and celebrate each person as we explore what it means to live fully moment to moment. Choices can emerge as we ask: What would you love to see in your life? What matters most to your heart? What is truly of value?

"Through the creative use of breath, sound, movement, and visioning, we can awaken and remember what our spirit longs to express. Guided meditations will be introduced to increase body awareness and aliveness, to dissolve and balance energetic blockages, and to quiet, still, and expand the mind. Personal growth, self-care, and integral practices for daily living will be offered for increasing mindfulness, self-knowledge, and responsibility.

"Emphasis will be on cultivating compassion, honesty, and kindness as we align with our own truths in relation to others and the Earth. Through attunement with the natural world—gentle nature walks and light hikes in Big Sur—we can deepen our capacity to listen to our innate wisdom. The group will experiment with co-creating community, an environment of trust and acceptance, as we reclaim our wholeness/holiness as human beings making choices to live fully."

Recommended reading: Fields, et al., *Chop Wood, Carry Water*; Chopra, *Ageless Body, Timeless Mind*; Hanh, *The Miracle of Mindfulness*.

C.E. credit is available for nurses; see page 67.

$795

Weekend of June 27–29

The Ultimate Yes

George Leonard

> *Life has one ultimate message, "Yes!", repeated in infinite number and variety. Human life, channeled for millennia by Civilization, is only just beginning to express the diversity and range of which it is easily capable.*
>
> – George Leonard, *Education and Ecstasy*

The ultimate "Yes" is to life itself in its every moment, whatever that moment might bring. The ultimate gift to any friend or loved one is to be totally present for him or her. This gentle June weekend will be dedicated to saying "Yes" to life and the present moment. Through breathing, chanting, meditation, imaging, and movement, this seminar will seek to affirm our oneness with nature, the cosmos, and one another, to remind ourselves of the brevity and vividness of the miracle of existence. Bring a friend or a loved one or come alone. All that is needed is a generous spirit and a willingness to participate wholeheartedly.

Recommended reading: Leonard, *Education and Ecstasy*, *The Silent Pulse*, and *The Transformation*.

$425

Sexuality, Relationships, and Consensus Reality

Max Schuepbach

Process Work, developed by Arnold Mindell, brings to relationship work the Taoistic belief that our sensual impulses and tendencies are not to be seen as something dangerous. Rather, they are the beginning seeds of a dreaming process—a journey deep into our very nature and our sources of emotional and spiritual fulfillment. And consensus reality, with its often stifling ideas and assumptions about human relationships, is as important in this experience as are our radical impulses and unconventional needs and longings.

The key to unfolding this dreaming process is awareness and a loving attitude for all our parts and experiences. Using the attitudes and skills of Process Work, we can learn to gain inner freedom, an acceptance of who we are, through the practice of opening ourselves to our inhibitions and reservations, our furies and pains, and celebrating them together with our zest for happiness and ecstasy.

The workshop will introduce precise skills for working on these issues in a pressure-free environment. It will include working on past traumas, on the experience of being marginalized for one's nature, and on power differentials. These experiences, together with others like jealousy and possessiveness, can be used as gateways to increased intimacy.

Individuals and couples of all sexual orientations are welcome, as are people living in celibacy.

C.E. credit for psychologists is pending.
$425

Chaos and Complexity in Photography, Life, and Work

Lawrence Hudetz & Irene Sanders

This high-participation workshop explores new ways to think about and see the world. Photography is used to illuminate the concepts of chaos theory and complexity with special emphasis on fractals and strange attractors. Context—not technique—is the focus. Insights gained from photographic sessions will be applied to explore a new model for understanding and responding to chaos and the complexity in our lives, our work, and our rapidly changing world.

The workshop will begin with a brief introduction to the new science, followed by a photographic session in which participants venture outside and shoot several rolls of film. The film will be processed and the resulting collection of natural images will be used to demonstrate the concepts of fractals, self-organization, and the interactions of linear and nonlinear formation. Weaving together the images and concepts, participants will then be taught how to explore and influence their personal and professional futures by anticipating and responding to change in new ways.

Activities and discussions are designed to help illuminate subtle connections, patterns, and emerging opportunities in our lives and work. Each session will be a rich integration of art, science, and world events.

Please bring a 35mm camera and 3-4 rolls of 24 exposure film. $425

The Group 2000

Esalen Staff

The Group 2000 consists of people who wish to help Esalen fulfill its mission and have contributed $2,000 or more in one year. This is a special weekend to inform the Group of the latest developments at the Institute and discuss the plans and possibilities for the future. There will be time with the staff, the opportunity to interact as a group, a possible special guest or two, as well as time just to enjoy being at Esalen.

For more information, please contact the Group 2000 at 408-667-3032. $425

June 29–July 6

Language of the Drums: African Percussion, Chanting, and Dance

Babatunde Olatunji & Friends

Olatunji and the Fourth of July—a jubilant Esalen tradition! Nigerian musician Babatunde Olatunji has been bridging the gap between American and African culture for more than thirty-five years. In this workshop he will show how drum sounds and rhythms communicate, stimulate, and pace the activities of traditional African life. He will teach the consonants of the Yoruba language, reproducing its sounds on drums and through chants, body percussion, and dance.

This workshop is for dancers, percussionists, musicians, and anyone who wants to speak the language of the drums. Drummers can experience the dance and dancers can experience the drums. Participants will prepare for a performance at Esalen's annual Fourth of July celebration. Bring a drum if you have one.

Please note: This has always been a popular workshop with lots of people drumming and dancing in a small area. The energy runs high—be prepared for a crowded, exuberant atmosphere. $1220

Intermediate/Advanced Massage Intensive

Oliver Bailey & Kathleen O'Shaughnessy

This workshop is designed for individuals who have already had basic massage training and have been in practice for a while. It is for those who want to expand into new territory and add to what they are doing with specific complex areas such as the neck and low back.

Part of the format will include the traditional Esalen style of long, integrative strokes and methods for deep contact with the recipient, which will then be focused down to detail. Another segment will have the flavor of a musician's open jam session with two lead players, eliciting a cross-pollination of ideas and approaches from all of the participants.

Exploration of the practitioner's state of being through Zen practice, breathing methods, yoga postures, and dynamic movement will be interwoven with the hands-on work.

C.E. credit is available for nurses; see page 67.
$1220

Basic Trust and the Spiritual Path

Joyce Lyke & Jessica Moore Britt

The Diamond Approach is a spiritual teaching for those on the path of being in the world while engaged in spiritual practice. Utilizing elements from depth psychology and spiritual practice, the Diamond Approach has created a method oriented by the love of truth for an inquiry into the nature of reality and the essence of our existence.

This method will be used to inquire into the question of why it is easy for some to relax into integrated spiritual unfoldment while for most it is difficult. The foundation of the Diamond Approach's understanding of this question rests on the recognition of the intrinsic benevolence underlying reality and the effect of our upbringing on our capacity to recognize and relate from this benevolence.

How our immediate environment held us in early childhood—whether with support, confidence, and love or with anxiety, fear, and negativity—determines whether a sense of benevolence remains as a part of our everyday experience as adults. Our early experiences will deeply affect how we come to view reality and our relationship to it, whether life feels like an opportunity or a trial. This exploration can challenge deeply held beliefs regarding the nature of reality, God, and the world.

Inquiring into these questions, we can gain a better understanding of ourselves and the barriers to experiencing confidence and trust in our daily lives and in our spiritual growth. Our capacity to allow our experience to unfold without control, judgment, or prefer-

ence can expand, allowing us to relax and move into the deeper mysteries of the soul.

Please note: Registration requires completion of a questionnaire. For more information see Special Programs, page 64.

Recommended reading: Almaas, *Diamond Heart–Book One* and *Essence.* $1220

Dancing with the Shadow

Jeremiah Abrams

> *One does not become enlightened by imagining figures of light, but by making the darkness conscious.*
>
> – C.G. Jung

The shadow is the person one has no wish to be. Yet shadow-work can lead us back to our buried potential, to the treasure-house wherein lies what we have rejected out of shame, fear, ignorance, or lack of love. Facing the shadow does not mean eliminating it, but rather undertaking the process of balancing and depolarizing, healing the split between our conscious self-concept and all else we are or might be. This enables us to live more fully in the existential present and to embody expanded awareness.

The workshop approaches the shadow from, as Jeremiah Abrams describes it, "the soul-centered view of Jungian archetypal psychology, concerned with the unique transformative path which each soul must follow." Participants will undertake a journey inward to the shadow, allowing the images to come forward and integrating them through dreamwork, trance, bodywork, active imagination, and the evolving group dialogue.

There will be a ceremonial purification (sweat) lodge to initiate the work and a ritual celebration—a Shadow Dance—to end, so come prepared with costume and full shadow-regalia. If you are feeling stuck or feel like it's time to take the next step in your spiritual journey, this workshop is for you.

Recommended reading: Abrams, *The Shadow in America;* Abrams & Zweig, *Meeting the Shadow.* $1220

SPECIAL PROGRAMS

THE PROGRAMS listed below are either longer than the standard Esalen workshop or part of an ongoing series. Prices quoted below for these programs are for standard accommodations as described in Reservation Information, page 4. Sometimes bunk bed space is available at a reduced rate. Scholarships are also available; please see Scholarship Information on page 4.

The Upledger Institute Series

The Upledger Institute was founded by John E. Upledger, who pioneered the field of CranioSacral Therapy nearly twenty-five years ago. Dr. Upledger is a Doctor of Science, an Academic Fellow of the British Society of Osteopathy, and a member of the Alternative Medicine Program Advisory Council of the National Institutes of Health.

From 1975 to 1983, Dr. Upledger served as clinical researcher and professor of biomechanics at Michigan State University. During those years he supervised a team of anatomists, physiologists, biophysicists, and bioengineers in experiments testing the existence and influence of the craniosacral system. The results of those studies explained the function of the craniosacral system and its use in treating malfunctions of the brain and spinal cord.

The Upledger Institute teaches noninvasive modalities such as CranioSacral Therapy to doctors and health care practitioners of all disciplines. Curricula range from the structural/functional anatomical perspective to approaches that explore the physical, emotional, mental, and spiritual origins of pain and dysfunction.

During this catalog period, Esalen will be offering CranioSacral I (**February 2-7**) and Visceral Manipulation I-A (**April 20-25**). This work is sequential and each workshop requires completion of the previous Upledger course, either at Esalen or elsewhere.

Working With the Enneagram Types—A Three-Part Series

Esalen is offering a special three-part series on the Enneagram, led by Helen Palmer. The Enneagram is an ancient model of human development that links the unique and private world of personality type with the specific aspects of human essence. Essence is a permanent, as contrasted to accidental, element of being. Awareness of essence has been called higher consciousness, or spiritual attainment.

Using the Enneagram model as the solder between the psychological and spiritual aspects of being, the three workshops focus on the practices of body, heart, and mind that best support different types of people toward spiritual liberation. These workshops may be taken individually or as an entire series (see Working with the Enneagram Types: The Head Center, **March 16-21**).

The Diamond Approach: A Spiritual Teaching for Our Times

An Introductory Series of Classes

Teachers of the Ridhwan School are offering a series of introductory workshops in the Diamond Approach (see The Flame: An Introduction to the Diamond Approach, **January 24-26**; Inquiry: The Path and Practice of the Diamond Approach, **February 2-7**; and Basic Trust and The Spiritual Path, **June 29-July 6**). The teaching bridges the traditional divisions between what is considered sacred and what is considered mundane.

The methodology of the Diamond Approach is open-ended inquiry into one's personal experience leading to an experiential understanding of it. The format includes meditation, awareness and movement practices, talks, exercises in self-inquiry, and personal processing within the group. As we inquire into and travel through our inner terrain, our identifications and beliefs shaped by our conditioning—the obscuring veils within—become more and more transparent, and we are able to contact dimensions of reality and the human potential traditionally accessible to only a few. As we gradually contact the depths of who we are, our lives progressively become embodiments and expressions of our true nature.

As in many schools of spiritual work, spiritual development in the Diamond Approach, while noninvasive and nonconfrontational, does lead to addressing the defenses of the ego and the dissolution of its structures, and so is not appropriate for everyone. It is especially suited to those who have done a lot of spiritual and/or psychological work, and who still feel that something within has not been touched. Reading one or both of the books below is recommended to see if you resonate with this approach. Prospective participants will be sent a questionnaire to ascertain whether the work may be of personal benefit (no questionnaire is required for the January 24-26 introductory weekend).

While one Diamond Heart workshop may provide a foundation for the next, each is complete on its own and may be taken individually or as part of the series. For more information and to obtain a questionnaire contact Joyce Lyke at 408-375-9845. For general information about other programs offered in the Diamond Approach call the Ridhwan Foundation at 510-287-8900.

Recommended reading: Almaas, *Essence* and *Diamond Heart–Book One*.

February 9-21

Advanced Training in Shamanism and Shamanic Healing

Michael Harner & Sandra Ingerman

Shamanism is the most ancient system known for using the mind, heart, and spirit to heal oneself and others and for solving the problems of daily living. This twelve-day intensive course emphasizes the universal methods of classic core shamanism, such as shamanic journeying, and their practical application to contemporary life.

Course prerequisite: A previous workshop with Michael Harner or other authorized faculty member of the Foundation for Shamanic Studies, either at Esalen or elsewhere (see The Way of the Shaman, February 7-9).

Recommended reading: Harner, *The Way of the Shaman* and *Hallucinogens and Shamanism*.

For information, cost, and application, please contact the Foundation for Shamanic Studies, P.O. Box 1939, Mill Valley, CA 94942; 415-380-8282. Early application is recommended.

February 28-March 28

28-Day Massage Practitioner Certification Program

Robert Helm & Brita Ostrom

The Esalen monthlong massage program provides comprehensive instruction in basic massage skills. This training includes anatomy, movement, yoga, meditation, gestalt awareness, ethics, business practices, and self-care. The daily lessons consist of lecture, demonstration, and supervised hands-on practice. Bodywork is studied as a pathway to well-being and transpersonal growth.

After the monthlong program, students wishing to fulfill certification requirements have six months to complete and document thirty massage sessions. Upon payment of a $50 processing fee, a California state-approved Certificate of Completion will be issued.

This is a professional training group with limited admission. Please request an application form when making reservations.

C.E. credit is available for nurses; see pages 67.

Standard accommodations: $3590

Bunk bed room, if available: $2540

March 23-April 4

Emotional Healing: From Codependence to Aliveness

Terry Hunt & Janet Green Garrison

Children who grow up in alcoholic, abusive, or otherwise unhealthy homes often develop disabilities that last a lifetime unless these disabilities are deliberately addressed. These difficulties can include: an inordinate need to control, an overdeveloped sense of responsibility, fear of authority figures, the inability to trust, difficulty having fun, compulsive behavior, fear of abandonment, and a chronic lack of self-esteem.

All addictions and codependency are diseases of denial. Sufferers of addictions and their offspring tell themselves that it really wasn't so bad, and they learn not to feel what they cannot tolerate. As they deny pain, they screen out joy, and their adult lives can be filled with depression and loneliness. These same individuals are also survivors, however, and most have emerged as successful-appearing adults. Yet they often spend so much energy managing and controlling work and relationships that they have little left for themselves and their own fulfillment.

A necessary part of healing is moving from codependence toward a state of emotional sobriety. Through self-exploration, participants will have the opportunity to access, express, and release blocked emotions that they still carry from childhood, and to tap the aliveness that was sacrificed when they buried their anger, fear, and grief. Points of focus for this workshop will include:

- Emotional sobriety—having a sense of balance and physical boundaries from which to find peace and a capacity for genuine sharing and pleasure
- Pleasure/addictions—learning that true pleasure is a life-affirming, non-addictive experience
- Sexuality—separating the unmet needs of the wounded child from adult intimate sexual relationships; learning tools for nurturing and sustaining healthy relationships
- Boundaries—looking at the tendency to alternate between fusing with another and completely isolating oneself
- Spirituality—learning to have faith despite the horror experienced in childhood

Recommended reading: Hunt & Paine-Gernée, *Emotional Healing*; and *Secrets to Tell, Secrets to Keep*.

C.E. credit is available for nurses; see pages 67.

Standard accommodations: $1940

Bunk bed room, if available: $1345

Healthspring Outreach and Education

The Healthspring Project extends Esalen's work in the healing arts and sciences to the outside world. It is an independent service-oriented program of Esalen teachers and their associates. Healthspring offers a global information network linking visitors to Esalen with centers, teachers, and health professionals in somatics and psychology located in their home area. (These listings are public information and are not meant to be an endorsement of any individual or institution.) Some of our practitioners and teachers travel in the United States and internationally and are available for private sessions and classes. If you are interested in being contacted, let us know.

The Healthspring library offers books on health and healing, somatic studies, psychology, bodywork, nutrition, and related studies, which may be borrowed by students while at Esalen. Donations of appropriate books are greatly appreciated.

For access to this program, write to Laurie Lioness Parizek at Esalen, c/o Healthspring.

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RECENT INVITATIONAL CONFERENCES

In its continuing commitment to the fields of education, religion, philosophy, and the physical and behavioral sciences, Esalen regularly sponsors invitational conferences that bring together experts who share their research and points of inquiry. As host, Esalen covers room and board expenses for participants as a way of advancing these particular studies. These are invitational conferences only and are not open to the public. Recently held programs and their conveners are listed here.

Dream Seekers: Empowering African-American Youth

June 17-19, 1996

Dream Seekers is a San Francisco-based program to assist at-risk African-American youth to move beyond the habitual, reactive "poverty consciousness" that inhibits them from achieving their full potential. Toward this end, Esalen hosted eight Dream Seekers inner-city teenagers, many of whom had never been outside of San Francisco, for three days of meditation, T'ai Chi, exercises, and games designed to help them release fears, resolve conflicts, work collaboratively, and find a still place within. The participants also spent time at the Esalen Art Barn making masks to illustrate their "true nature." After the conference, Esalen cofounder Michael Murphy met with the participants in San Francisco for a day of discussion and sports. Efforts are being undertaken to make this program a regular event at Esalen.

Conference on Compassion

September 22-27, 1996

The Invitational Conference on Compassion was a gathering of spiritual teachers, psychologists, social activists, and others to explore the nature and application of compassion. This conference initiated a new structure in which the Esalen community was invited to attend the presentations. Participants investigated compassion as a concept, as an experience, and as an integral part of spiritual practice. The role of compassion in community life (both monastic and secular) was discussed at length. The centerpiece of the conference was a Wednesday night presentation, open to everyone at Esalen, by Brother David Steindl-Rast, Benedictine monk, author, and former Esalen spiritual teacher in residence; Ajahn Amaro, a monk in the Thai forest tradition and founder of the Abhayagiri Monastery in Northern California; and Alan Jones, Dean of Grace Cathedral in San Francisco. The conference incorporated music and poetry throughout.

FOR NURSES

The Board of Registered Nursing has approved Esalen as a provider of continuing education for registered nurses, provider number 01152. Only those programs listed below offer continuing education credit. Workshop leaders have final responsibility in applying for C.E.U. eligibility; therefore a workshop accredited in the past may not necessarily be accredited today. There is a $10 processing fee for C.E.U. certificates, payable at the end of the workshop when you turn in your evaluation form to the office. If you wish to receive a certificate, please notify the office at the time of registration.

Please note: *Two-day workshops offer 10 hours of C.E. credit and five-day or longer workshops offer 30 hours.*

If you need additional information on C.E. courses for nurses or future C.E. outreach programs, please contact Sherry Sanders Galloway, R.N., Continuing Education Coordinator, 408-667-3000.

December 29-January 3

- SIKE: Healing and Health through Ki Energy
- Feeling and Creativity: Reinvigorating (Ad)ventures in Life

January 3-5

- Taking Better Care of Yourself: An Eclectic Physician's Guide for a Healthy New Year

January 5-10

- Five-Day Massage Intensive

January 12-17

- Gestalt Practice
- Chakra Integration: A Complete Approach to Health and Healing

January 17-19

- Intimate Connections
- Hanna Somatics: Mastery of Muscles and Emotions

January 19-24

- Creating Exact Moments of Healing

January 24-26

- Why Men Are the Way They Are
- When Success is Not Enough

January 26-31

- The Art of Trigger Point Massage
- Qigong and Psychoneuroimmunology: An East/West Healing System
- The Medicine Wheel Way

January 31-February 2

- Introduction to Mindfulness Meditation
- Reinhabiting Your Body: An Experience in Authentic Movement
- Secrets Kept From the Mind But Not From the Body

February 2-7

- The Upledger Institute's CranioSacral I

February 16-21

- Five-Day Massage Intensive

February 23-28

- You Don't Have to Be Good

February 28-March 28

- 28-Day Massage Practitioner Certification Program

February 28-March 2

- Beyond Individualism: A Gestalt Model for Building Your Personal Support System
- Vipassana Meditation and the Teachings of Thich Nhat Hanh

March 7-9

- The "Penniston Protocol" Deep Process Technique: A Workshop for Clinicians

March 9-14

- Spiritual Healing: Laying-on-of-Hands
- The Heart of the Shaman

March 14-16

- Sensory Awareness
- Religious and Spiritual Problems: A Paradigm Shift in Mental Health
- Advanced Zero Balancing: The Alchemy of Touch

March 16-21

- Explorations in Mindful Living
- Working with the Enneagram Types: The Head Center

March 21-23

- Care of the Self: Enhancing Wellness

March 23-April 4

- Emotional Healing: From Codependence to Aliveness

March 23-28

- Awakening the Body: A Body-Centered Intensive

March 28-30

- Weekend Massage Intensive
- A Celebration of the Body: A Self-Empowerment Weekend

March 30-April 4

- Sports Massage: Keeping the Players Playing

April 4-6

- Re-Solving Your Past, Remembering Who You Are: A Gestalt Process Workshop
- Energy Kinesiology: Awakening to Abundant Energy

April 6-11

- Making Crucial Life Choices and Major Life Changes
- What to Do When the World Ends: A Workshop on A Course in Miracles

April 13-18

- The Path of Transformation through Meditation
- Healing Our Hearts

April 18-20

- Movement for Life—The Feldenkrais Method®
- The Art of Leadership: Communication, Creativity, Vision

April 20-25

- The Upledger Institute's Visceral Manipulation I-A

April 27-May 2

- Continuum
- Gestalt Practice
- Rational, Emotional, and Intuitive Decision Making
- Face Reading: The Language of the Face

May 2-4

- The Awakened Mind: Brainwave Training
- The Healing Power of the Dream

May 4-9

- The High-Performance Mind: Awakened Mind Brainwave Training

May 9-11

- Practical Herbology: An Esalen Garden Workshop
- Intuition and Perception: Extending the Boundaries

May 11-16

- Living with a Life-Threatening Illness: The Spiritual Journey

May 18-23

- From Conflict to Partnership

May 23-25

- OpenMind Training: Innovations in Meditation and Mind/Body Healing

May 25-June 1

- Cortical Reeducation® and the Feldenkrais Method®

May 25-30

- Healing Body Image and Sexuality
- The Core Self: Return to Innocence and Choice

May 30-June 1

- Core Holoenergetics®: The Art and Science of Conscious Healing

June 1-6

- Holoenergetics® Level One Training

June 6-8

- Introduction to Mindfulness Meditation
- Living with Breast Surgery: A Workshop for Women

June 13-15

- Weekend Massage Intensive
- Facing Death: Meeting Ourselves in the Care of the Dying
- The Visionary Life

June 15-20

- Soul Dramas: Past-Life Regression and Spiritual Healing for (Helping) Professionals

June 20-22

- Change Your Handwriting, Change Your Life

June 22-29

- Gestalt Practicum

June 22-27

- Turning On the Light: A Choice to Live Consciously

June 29-July 6

- Intermediate/Advanced Massage Intensive

FOR PSYCHOLOGISTS

ESALEN HAS BEEN APPROVED AS A provider of continuing education for psychologists in the State of California, accredited by the California Psychological Association, provider number ESA001. Workshops for which C.E.U. credit has been approved are listed here. Those workshops for which C.E.U. applications have been filed and approval is pending are noted in the Seminars section. For current status information, contact Brita Ostrom at 408-667-3040.

Please note: *Two-day workshops offer 10 hours of C.E. credit and five-day workshops offer 26 hours.*

January 12-17

- Completions and Transitions (ESA001-37-01)

January 24-26

- Why Men Are the Way They Are (ESA001-28-01)

January 26-31

- Hypnosis and Creativity (ESA001-56)

January 31-February 2

- Secrets Kept From the Mind But Not From the Body (ESA001-48)

February 14-16

- Communication and Partnership (ESA001-07-01)

March 14-16

- Religious and Spiritual Problems: A Paradigm Shift in Mental Health (ESA001-64)

March 21-23

- Care of the Self: Enhancing Wellness (ESA001-68)

April 6-11

- Making Crucial Life Choices and Major Life Changes (ESA001-61)

April 27–May 2

- Rational, Emotional, and Intuitive Decision Making (ESA001-60)

May 18-23

- Completions and Transitions (ESA001-37-02)

May 25-30

- Group Process Training (ESA001-66)

June 1-6

- Holoenergetics® Level One Training (ESA001-65)

WORK STUDY PROGRAM

The Work Study Program is for those interested in an intense and complete involvement with the Esalen environment. It is a work-oriented program, emotionally and physically, and only rarely is it restful. Participants work thirty-two hours per week in one of Esalen's departments (kitchen, garden, farm, housekeeping, maintenance, or grounds) and participate, along with staff and long-term students, in that department's program.

During most evenings and one weekend intensive, work students are together in one of two groups (see below) exploring different practices and approaches available at Esalen, with specifically assigned leaders who are with the group throughout the month, coordinating the study schedule and facilitating many of the evening sessions.

The selection of work students is done by Bette Dingman, the Work Study Coordinator, in consultation with department supervisors. Since this is a work program, preference is given to applicants who are open and willing to learn about themselves within the work context as well as within the evening and weekend study/process groups. Applicants with particular skills or physically limiting conditions are urged to mention them on the application. It is necessary for applicants to be fluent in English.

First-month work students, in particular, are assigned to departments largely on the basis of community need. No work students will be assigned to the office until they have fulfilled a minimum of one month in one of the aforementioned departments, either during a current or a previous stay.

The study portion of the program is divided into two groups each month: each emphasizes one type of growth practice, such as gestalt, meditation, creative arts, massage or somatics work, and so forth. Applicants must select one group and be prepared to stay at Esalen for the full duration designated for that particular program, assuming that they meet the standards of the Work Study Program.

Please note: This program is designed to explore and apply human values and potentials in both the evening groups and the workplace. It is not intended as a substitute for therapy or as a "cure."

It is sometimes possible to receive college unit credit for participating in the Work Study Program. Please check with your college or university for eligibility requirements.

Work Study Programs scheduled for this catalog period are:

January 5–February 2

Carolyn Braddock will focus on healing from bodily trauma, including sexual and emotional trauma, physical illnesses and surgeries, body image issues, and loss from accidents. The program will use a body-centered approach, incorporating breath, sound, and movement into a healing journey. Participants will work toward identifying and releasing old patterns and developing new ones. Video analysis, group process, gestalt, bodywork, experiential exercises, and gentle martial arts exercises will all be incorporated.

The monthlong program with **Deborah Anne Medow** is based on learning how to pay attention to yourself both as an individual and in relationship to another. It is a program of turning inward, developing a stronger sense of self, and then bringing that self out to play and interact with others. The monthlong will integrate yoga, breathing exercises, massage, meditation, creative movement, and dance.

February 2–March 2

Helen Jerene Malcolm will guide a month of Vision Painting, the creation of a visual journal through color, light, and form. Painting will be used in a subtle process designed to expose the limitations of the conditioned mind. In an atmosphere of exploration and acceptance, participants can learn to suspend judgment and enable the creative impulse to play, take risks, and face fears. Emotional awareness, visualization, meditation, music, and dream images will be used to evoke expression from an inner source of wisdom and intuition.

The focus of a month with **David Schiffman** will be on the theme of transition. It is geared for people facing major changes who would like an opportunity to create a time for sanctuary and a mood of mutual support. The intention will be to cultivate an individual style of approaching change that is heartfelt, open-minded, and resourceful in spirit.

March 2-March 30

With an emphasis on the practice of massage, **David Streeter** will explore the inner power of the human being. He will combine the essence of Zen meditation with movement from the martial arts and yoga. These principles will be applied to the art of massage and the art of being in the world.

Mel Kimura-Bucholtz will lead a monthlong intensive combining Ericksonian hypnosis, gestalt relational work, Breakthrough Excellence Training™, and Core Matrix Work™. The program is designed to help participants reconnect with their natural core personality; craft their sensitivity into deeply felt, connecting behaviors; and join intention, focus, and action into daily activities and life direction. Emphasis will be on living beyond fear, developing the courage of imagination, and living from one's own personal aesthetic center while crafting one's abilities into the finest expressions we are capable of creating.

March 30-April 27

A monthlong program with **Ellen Watson** will focus on movement—movement of body, of breath, and of being. Using the Five-Rhythm Wave, the Five Tibetan Rites, and the Five Remembrances of Thich Nhat Hanh as the foundation for inquiry, participants will move and play, dance and pray together. Video feedback will be used to enrich and enhance insight and self-awareness.

A month with **John Soper** will center on ways to improve the quality of life for participants. Gestalt practice will be the vehicle for personal growth in a group setting. The group may also experience other practices, including games, to bring into focus those areas of our lives that are ripe for change.

April 27-May 25

Karuna Licht will lead a group on "opening the inner gates," using gestalt and various meditation practices to help develop clarity (self-awareness), the capacity to be present (self-acceptance), as well as compassion and loving-kindness toward ourselves and others. This can, in turn, access the doorway to wisdom and insight. The objectives of this monthlong will be to heal, to be creative, to perform rituals, and to celebrate ongoing transformation.

Vicki Topp & Friends will lead a monthlong journey exploring ourselves and our environment, utilizing a blend of integral healing practices which may include massage, sensory awareness, imagery, storytelling, gestalt, creative movement, and spiritual nourishment.

May 25-June 22

Lenore & Mel Lefer will lead this program. Lenore will offer an exploration of the inner journey within the framework of psychosynthesis, using guided imagery, journal writing, dreams, ritual, storytelling, and nature to create a supportive environment in which healing and transformation can occur. Mel will teach all levels of Integral Yoga, including postures, progressive relaxation, breathing practices, meditation, and visualization.

The basis of a month with **Seymour Carter** will be the gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, and aikido. Each participant's process of development will be honored, encouraged, and treated as unique.

June 22-July 20

Peter James Meyers will lead a month of exploration in theater arts designed to awaken the playful nature of creativity. Using movement, language, sound, improvisation, theater games, and music, the group will work together to reinvigorate the whole body as an instrument for communicating the poetic language of the spirit for the stage. All levels and abilities are welcome.

Eduardo Elzner & Guests will lead a month concentrating on emotional release work and self-awareness, incorporating gestalt practice, group and individual process, rituals, movement, and bodywork.

Inasmuch as the Work Study Program is a complete program in itself, please do not plan to take regularly scheduled catalog workshops during your stay. Professional services, such as massage, are available at staff rates.

Fees: A deposit of $400 in U.S. currency is required with your application. The work scholar fee is $750 for the first month, $700 for the second month, and $650 for the third month. Work students may be invited to remain for a second or third month depending on space available and community needs. Occasionally it is possible to stay for a longer period as an Extended Student. There are no scholarships available for the Work Study Program.

Housing: Accommodations are shared (occasionally co-ed), with up to four people to a room, usually at South Coast Center, a staff complex located 1.5 miles north of Esalen.

For more information contact Bette Dingman: 408-667-3010.

Please note: Application is not registration in the program. Registration is made only after approval of application and upon receipt of deposit. The balance of the fee is due on arrival. Of the original deposit, $100 is nonrefundable and may be transferred to other programs within one year of receipt. Please return the application form (see next page) with your deposit to:

Work Study Program
Esalen Institute
Big Sur, CA 93920

Institute of Transpersonal Psychology Offers External Master's Degrees

WORK STUDENTS have the opportunity to integrate their work study experience at Esalen with the external degree program of the Institute of Transpersonal Psychology. The external degree format enables students to study at any location. Work students will be able to continue the dynamics of personal growth fostered at Esalen while earning master's degrees in transpersonal studies or in transpersonal psychology.

Inquiries and applications should be made directly to ITP. Contact:

Nancy Fagen
External Program
Institute of Transpersonal Psychology
744 San Antonio Road
Palo Alto, CA 94303
415-493-4430

WORK STUDY PROGRAM APPLICATION

Name ______________________ ☐ Male ☐ Female

Date of Birth ______________ Occupation ______________

Place of Employment ______________

Daytime Phone (____) ______________ Home Address ______________

Evening Phone (____) ______________ City/State/Zip code ______________

Date of Application ______________ Country ______________

Do you have any physically limiting conditions which might affect your full participation in this program? ☐ Yes ☐ No

If yes, please be specific. ______________

Are you currently taking any medications? ☐ Yes ☐ No If yes, please specify: ______________

Which program(s) are you interested in? Please list the leader's name. ______________

Please note: When focused programs continue with the same leader for more than one month, participants must be prepared to stay at Esalen for the full duration of that particular program.

The Work Study Program is for 28 days, beginning and ending on Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: ________ to ________ 2nd: ________ to ________ 3rd: ________ to ________

Work students may be invited to remain for a second or third month, depending on space available and the needs of the Esalen community. Please indicate your availability for such an invitation.

☐ No extension ☐ One-month extension ☐ Two-month extension

Assignments to departments are made according to community labor needs. However, if you have particular skills that you're willing to use, especially in food preparation, gardening, maintenance, mechanics, construction, or housecare, please mention them here.

☐ Please check here if you have emergency medical skills (M.D., R.N., or E.M.T.) and are willing to use them during your stay.

Attach a personal statement about your interest in the Work Study Program and why you'd like to participate.

All applicants are required to sign a standard release from liability and assumption of risk form as a condition of participation in the Work Study Program.

Please Note: No pets allowed.

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Week of May 4–9

Apprenticeship to the Earth—Return to Sacred Ground

David Schiffman & Little Bear Nason

David Schiffman writes: "This wilderness adventure is for people who value the restorative and inspirational power of the natural world. We will journey on foot and/or horseback toward a simpler mode of being. Our destination: Pine Valley, deep in the woods of Big Sur's most pristine backcountry, a convergence of earth, sky, and mountains, filled with centuries-old towering pines, sparkling streams and waterfalls, surrounded by high granite cliffs and secret caves inscribed with petroglyphs. It is an ancient, sacred gathering-place for the Esselen Indians, used for countless generations as a tribal sanctuary for new visions, purification, celebration, and community.

"It will be a time to share the elemental realities of outdoor living and travel: sleeping under starry skies in the fragrance of the forest, immersed in the music of creek and wind, sharing meals around blazing fires in an unhurried mood of common support.

"Our time together will also be used for self-realization and personal mastery. We will employ a variety of shamanic practices for uncluttering our minds and hearts and freeing our spirits. Our tools will combine the ancient and the modern, including:

- Music and ceremony as spirit medicine
- Native American prayer and purification practices
- Opportunities for individual initiation into dreamtime
- Healing and kinship through the sensitive use of touch
- Free-form adventures in the heart of the forest

This trip is suitable for newcomers as well as old hands."

Participants can elect to hike or ride.* All gear and food will be packed in on mules. Be prepared for some physical exertion. Further details sent upon registration. $795

*($890 if you choose to ride)

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The Esalen Wilderness Program refund policy reflects the fact that few of these expenses can be recovered.

To reserve a space in a wilderness workshop, a nonrefundable deposit of $200 is required. The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your nonrefundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your deposit is forfeited.

AUDIO RECORDINGS

The Dolphin Tape Series

Each new tape list has a somewhat different emphasis in its selection of titles and speakers. In addition to the many well-known titles from familiar speakers included for the special attention of new customers, there are several additional tapes from some old favorites, the most recent recordings from others, and a few entirely new speakers, events, and subjects.

Dolphin Tapes has no complete catalog, just overlapping tape lists. When you place an order, let us know your field of interest or your favorite speakers. We may have more information on some of them. Many tapes are in stereo. Tape length is normally 1 to 1 1/2 hours.

Single-tape titles are $10:

Abraham/McKenna/Sheldrake: TRIALOGUES: Preview and Sampler, 1989-90
Abraham/Thompson: *Eccentric Sunday Morning: Chaos and Order*, 1993
Anne Armstrong: *On Being a Psychic*, 1971
Gregory Bateson: *The Limits of Science*, 1978
Robert Bly: *Six Powers of Poetry*, 1983
David Brower: *Breaking the Species Barrier*, 1971
Barry Commoner: *Human Meaning of Environmental Crisis*, 1971
David Darling & Al Huang: *Dancing Cello, Dancing Tao*, 1989
Ram Dass: *Yoga of Daily Life*, 1970
Big Sur Drums: *The Sky Children*, 1968
James Fadiman: *Guided Fantasy and Fairy Tales*, 1972
David Finkelstein: *A New Quantum Logic*, 1976
Stanislav Grof: *A New Paradigm for Psychotherapy*, 1980
Willis Harman: *Origin of the Psychedelic 1960s*, 1977
Arthur Hastings: *Transpersonal Realities*, 1979
Gerald Heard: *The Power of Wonder*, 1954
John Heider: *Living in the Tao*, 1987
Albert Hofmann: LSD *and the Nature of Reality*, 1978
Aldous Huxley: *Human Potentialities* (MIT Cambridge), 1961
Laura Huxley: *Recipes for Living and Loving* (Guided Imagery), 1963
Robert Johnson: *The Roots of Modern Masculinity*, 1990
Stanley Keleman: *Biological Roots of Consciousness*, 1970
Jack Kornfield: *The Simplicity of Spiritual Practice*, 1982
Jack Kornfield: *On Buddhism: A Personal Story*, 1983
Timothy Leary: *American Culture*: 1945-1985 (College of Marin), 1977
Janet Lederman: *Early Childhood Experience* (Gazebo), 1987
John C. Lilly: *The Dolphin Experience*, 1969
John & Toni Lilly: *Integrating Science and Mysticism*, 1981
Abraham Maslow: *Self-Actualization*, 1966
Terence McKenna: *Surfing on Finnegan's Wake*, 1993
Terence McKenna: *Hot Concepts and Melting Edges*, 1994
Terence McKenna: *Laws and Freedom, Habits and Novelty*, 1994
Terence McKenna: *Personal Update, Complexity and Meaning*, 1996
Humphrey Osmond: *Early Psychedelic History*, 1967
Joseph Chilton Pearce: *Intelligence of the Heart*, 1992
Joseph Chilton Pearce: *Unconflicted Behavior*, 1994
Fritz Perls: *Gestalt Therapy and How It Works*, 1966
Carl Rogers: *My Philosophy and How It Grew*, 1972
Rogers/Bateson: *Dialogue on Thinking, Feeling, Learning*, 1975
Will Schutz: *Principles and Philosophy of Encounter*, 1970
Daniel Sheehan: *Philosophy of Christic Institute*, 1991
Rupert Sheldrake: *Morphic Resonance and Memory*, 1985
Sheldrake/Pearce: *Resonant Fields of Heart and Brain*, 1993
John "Jay" Shelfer: *Taoist Chi Energy Breath Movement*, 1993
Julian Silverman: *A Lighthearted Course in Miracles*
Huston Smith: *The Nature of Reality* (Boston), 1970
David Steindl-Rast: *The Body, Sensuousness, and Spirituality*, 1990
Richard Tarnas: *The Passion of the Western Mind*, 1993
Charles Tart: *On the Paranormal*, 1971
Wilson Van Dusen: *The Nature of Humanness*, 1969
Alan Watts: *Divine Madness*, 1968
Carl Whitaker: *On Becoming a Professional Therapist*, 1989
Arthur M. Young: *The Reflexive Universe*, 1973

Two-tape titles are $16:

Walt Anderson & Ted Roszak: (2) *The Upstart Spring* (Esalen), 1984
Angeles Arrien: (2) *Cross-Cultural Shamanic Practice*, 1991
Gregory Bateson: (2) *Balinese Culture and Shamanism*, 1976
Ram Dass: (2) *One Man's Journey to the East*, 1969
David Finkelstein: (2) *Ancient, Medieval, and Classical Physics*, 1984
Bruce Kumar Frantzis: (2) *Taoist Philosophy and Practice*, 1994
Buckminster Fuller: (2) *The Critical Path* (Maui), 1982
Stanislav Grof: (2) *The Birth Trauma*, 1981
Stanislav Grof: (2) *The Cosmic Game*, 1987
Jean Houston: (2) *The Possible Human* (Boston), 1979
Robinson Jeffers's Poetry: (2) *A Dramatic Celebration* (Carmel), 1972
Timothy Leary: (2) *The Power of Imprinting*, 1982
Terence McKenna: (2) *The Magical Mystery Tour*, 1989
Sogyal Rinpoche: (2) *Training for the Moment of Death*, 1982
Daniel Sheehan: (2) *Christic Institute Update and JFK*, 1992
Daniel Sheehan & Sara Nelson: (2) *Politics and Natural Law*, 1995
Frederic Spiegelberg: (2) *India and the Saints*, 1964
Alan Watts: (2) *Eastern Religion and Western Therapy*, 1971
Watts/Grof/Silverman: (2) *The Science of Madness*, 1968
Janet Zuckerman: (2) *The Feeling Process*, 1987

Four-tape titles are $34:

Ralph Abraham: (4) *The Chaos Revolution*, 1994
James Fadiman: (4) *A Weekend of Stories*, 1984
David Finkelstein: (4) *Indeterminacy and Undecidability*, 1978
Roland Fischer: (4) *Creative, Psychotic, and Ecstatic States*, 1969
Buckminster Fuller: (4) *Integrity Day* (Marin), 1983
Abraham Maslow: (4) *An Informal Weekend in Big Sur*, 1966
Terence McKenna: (4) *Conversation at the Edge of Magic*, 1994
Terence McKenna: (4) *Eros, Chaos, and Meaning's Edge*, 1994
Terence McKenna: (4) *Deeper and Broader Questions*, 1994
Rupert Sheldrake: (4) *Resonance and the Habits of Nature*, 1987
Rupert Sheldrake: (4) *Rebirth of Nature: Revival of Animism*, 1990
David Steindl-Rast: (4) *Mysticism as a Frontier Experience*, 1985
David Steindl-Rast: (4) *Living in the Now*, 1988
David Steindl-Rast: (4) *Enjoying Poetry*, 1992
Andrew Weil: (4) *New Insights into Addiction*, 1987
Colin Wilson: (4) *Human Evolution and a New Psychology*, 1968
Arthur M. Young: (4) *The Reflexive Universe Interviews*, 1983

The Dolphin Vinyl Album Tape Sets:

Angeles Arrien & Robert Bly: (6) *Love in the Western World*, 1984	$56
Gregory Bateson: (6) *Steps to an Ecology of Mind*, 1980	$56
John C. Lilly: (6) *Ego, Self, and Essence*, 1971	$56
John C. Lilly: (6) *The East Coast Workshop*, 1973	$56
Abraham Maslow: (6) *The Eupsychian Ethic*, 1969	$56
Joseph Chilton Pearce: (6) *Journey to the Heart*, 1990	$56
Rupert Sheldrake: (6) *Resonance and Presence of the Past*, 1985	$56
Andrew Weil: (6) *All You Wanted to Know About Drugs*, 1993	$56
Robert Anton Wilson: (6) *The "Coincidance" of Joyce*, 1985	$56
Ruthy Alon: (6) *Lessons in the Feldenkrais Method* (Series I or II)	$60
Terence McKenna: (8) *Collected Talks: Series I* (1982-83) or II (1983-86)	$66
Terence McKenna: (8) *The Esalen Scholar-In-Residence Series*, 1989	$66
Julian Silverman: (8) Commentaries on *A Course in Miracles*, 1980	$66
Colin Wilson: (8) *The New Analytic Philosophy*, 1967	$66
Colin Wilson: (8) *New Pathways in Human Evolution*, 1990	$66
Buckminster Fuller: (8) *The Pajaro Dunes Tapes*, 1977	$72
Moshe Feldenkrais: (6) *Awareness Through Movement Lessons* (Series I)	$72
Terence McKenna: (8) *True Hallucinations* (A Talking Book), 1984	$72
Abraham/McKenna/Sheldrake: (10) TRIALOGUES *at the Edge*, 1989-90	$84
Virginia Satir: (10) *Conjoint Family Therapy*, 1968	$84
Esalen Symposium: (12) *Wilhelm Reich: His Life and Work*, 1974	$96
Gregory Bateson: (12) *Informal Esalen Lectures*, 1975-1980 (Archives)	$96

Please add $3.00 to your complete order for handling and mailing (add $3.00 more if you wish priority mail). Overseas orders add $1.00 per tape for mailing. California residents include 6 1/2% tax. Institutional purchase orders please add 10% to tape cost for invoicing and deferred payment. Allow 4 to 6 weeks for delivery (most orders are mailed within two weeks).

Please mail your order and your check payable to:
DOLPHIN TAPES, P.O. Box 71, Big Sur, CA 93920

Advertisement: Dolphin Tapes is a private company independent of Esalen.

C BIOGRAPHICAL INFORMATION

A

Ralph Abraham, *has been a professor of mathematics, chaos pioneer, and author since 1960. His most recent books are:* Dynamics–the Geometry of Behavior; Trialogues at the Edge of the West; Chaos, Gaia, Eros; *and* The Web Empowerment Book. *p. 55*

Jeremiah Abrams *is a Jungian therapist and writer. His books include* The Shadow in America *and* Meeting the Shadow. *As director of the Mt. Vision Institute in Sausalito, Calif., he conducts a certification program in soul-centered psychology and psycho-spiritual integration. p. 63*

Sarah Abukutsa *is a professional singer and dancer who trained in her native Kenya before working in Europe and the U.S. She has worked with Babatunde Olatunji and Quincy Jones. p. 50*

Hanno Ahrens *is a sculptor living in New York whose work, built from discarded materials found locally, is concerned with myth and nature. He has exhibited nationally and has received a grant from the National Endowment for the Arts. p. 45*

Ronald Alexander, *a mind/body psychotherapist in Santa Monica and core faculty member at Ryokan College, has explored Buddhist meditation and healing disciplines for twenty-six years. Consultant to the entertainment industry, he specializes in leadership skills and creativity. p. 32, 40, 50, 52*

Tsultrim Allione, *formerly a Tibetan Buddhist nun, is a thirty-year student of Buddhism and the author of* Women of Wisdom. *p. 56*

Jitsudo Ancheta-Sensei *is a Dharma successor to Maezumi Roshi. He was vice-abbot of Zen Mountain Center and is currently resident teacher of Hidden Mountain Zen Center. p. 39*

Angeles Arrien, *a native Basque, is an author, anthropologist, educator, and corporate consultant whose teachings are based on the universality of values, ethics, and experiences revealed through cross-cultural myths, symbols, and the arts. p. 27*

B

Nancy Bacal *is a lyricist, screenwriter, and aikido black-belt. She edited Leonard Cohen's* Stranger Music *and* Raga, *a film starring Ravi Shankar. She leads ongoing writing workshops in Los Angeles and West Marin. p. 26*

Oliver Bailey *is a practitioner and instructor of Esalen massage. His background includes training in gestalt practice, neurolinguistic programming, intuitive work, and meditation. p. 26, 30, 62*

Richard Balaban *is a clinical psychologist in private practice in Bloomington, Ind. His focus is on joyfulness and the creation of a sense of self and community. p. 39*

Anat Baniel *began studying the Feldenkrais Method® in early childhood in her native Tel Aviv and later became the student and apprentice of Moshe Feldenkrais. She works extensively with infants and children, health care professionals, and musicians. p. 39*

James Baraz *has taught vipassana insight meditation retreats since 1977 and is cofounder of Spirit Rock Meditation Center in Marin County, Calif. A licensed psychologist, he has a counseling practice in Berkeley. p. 22, 54*

Edmundo Barbosa *is a body-oriented psychologist from Sao Paulo, Brazil, and the founder of Revida, a center for work with cancer patients. He is a senior researcher for the Institute for the Study of the Afterdeath. p. 15*

Ysaye Barnwell *has since 1979 performed, composed, and recorded with the internationally renowned a cappella quintet Sweet Honey In The Rock. She leads workshops throughout the U.S., in Great Britain, and Australia. p. 43*

Sondra Barrett, *a biomedical scientist and educator, is associate professor at California Institute of Integral Studies, project director of California Pacific Medical Center, and coauthor of* Making Waves. *p. 21*

Ellen Bass *has supported, encouraged, and inspired women's writing for over twenty years. She has published a dozen books, including poetry, nonfiction, and children's stories. p. 38*

Therese Baxter *is a classically trained actress and certified instructor of Physiosynthesis with twenty years' experience in the Alexander Technique. She has trained in Ki healing since 1984, and has a private practice in Los Angeles. p. 13*

Peter Beckmann *learned bread baking in his hometown of Heidelberg, Germany, and has twenty years of professional experience. He runs a successful wholesale bakery in the San Francisco Bay Area, combining tradition and innovation. p. 27*

Brian Bergstrom *is a structural bodywork practitioner and yoga instructor with over fifteen years' experience. He has a private practice in Palm Springs, Calif. p. 49*

Jeff Berner *has photographed internationally, received two awards from* Life *magazine, and photo-illustrated* Uncarved Block, Unbleached Silk: The Mystery of Life, *by Alan Watts. He has written twelve books, including* The Photographic Experience. *p. 56*

Judith Blackstone *is a meditation teacher, author, dancer and founder of* The Subtle Self Work, *a method of realizing the integration of the body, authentic self, and spiritual consciousness. She is co-director of* Realization Center in Woodstock, N.Y. *p. 38*

Julie Bowden, *pioneer in the children of alcoholics (COA) field, is cofounder of the* National Association of COAs. *She coauthored* Recovery: A Guide for Adult COAs *and* Genesis: Spirituality in Recovery. *p. 39, 53*

Carolyn Braddock *is a body-centered therapist and consultant in private practice in Lakewood, Colo. She authored* Body Voices *and trains professionals in post-traumatic stress disorder. p. 33, 34, 52, 69*

Judith Bradley *is a physical therapist, acupuncturist, and teacher who has been an* Upledger CranioSacral *instructor since 1986. She is in private practice in British Columbia, specializing in children and* Visceral Manipulation. *p. 23*

George Brandon *has been playing music professionally for most of his life and has performed with Jimmy McGriff's Big Band, Sun Ra and his Arkestra, and The Mighty Sparrow. He is an NEA grant recipient to study theory and composition. p. 43*

Jessica Moore Britt *is a teacher of the* Ridhwan School. *A Gestaltist at Esalen for seven years, she presently teaches the* Diamond Approach *in the Bay Area, Santa Fe, Seattle, and Europe. p. 20, 62*

Michael Broder *is a psychologist involved with the human potential movement for over twenty-five years. He's the author of* The Art of Living Single *and* The Art of Staying Together, *as well as* Positive Attitude Training *on cassette. p. 37*

Daniel Brown *is director of a group private practice in Cambridge, Mass., and assistant professor at Harvard Medical School. He has spent nearly two decades investigating states of consciousness, and is a coauthor of* States of Consciousness. *p. 39, 40*

Lee Brown *is a classically trained art maker and jeweler who now applies his creativity to the medium of polymer clay. His focus is exploring healing through teaching. p. 56*

Sophy Burnham *is the author of ten books on angels, creativity, and the spiritual awakening. Her latest work,* Rowing Toward God, *is on mystical experiences and she is currently working on a book about mystical ecstasies. p. 45*

Robin Burnside *is co-manager of the Esalen kitchen and former chef/owner of two successful restaurants. She has over twenty-five years of professional cooking experience. p. 37*

C

Christina Carmines *has published articles on Western alchemy, astrology, and practical kabbalah. Her book,* The Celluloid Warrior, *considers the application and misapplication of magic in film. She is president of Raven's Wolf Films. p. 59*

Seymour Carter, *longtime gestalt teacher at Esalen and in Europe, combines studies in family systems theory with Zen Buddhism, sensory awareness, aikido, and other body-oriented practices. p. 29,46, 47, 70*

Michell Cassou *is the founder of an original approach to painting as a tool for self-discovery. Cofounder of the Painting Experience Studio in San Francisco, she is recognized for her work exploring the spirituality of the creative process. p. 24*

Dorothy Charles *is a gestalt practitioner and the assistant director of Esalen's Gazebo School. p. 54*

Carl Chase (C.C.) *is a bodyworker who specializes in cross-fiber friction and deep tissue methods. He has also studied sports massage and soft-tissue manipulation. p. 34*

Stephen Cohen, *gestalt practitioner and longtime golf hacker, is founder and president of The Shivas Irons Society, a nonprofit organization dedicated to enhancing golf's beauties and virtues. p. 49*

Emilie Conrad-Da'oud *is the founder of* Continuum. *Her innovative approach to movement has enhanced the creativity of artists in many fields and has led to new insights in the healing process. p. 41*

Linda Crompton is *president and chief executive officer of* Citizens Trust Company *in Vancouver, Canada. Her focus is on corporate social responsibility, ethical investment, and the development of an ecologically and socially relevant global economy. p. 47*

Stewart Cubley, *originally trained as a scientist and engineer, painted for the first time in 1974 and soon thereafter began a second career as a painter. He is cofounder of the Painting Experience Studio in San Francisco. p. 23*

Dale Cummings, *certified Radix® teacher and marriage and family counselor in West Los Angeles, Santa Cruz, and San Francisco, is director of training for the Radix® Institute. p. 13*

D

David Darling *is a cellist, composer, and teacher. He is cofounder of* Music for People, *an organization that humanizes the learning process of creating music. His latest recordings are* Cello, Dark Wood, *and* 8-String Religion. *p. 14, 15*

Bhagavan Das *is a master of the sound current known as Nada Brahma. He wandered India for six years as a student of yoga and Indian music, acquired fame when Ram Dass wrote about him in* Be Here Now, *and toured extensively on the American "guru circuit." p. 61*

Lama Surya Das *is a Buddhist scholar, poet, and translator of Tibetan texts. He is founder of the Dzogchen Foundation of America and author of* The Snow Lion's Turquoise Mane: 150 Wisdom Tales from Tibet. *p. 25*

Ritch Davidson, Senior Vice-Emperor of Playfair, is an innovator of programs that focus on the value of humor in team building, stress management, and living a healthier worklife. His clients have included Nike, the U.S. Air Force, and DuPont. p. 42

Laura DeNuccio (Ma Prita), longtime Esalen group leader, has twenty-five years' experience guiding people internationally in breathwork, gestalt, vision improvement, movement, and meditation. Her current interest is swimming with wild dolphins in Hawaii. p. 61

Embree De Persiis has worked and taught at her Big Sur studio for more than twenty years. Her work has been exhibited in galleries and private collections throughout the U.S. and Canada. p. 35

Shirley Dockstader, a teacher in body-mind practices for twenty-five years, integrates hatha yoga and qigong into high-performance athletics and immune system strengthening. Founder of Mind and Movement, she is coauthor of Making Waves. p. 21

E

Donna Eden is the developer of Energy Kinesiology, based on an ability to see and work with the body's energies in a systematic manner. She has been practicing energy balancing for nearly two decades and teaches worldwide. p. 36

Eduardo Eizner, a licensed psychologist from Belgrano University in Argentina, is an Esalen staff member and director of Gazebo School Park. p. 70

Renée Emunah is the founder/director of the Drama Therapy Program at CIIS. She is a past president of the National Association for Drama Therapy and was among the first four drama therapists officially registered in the U.S. p. 46

Jack Engler is a supervising psychologist at Harvard Medical School. He has taught mindfulness meditation for many years in affiliation with the Insight Meditation Society in Barre, Mass., and is on the Board of the Barre Center for Buddhist studies. p. 32

Eric Erickson is a long-term student of gestalt and Eastern philosophical traditions. p. 15

Maty Ezraty is a founder and director of Yoga Works in Santa Monica, Calif. She has been teaching and promoting yoga for the past ten years. p. 59

F

Warren Farrell, author of Why Men Are The Way They Are and The Liberated Man, has been a pioneer in both the women's and men's movement, and has appeared on over 1,000 television and radio shows. p. 20

David Feinstein, a clinical psychologist, is coauthor of Mortal Acts, Rituals for Living and Dying, and the forthcoming Weaving the Energies, Fitting the Field. He has taught at the Johns Hopkins University School of Medicine. p. 25

Andrew Feldmar is a registered psychologist, practicing psychotherapy for the past thirty years in Vancouver, Canada. He was a friend and associate of R.D. Laing, the controversial Scottish psychiatrist, and works internationally as a consultant and teacher. p. 48

Patricia Fields is a psychologist and psychoenergetic practitioner working at the interface of psychology and spirituality. She utilizes brainwave biofeedback in her private practice in San Rafael, Calif., and regularly conducts professional trainings. p. 29

Lilias Folan continues to share yoga through her PBS series "Lilias!", her books, and award-winning videos and audio tapes. She conducts seminars internationally and has taught yoga and meditation in Russia. p. 47

Thomas Michael Fortel, longtime yoga practitioner and teacher, has been a frequent guest teacher of the Esalen Movement Program. He teaches in the San Francisco Bay Area and leads retreats and workshops nationally. p. 19

Gregory Franta is principal architect of ENSAR Group, an international design firm specializing in environmentally sustainable architecture. He has helped building owners and designers produce green buildings throughout the world. p. 50

Joyce Frazee, a gestalt practitioner in private practice, is the senior supervisor of the Gestalt Training Institute of Vancouver, Canada. She leads workshops in the U.S., Canada, and Europe. p. 42, 45

Mallory Fromm has trained in Ki healing since 1981 and has led workshops in the U.S. and Japan. A licensed, practicing instructor of Aikido (fifth Dan), he cofounded the Spinal Integrity Ki Energy (SIKE) Institute in Los Angeles. p. 13

G

Sherry Sanders Galloway is an Esalen massage staff practitioner and teacher whose focus is sports massage, balanced with Esalen bodywork. A practicing RN, she specializes in emergency medicine and psychiatric intervention. p. 35

Lillian Lesefko Garnier is a professor of Oriental medicine and studied facial analysis with her Chinese grandmother. She has researched Chinese texts and Western studies that correlate this ancient science with psychology and medicine. p. 42

Janet Green Garrison is a certified substance abuse therapist and health educator. Also a certified yoga instructor, she has been teaching an eclectic blend of hatha yoga for the past twenty-six years. p. 33, 65

Glenna Gerard is cofounder of The Dialogue Group, specializing in interpersonal communication, leadership, and group facilitation. Her passion is integrating spiritual practice and conscious learning in personal and professional life. p. 27

Mark Gerzon authored several books, including Coming Into Our Own: Understanding the Adult Metamorphosis and A Choice of Heroes: The Changing Faces of American Manhood. He has led workshops on gender and on midlife throughout the U.S. p. 32

Mariah Fenton Gladis, longtime gestalt practitioner and trainer, founded and has for fourteen years directed the Bucks County Institute. She is director of the Pennsylvania Gestalt Center for Psychotherapy and Training. p. 18, 19

Marushka Glissen is a clinical social worker on the staff of Mt. Auburn Hospital in Cambridge, Mass. She specializes in psychotherapy, hypnotherapy, and couples treatment. p. 40

Herbert Gold has published over 20 books, including Bohemia; Best Nightmare on Earth: A Life in Haiti; Fathers; and a new novel, She Took My Arm As If She Loved Me. p. 29

Mary Goldenson (Devarani) is a clinical psychologist, chiropractor, and certified Radix® teacher in Los Angeles. She has a private practice specializing in relationship therapy and transitions. p. 17, 19, 25, 49, 50, 60

Joe D. Goldstrich is board-certified in cardiology and internal medicine. He has lived at Esalen and has given workshops here for fifteen years. p. 14

Harriet Goslins is the originator of Cortical Reeducation®. She is a Feldenkrais® practitioner with a background in psychosynthesis, applied kinesiology, craniosacral work, and social anthropology. p. 51

Spalding Gray, writer and actor, has created a series of 13 autobiographical monologues which he has performed in the U.S., Europe, and Australia. He has taught storytelling at Columbia, NYU, and Omega Institute. p. 33

Stanislav Grof is a psychiatrist, author, and researcher of psychotherapy and non-ordinary states of consciousness. He is co-developer of Holotropic Breathwork, and conducts workshops and trainings worldwide. p. 53

H

Joan Halifax is a Buddhist teacher, anthropologist, and author of several books on shamanism. She is founder and director of Upaya, a Buddhist study center in Santa Fe, N.M., and The Project on Being with Dying. p. 37, 39

Eleanor Criswell Hanna, professor of psychology at Sonoma State University, is editor of Somatics, director of the Novato Institute for Somatic Research and Training, and author of How Yoga Works and Biofeedback and Somatics. p. 18

Keith Harary is research director of the Institute for Advanced Psychology in San Francisco and coauthor of eight books. He has over twenty-five years' experience in advanced perceptual research. p. 46

Michael Harner has practiced shamanism and shamanic healing for more than thirty-five years and pioneered their return to contemporary life. His books include The Way of the Shaman; The Jivaro; and Hallucinogens and Shamanism. p. 25, 65

Steven Harper coordinates Esalen's Wilderness Programs. He has led both traditional and experimental expeditions internationally for nearly twenty years. His work focuses on wild nature as a vehicle for awakening. p. 38, 48, 53, 58

Susan Harper teaches Continuum Dance Meditation workshops in Los Angeles and San Francisco, leads Dance the River trips on wild rivers, and has presented at the Joy-Spangler Asilomar Conference. p. 58

John Harris is a bodyworker and somatic therapist with fifteen years' experience treating physical and emotional pain. He specializes in sports massage and has worked extensively with post-traumatic stress disorder. p. 35

David Hawkins, a psychiatrist in private practice, has trained group therapists at Duke University and throughout the U.S. He is past president of the American Academy of Psychotherapists p. 49

Jeanne Hay is a teacher of the Ridhwan School, the home of the Diamond Approach, a method of spiritual realization and actualization. She has been involved in spiritual and psychological work since 1974. p. 23

Beth Hedva is the author of Journey From Betrayal To Trust. Her work blends ancient wisdom and spirituality with modern psychotherapy. p. 19

Robert Helm is a senior member of the Esalen massage/bodywork staff. p. 28, 65

Christian Hendricks is an Aston Patterner®, Ju Jutsu instructor, and licensed massage therapist. He is in private practice in Seattle, specializing in increasing performance, rehabilitating injuries, ergonomic consultation, and movement education. p. 33, 34

Maria Lucia Sauer Holloman has practiced spiritual healing in Brazil and the U.S. since 1982. She has been a resident student and teacher at Esalen and conducts trainings and seminars internationally. p. 30

Peggy Horan has been practicing and teaching massage at Esalen for twenty-five years. She is a student of childbirth, dance, and movement. p. 41

Chungliang Al Huang teaches Tai Ji philosophy, East/West synthesis, and the art of movement meditation. He is the founder-president of the Living Tao Foundation and director of Lan Ting Institute in the Sacred Mountains of China. p. 15, 16, 17, 33

Lawrence Hudetz is both artist and scientist. From electrical engineering he moved into photography emphasizing science and art in synergy. His work is exhibited at the International Center of Photography and the Art Institute of Chicago. p. 62

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Elaine Hughes, author of Writing from the Inner Self and several other books on writing, has been combining meditation with writing exercises in her teaching for over twenty years. p. 55

Terry Hunt is a licensed psychologist and a certified bioenergetic therapist specializing in addictive disorders and adults from dysfunctional families. He is coauthor of Emotional Healing and Secrets to Tell, Secrets to Keep. p. 33, 65

Leigh Hyams is a painter/teaching-artist at UC Berkeley Extension, adjunct professor at JFK University, and teacher at Atsitsa in Greece. A Fulbright Scholar whose work has been exhibited internationally, she leads art tours for museums and universities. p. 40

I

Sandra Ingerman is an international faculty member of Michael Harner's Foundation for Shamanic Studies. She is the author of Soul Retrieval: Mending the Fragmented Self. p. 25, 65

Ione is a writer, director, playwright, and author of the memoir Pride of Family: Four Generations of American Women of Color. She is also a psychotherapist who facilitates access to dreams, myths, and ancestral memories. p. 54

Julian Isaacs is a faculty member of two Bay Area graduate schools and is clinical director of the EEG Spectrum brainwave biofeedback training facility in Corte Madera, Calif. He regularly conducts professional seminars in the use of alpha/theta brainwave training. p. 29

J

Linda Jacobson is a professional artist who teaches transformational art at UCLA and internationally. Her teaching reflects her involvement with Tibetan Buddhism, Jungian concepts, and shamanism. p. 39

Jaichima is a Huichol Indian shaman who, with her brother Vicente, maintains a full-time shamanic practice with clients ranging from agricultural workers to university professors. p. 29

Alia Johnson has been a teacher of the Diamond Approach in the Ridhwan School for twelve years. She is the principal editor of the books of A.H. Almaas. p. 49

Constance Jones is an MFCC in private practice in Palm Springs and developed and instructed human sexuality courses at Mt. San Jacinto College. She is also a single mother. p. 47

Zoran Josipovic is a counselor, meditation teacher, and co-director of Realization Center in Woodstock, N.Y. He is a longtime student of Eastern contemplative traditions and coauthor of Zen for Beginners. p. 14

Loren Judaken specializes in facilitating workshops in personal growth, leadership, and public speaking. She studied speech communications and drama at the Trinity College of London and at UCLA. p. 43

K

Sharon Kagan is an exhibiting artist and teacher of the creative process, with master's degrees in performance art and psychology. She has extensively studied the roles of faith and hope in the psychology of children of holocaust survivors. p. 22

Lynne Kaufman is a nationally award-winning playwright and short-story writer whose plays have premiered at the Magic Theatre, Actors Theatre of Louisville, and Theatreworks. Her stories have appeared in Redbook, Cosmopolitan, and McCalls. p. 53

Sam Keen is the author of eleven books, including The Passionate Life, Faces of the Enemy, and, most recently, Hymns to an Unknown God. p. 18

Shelley Kessler, a leading educator in the new field of emotional literacy, has led programs which facilitate initiation. She is coauthor with Mark Gerzon of the forthcoming Man, Woman, Earth: Reclaiming Spirit and Wildness in Intimate Relationship. p. 32

Mel Kimura-Bucholtz holds degrees in psychology, philosophy, and literature, and trained with Milton Erickson. For the past twenty-five years his work has involved bringing out individuals' unique skills, capacities for self-healing, and outstanding performance. p. 34, 70

Stanley Krippner is professor of psychology at Saybrook Institute and the California Institute of Integral Studies and coauthor of Dreamworking, Dream Telepathy, and Realms of Healing. p. 25

Igor Kungurtsev (Ati Akarta) is a meditation teacher in the tradition of Advaita-Vedanta. He has an MD in psychiatry and is an adjunct professor at the California Institute of Integral Studies and John F. Kennedy University. p. 17, 48

Susan Kuttner is a marketing and communications consultant, both in business and the healing arts. She assists her clients in becoming more effective, more powerful, more heartful, and more successful in their efforts. p. 58

L

Carol LaDue is a Focusing teacher, speaking coach, bodyworker, and the director of the Pool of Listening Wisdom. She facilitates people in the embodiment of a meaningful life with compassion, respect, and humor. p. 27

Sarah La Saulle is a psychotherapist and teacher who specializes in healing blocks to self-love and creativity. She is in private practice in Santa Monica, Calif. p. 22

Leonard Laskow is a Fellow of the American College of Obstetrics and Gynecology and former chief of OB-GYN at Community Hospital of the Monterey Peninsula. He teaches internationally at medical centers, universities, and holistic institutes. p. 52, 53

Barbara Lee is a circlemaker who has worked with groups for the past fifteen years. She focuses on "heart-centered" remembrance of the Divine. p. 52

Lenore Lefer facilitates retreats for women of all ages, people with heart disease, and people with cancer. A former psychotherapist, she works in Northern California and conducts professional psychosynthesis training groups in the U.S. and Russia. p. 36, 70

Mel Lefer has been a research participant and teacher at Dr. Dean Ornish's Preventive Medicine Research Institute for ten years, and has shown reversal of his own heart disease without surgery. He has practiced and taught Integral Yoga for ten years. p. 70

George Leonard is the author of Mastery, The Silent Pulse, and The Transformation. He is a fourth-degree black belt in aikido and founder of Leonard Energy Training (LET). p. 26, 36, 61

Karuna Licht is a psychotherapist in Monterey, Calif., and an artist living in Big Sur. She integrates meditation and creativity in her work with individuals, couples, and groups. She has led Esalen work scholar groups for six years. p. 70

Elisa Lodge is an expressive arts therapist with thirty years' experience teaching body/mind practices. She is a professional actress and performing artist. p. 19

Ron Loeb is a corporate lawyer who focuses on corporate governance and responsibility. He is a member of The Jefferson Circle, a learning group for senior corporate executives drawn to the issues of individual and corporate renewal. p. 47

George Lough is a licensed psychologist who has taught psychology and counseling at universities for the past twenty years. He is the coauthor of What Men Are Like and is in private practice in Sherman Oaks, Calif. p. 55

Paul Lounsbury, a founding member of the New York Forum for Psychotherapy Cybernetics, studied hypnosis and psychotherapy with Milton Erickson. He is in private practice in New York and specializes in the innovative use of hypnosis. p. 14, 16

Frank Lowen is a certified instructor and the Visceral Manipulation curriculum director of The Upledger Institute, Inc. He maintains a private practice in New Mexico. p. 40

Francis Lu is a clinical professor of psychiatry at University of California, San Francisco and deputy chief for inpatient psychiatry at San Francisco General Hospital. He has conducted seminars at Esalen on film and transpersonal psychology. p. 31

Olga Luchakova is a spiritual teacher in the tradition of Kundalini Yoga, Vedanta, and Hesychasm. A former medical doctor, she is an adjunct professor at the California Institute of Integral Studies, Institute of Transpersonal Psychology, and JFK University. p. 17, 48

David Lukoff is a professor of psychology at Saybrook Institute and a psychologist at the San Francisco VA Day Treatment Center. He has published articles on the spiritual and religious dimensions of clinical practice. p. 31

Nancy Kaye Lunney, formerly a vocal coach and accompanist, is the originator of Singing Gestalt, which utilizes lyrics and songs as a means of self-expression. She is director of programming at Esalen. p. 25

Ron Luyet is a psychotherapist, group facilitator, and organizational development consultant. His work is based on openness, responsibility, and compassion, as detailed in his recent book, Where Freedom Begins (coauthored with Marion Pastor). p. 49

Joyce Lyke is a teacher in the Ridhwan Work School, which is dedicated to understanding the relationship between personality and being. She has been part of the Esalen Gestalt staff for many years. p. 23, 62

M

Helen Jerene Malcolm, artist, consultant, and teacher, works with a visionary consulting team designing long-range vision paintings for individual clients and Fortune 500 corporations. p. 15, 59, 69

Noel Mapstead is a local fine artist and potter. He has studied and exhibited extensively in New York and is now at home with Big Sur clays using traditional firing techniques. p. 41, 59

Jena Marcovicci is a former touring professional tennis player (1972-1976) who competed against Borg and Vilas. He has a doctorate in counseling and psychology, and a private sports psychology practice in Richmond, Mass. p. 28

Peller Marion is a psychologist, writer, and organizational management consultant. She is president of Peller Marion Associates, Inc., an outplacement and executive development coaching corporation in San Francisco. p. 20

Bonnie Mark is a psychotherapist specializing in child, adolescent, and family therapy. Author of The Handbook of Infant, Child, and Adolescent Therapy (Volumes I and II), she consults and supervises at the Reiss-Davis Child Study Center and teaches at UCLA extension. p. 43

Dean Marson is a practitioner and instructor of Esalen massage who uses self-care techniques as a means of introducing people to the pleasure and potential of human touch. p. 41

Robert Maurer teaches writing classes in creativity, storytelling, and character development at UCLA and USC. He is Director of Behavioral Sciences for the Family Practice Residency Program at Santa Monica-UCLA Medical Center. p. 57

Kim McCourt is a licensed marriage and family counselor and a senior associate at the Lomi School. Her bodywork practice incorporates craniosacral, intuitive hands-on energy work, orthopedic massage, and shiatsu. p. 27

Terence McKenna has spent twenty-five years studying ontological foundations of shamanism and the ethnopharmacology of spiritual transformation. He is the author of Food of the Gods, True Hallucinations, and, with his brother Dennis, The Invisible Landscape. p. 36

Margot McLean is a painter who lives in NYC. Her work is informed by environmental concerns as well as the importance of place and beauty, urban and wild. With psychologist James Hillman, she is coauthor of a forthcoming book on animals. p. 30

Deborah Anne Medow, Esalen workshop leader and bodywork practitioner since 1969, teaches ashtanga yoga, massage, creative movement, gestalt awareness, and related healing disciplines throughout the U.S. and Europe. p. 34, 37, 69

Peter James Meyers, an actor and director, has performed Off-Broadway in New York and in San Francisco's A.C.T., where he is currently on the directing staff. He is the artistic director of the Vector Theater Company, where also teaches acting and movement. p. 70

Charles Miedzinski is a cofounder of the Arts and Consciousness program at JFK University. He has taught transformative arts, integrating sacred arts, psychology, and spiritual practices, at numerous universities for twenty-five years. p. 61

Chuck Miller has been practicing yoga for twenty-one years and is an advanced Ashtanga student and teacher. His teaching reflects his deep commitment to yoga as a way of life. p. 59

Sukie Miller, former director of education at Esalen, founded the Institute for the Study of the Afterdeath. She has worked extensively with dying patients and has visited and studied over thirty afterdeath systems worldwide. p. 15

Darlene Moore is a research associate at the Institute for Advanced Psychology in San Francisco. She has conducted special projects and taught extended perception workshops for the Institute throughout the U.S., Canada, and Europe. p. 46

Beverly Kitaen Morse is a marriage and family counselor in private practice in Santa Monica and a senior instructor at the Rosenberg-Rand Institute for Integrative Body Psychotherapy. p. 29

Marissa Moss is an award-winning author and illustrator of children's books. She teaches at the University of California at Berkeley extension program. p. 23

Arthur Munyer is a Trigger Point specialist who has been a student and practitioner of various bodywork and emotional release disciplines for over twenty-five years, most of them at Esalen. He has a private practice in Carmel, Calif. p. 21

Michael Murphy founded Esalen Institute (with Richard Price) in 1962 and helped initiate Esalen's Soviet American Exchange Program. He is the author of Golf in the Kingdom, Jacob Atabet, and The Future of the Body. p. 26, 36

N

Claudio Naranjo, growth disciplines theorist and former Esalen resident, introduced meditation as an adjunct to therapy and was first to teach the enneagram as personality map in the U.S. He has given the opening address at all the International Gestalt Conferences. p. 26

Little Bear Nason is the seventh generation spiritual leader of the Esselen Indian Tribe of Big Sur. His life is an apprenticeship to the Earth. p. 43, 72

Maria Nemeth, a clinical psychologist, has been leading seminars for twenty-four years emphasizing successful communication and the development of excellence with ease. p. 53

Andy Nusbaum is a twenty-five year member of the P.G.A., a longtime teacher, and a founding board member of The Shivas Irons Society. He is committed to the mysteries, beauties, and transformative capabilities of the game of golf. p. 49

O

John O'Donohue is a Catholic priest, philosopher, poet, and storyteller. Born in Ireland and steeped in Celtic mysticism, he is the author of Echoes of Memory, a poetry collection, and Stone as the Tabernacle of Memory. p. 15

Heather Maycock Ogilvy, a psychologist in Menlo Park, Calif., has been in private practice for twenty years, working with adults and children. She is a longtime Esalen group leader. p. 14

Babatunde Olatunji, master percussionist from Nigeria, has performed and recorded internationally for over thirty-five years and is known for his album Drums of Passion. He is an authority on African religion. p. 28, 29, 62

Kathleen O'Shaughnessy has an extensive background in Soto Zen, the major psychotherapies, movement therapy, nutritional healing, shamanic states, bodywork, and the practicalities of transpersonal crisis. p. 15, 62

Frank Ostaseski is founding director of the Zen Hospice Project and Spiritual Teacher in Residence at Esalen. His work is inspired by years at the bedsides of people with AIDS and cancer, a counseling practice focusing on grief and loss, and fifteen years of Buddhist practice. p. 57

Brita Ostrom, a licensed MFCC, has led massage and other workshops at Esalen for twenty-one years. She is trained in gestalt awareness work and participated in Esalen's two-year somatics education project. p. 15, 28, 65

P

Helen Palmer has for the past twenty-two years directed CITI, a training center that unites psychological work with the agendas of sacred tradition. She has authored The Enneagram and The Enneagram in Love and Work. p. 32

Laurie Lioness Parizek blends traditional and innovative ways of healing, and works with the chakras and the energy body. She pilots the Healthspring Project, extending Esalen's work in the healing arts and sciences to the rest of the world. p. 17, 26

Donna Dreyer Pérez-Venero studied the shamanic tradition of the Hmong hill tribes in Thailand. She is a transpersonal psychiatrist and serves on the faculty of the University of Maryland Medical School. p. 30

Richard Yensen Pérez-Venero studied the shamanic tradition with Carlos Castaneda and Maria Sabina. A psychologist, he has served on the faculties of Harvard Medical School and Johns Hopkins University. p. 30

Maggie Phillips is a psychologist and director of the California Institute of Clinical Hypnosis. She leads workshops on hypnosis and personal growth and is coauthor of Healing the Divided Self. p. 22

Jeanine Pollak is the founder of Botanic Adventures, a wilderness adventure-travel company. She has eighteen years' experience lecturing, consulting, and formulating herbal products, and teaches at UC Santa Cruz and throughout Northern California. p. 45

Noelle Poncelet is a psychologist and trainer in hypnotherapy in the U.S. and Europe. She is also on the international faculty of the Foundation for Shamanic Studies. p. 22

Steven Post, a Feng Shui practitioner for twenty-five years, is a business and residential consultant who works internationally with architects and developers. He is on the boards of Sacred Sites International Foundation and the Institute of Integrated Sciences. p. 46

Christine Stewart Price is a teacher and ongoing student of gestalt practice and other approaches to developing awareness. p. 16, 17, 41, 60

Carol Proudfoot-Edgar leads workshops on integrating shamanic methods and Native American teachings, with a special interest in Bear Medicine. She is a certified shamanic counselor and teaches for Michael Harner's Foundation for Shamanic Studies. p. 21

Bill Puka researches ethics—nonjudgmental, inspirational, visionary ethics—evolved at Harvard's Center for Moral Development. His Be Your Own Hero program promotes community service and worklife responsibility in the schools. p. 38

Cheryl Purdue is a licensed counselor specializing in personal life journeys. She has a doctorate in psychology and is in private practice in Sherman Oaks, Calif. p. 53

Johanna Putnoi, a somatic educator and communications consultant, teaches the Enneagram to bodyworkers, screenwriters, women inmates, and in corporations throughout the U.S. and Europe. She is a senior associate of the Lomi School. p. 44

R

Gustavo Rabin is a clinical psychologist who focuses on relationships, life's transitions, and spiritual creativity. He has a private practice in Los Angeles. p. 27

Paul Rebillot, a group leader at Esalen for more than twenty years, combines gestalt methodology with theater and ritual. He teaches in Europe and throughout the U.S. p. 13

Christopher Reed has been practicing meditation since 1970, teaching since 1981, and has received Dharmacarya transmission as a teacher from Thich Nhat Hanh. He is cofounder and resident teacher at Ordinary Dharma and Manzanita Village Meditation Centers. p. 28

Regina Reilly is a teacher in the Diamond Approach of the Ridhwan Foundation for Spiritual Development and a psychotherapist in private practice in Northern California. p. 20

Tracey Rich has earned the title of "Yoga Acharya" and is the associate director of the White Lotus Foundation in Santa Barbara, Calif. She trains teachers and students and leads seminars nationally. p. 47

Vimala Rodgers, master graphotherapist and author, trains health professionals, psychotherapists, and persons committed to personal transformation. She is director of The Institute of Integral Handwriting Studies. p. 59

Jack Rosenberg, a psychologist and director of the Rosenberg-Rand Institute of Integrative Body Psychotherapy in Venice, California, is the author of Body, Self, and Soul. p. 29

S

Stephano Sabetti, founder of the Life Energy Process®, has a doctorate in psychology and trains therapists internationally. He is also an organizational consultant. p. 18

Barbara Sachs trained as a psychotherapist and Ridhwan teacher and was clinical director of counseling at JFK University. She raised her two children as a single parent, integrating her passions: parenting, spiritual life, and psychology. p. 26

Karel Samsom is an entrepreneur and teaches creativity, innovation, and environmental entrepreneurship at the University of Vermont and at Nijenrode University in his native Netherlands. p. 13

Terry Sand, Vice-Empress of Playfair, is a motivational speaker presenting programs on humor in the workplace, team building, and humor and healing. She has taught improvisational comedy for over fifteen years. p. 42

Irene Sanders is author of Chaos, Complexity, and Change: A Context for Strategic Thinking, which explains the dynamics of change and how to link one's intuitive sense with one's intellectual understanding by learning to think in pictures. p. 61

Robert Sanoff is a Lomi somatic therapist, twenty years in private practice, and a teacher leading personal growth groups and workshops since 1980, most recently at Esalen Institute. p. 44

Audrey Savage, gestalt practitioner and body therapist, works with women's issues, sexuality and spirituality, and the tarot. She is the author of The Fourth Woman and Twice Raped. p. 13

Howard Schechter focuses his work on spiritual and emotional growth. His teaching integrates the insights and practices of a variety of Eastern and Western psychological and spiritual traditions. He is the author of Rekindling the Spirit in Work. p. 52

David Schiffman is a longtime group leader at Esalen. His primary interest is in facilitating people who are in transition toward a more heartful, unstrained existence. p. 14, 20, 30, 31, 40, 41, 43, 58, 69, 72

Max Schuepbach has studied and worked with Arnold Mindell for twenty-five years. He works worldwide with a variety of groups including the Findhorn community, multinational corporations, and indigenous groups in Australia and Canada. p. 61

Laurie Schutz, senior Esalen massage practitioner and teacher, integrates her degree in body awareness psychology with a nonintrusive massage approach to maximize the release of both mind and body tension. p. 15

Bruce Scotton is a psychiatrist and editor of Textbook of Transpersonal Psychiatry and Psychology. Associate clinical professor of psychiatry at the UCSF School of Medicine, he has been immersed in cross-cultural studies for over twenty years. p. 29

Bill Sechrest, a past board member of Esalen, is Vice Chairman (U.S.) of the World Business Academy and president of CDAC, a Dallas-based charitable corporation that focuses on neighborhoods, communities, and cities as organic systems. p. 47

Joanne Segel has been a registered movement and transformational therapist for over twenty-five years. She is an affiliate of the Gestalt Institute and integrates Jungian concepts into her work. p. 39

Charlotte Selver, student of Elsa Gindler, introduced sensory awareness in the U.S., and has been closely connected with Esalen and the San Francisco Zen Center since their beginnings. p. 30

Phyllis Shankman is a licensed counselor in Santa Monica and a longtime Esalen group leader. She is founder and director of The Mountains AIDS Foundation, which offers retreats and groups for people living with HIV/AIDS. p. 47

Paula Shaw, a professional actress and acting teacher for over twenty years, conducts workshops in expanding self-expression, well-being, and creativity for non-actors across the United States and Canada. p. 55, 58

Cynthia Silverman has been an Advanced Rolfer and teacher of bodywork for sixteen years. A longtime student of A Course in Miracles, she also teaches meditation and body awareness. p. 37

Julian Silverman is a psychologist and educator. He harmonizes a spiritual vision with the theory and methods of both Gestalt psychotherapy and community psychology. p. 36, 37

Tobin Simon is cofounder of Proprioceptive Writing and codirector of the Proprioceptive Writing Center in Portland, Maine. He is formerly a professor of English and humanities. p. 24

Ann Skinner is a specialist in mask work, a teacher of voice, and a professional theatre coach. She has recently completed her eighth session as head voice coach at the Stratford Shakespearean Festival in Canada. p. 32

Fritz Smith is a physician, cranial osteopath, certified acupuncturist, and founder of Zero Balancing. He is the author of Inner Bridges: A Guide to Energy Movement and Body Structure. p. 31

Gerald Smith is a licensed psychologist in private practice in San Mateo, Calif. He has authored two books on relationships, Couple Therapy and Hidden Meanings, and has led workshops at Esalen for twenty-nine years. p. 59

Ray Gwyn Smith is a poet and painter from the mountains of North Wales. She unites her bardic heritage with insights from her ongoing solo experience with the wild. p. 55

Fran Solomon, Senior Vice-Empress of Playfair, is an educational speaker who focuses on the use of humor, teamwork, and play to promote innovation, cooperation, and maximum profits. She is also an RN and a professional singer and songwriter. p. 42

Robert Solomon is a professor at the University of Texas and has been giving seminars at Esalen for thirteen years. He is the author of many books, including The Passions and About Love. p. 14

Titos Sompa is a dancer, choreographer, and percussionist who specializes in the cultural arts of the Congo and Zaire. He is the Artistic Director of Mbongi Dance Theatre Project in Santa Cruz, and teaches and performs worldwide. p. 54

John Soper is a gestalt practitioner with a background in international business. He is deeply aware of the need to improve the environment. p. 70

Cary Sparks *has been a Holotropic Breathwork facilitator since 1988. She lives in Mill Valley, Calif., and is a mother, wife, director of the Grof Transpersonal Training program, writer, and equestrian.* p. 53

Tav Sparks *teaches internationally with the Grof Transpersonal Training program for certification in Holotropic Breathwork. He is the author of* The Wide Open Door: The Twelve Steps, Spiritual Tradition, and the New Psychology. p. 53

Angelina Spector *is the developer of* Mindbody Rhythms. *Her expertise unites Eastern and Western dance, a twenty-six year Buddhist practice, and mind-body fitness. Presently she co-owns Mind-Body Connection in Oakland, Calif.* p. 42

Kathleen Riordan Speeth *is a psychologist trained in Buddhist, Sufi, and Hindu methods who emphasizes Western existential philosophy. Author of* The Gurdjieff Work, *she is devoted to the beauty found in Bach, Debussy, Rilke, Monet, roses, and dreams.* p. 16, 50

Brother David Steindl-Rast, *Benedictine monk, psychologist, and author, has lectured on five continents. He was Spiritual Teacher in Residence at Esalen, and is concerned with the unique challenges and opportunities of our time.* p. 17

David Streeter, *a certified sports massage practitioner on the Esalen massage staff, has taught yoga and anatomy and worked as an athletic trainer. Before joining the Esalen faculty, he lived as a Camaldolese monk.* p. 25, 56, 70

Tina Stromsted, *faculty member in the Somatic Psychology Program at the California Institute of Integral Studies, integrates body-oriented, Jungian, and creative arts approaches in her teaching and private practice.* p. 22

Rod Stryker, *an initiate of Kriya and Tantric-Hatha Yoga and a Yogiraj (master) in the ISHTA lineage, has taught yoga and meditation since 1980. He is based at Yoga Works in Santa Monica, Calif., where he leads teacher trainings.* p. 20, 60

Keiko Suga *is a ceramic artist whose focus is on traditional pottery-making techniques using local clays.* p. 41, 59

Holly Sumner *is a painter living and working in New York. Her paintings, which explore nature and its depiction in art and science, have been exhibited nationally. She participated in Esalen's invitational conference on Art and the Environment.* p. 45

Sara Szpektor *has a doctorate in clinical psychology and has been in private practice for twenty years. Working with couples, families, and groups, she combines gestalt practices, strategic counseling, and spiritual development.* p. 27

T

Yao Tamakloe *studied African dance, music, and literature at the University of Ghana and at UCLA. He dances with the Drums of Passion Dancers.* p. 50

Jim Tamm *is an administrative law judge dealing with labor-management disputes. Over the past twenty-five years he has conducted over 1000 settlement conferences, many involving highly emotional strike situations.* p. 49

Jeremy Taylor *has taught dream work for over twenty-five years. He is president of the Association for the Study of Dreams and author of* Dream Work *and* Where People Fly and Water Runs Uphill. p. 55

Linda Teurfs *is an organizational consultant and cofounder of The Dialogue Group. She specializes in leadership, self-organizing/managing teams, interpersonal communications, and integration of dialogue into a wide variety of settings.* p. 27

Vicki Topp *has been part of the Esalen massage staff and community since 1968. She currently teaches workshops and training groups internationally and is a student of Body-Mind-Centering®.* p. 30, 70

Linda Trichter-Metcalf, *formerly a professor of English and humanities, cofounded the practice of Proprioceptive Writing and has been teaching it since 1976. She is codirector of the Proprioceptive Writing Center in Portland, Maine.* p. 24

Stuart Twemlow, *physician, psychoanalyst, advanced karate black-belt, and Zen student, is clinical professor of psychiatry at the University of Kansas School of Medicine and consultant on violence and peace to the government of Jamaica.* p. 32

V

Jean-Claude van Itallie, *renowned off-off Broadway playwright (*America Hurrah, The Serpent, *widely produced versions of Chekhov), is also a longtime Tibetan Buddhist and Sufi dancer.* p. 30

Vicente *is a Huichol Indian and the member of a familial lineage of shamans. He heads the Ancient Springs Center in Cornville, Ariz., whose goal is to bring shamanic awareness and reverence for the earth to Western culture.* p. 29

Heinz Von Foerster *was founder and director of the Biological Computer Laboratory at the University of Illinois, an interdisciplinary international center of the study of empiry, theory, and epistemology of cognitive processes and of the magic of language.* p. 40

W

Robert Walter, *Joseph Campbell's editor for a decade, is director of the Joseph Campbell Foundation and a poet/playwright with over 20 years of eclectic experience as a teacher, publisher, and theatrical producer/director/designer.* p. 33

Ellen Watson *practices and teaches massage and movement at Esalen where she has studied since 1984. She coordinates the Esalen Movement Arts Program. She loves her work.* p. 25, 55, 56, 70

Matt Weinstein *is the founder and Emperor of Playfair, Inc., an international management consulting and team-building organization based in Berkeley, Calif. He is the author of* Managing to Have Fun. p. 42

Hank Wesselman *teaches anthropology at American River College and Sierra College in northern California. His book,* Spiritwalker: Messages from the Future, *describes both his scientific and his very personal investigations into shamanic practices.* p. 56

Gordon Wheeler *is a Gestalt teacher and trainer, and author of numerous works in the field of self theory, personal development, relationship, and intimacy. He has a private practice in Cambridge, Mass.* p. 28

Ganga White, *Yogi, author, and teacher, has practiced and taught internationally for thirty years. Founder of the White Lotus Foundation in Santa Barbara, Calif., he trains teachers and holds the titles of "Yoga Acharya" and "Yogiraj."* p. 47

David Whyte, *poet, storyteller, and world traveler, is the author of two books,* Songs for Coming Home *and* Where Many Rivers Meet. *He teaches throughout the U.S. and Britain.* p. 15

Ian Wickramasekera *is a psycho-physiologist and professor of psychology at Saybrook Institute. He has made important contributions to mind/body science for over thirty years, for which he has received the Salvador Dali and the Morton Prince Awards.* p. 22

Nancy Winston *is a counselor in New York City who has studied with Milton Erickson and has taught and trained clinicians in the use of hypnosis and counseling.* p. 34, 36

Anna Wise *has been training brainwaves for high performance and meditative states for over twenty years. A member of the Academy of Certified Neurotherapists, she is the author of* The High-Performance Mind: Mastering Brainwaves for Insight, Healing, and Creativity. p. 42, 45

Nina Wise *is a performance artist whose provocative and original works have been honored with seven Bay Area Critics' Circle awards and three National Endowment for the Arts fellowships. Her written pieces have appeared in numerous magazines.* p. 32

Jonathan Wolken *is cofounder of* Pilobolus Dance Theatre. p. 34

Marion Woodman *is a Jungian analyst, author, and international lecturer and workshop leader. Her most recent book is* Dancing in the Flames *(coauthored with Elinor Dickson).* p. 32

Roger Woolger *is a Jungian analyst who brings Buddhist meditation and body release work to his regression process and spiritual healing. Author of* Other Lives, Other Selves, *and* The Goddess Within, *he trains therapists in Europe and America.* p. 58

Y

Américo Yábar *is a shaman, mystic, poet, and president of the Andes Association, an organization dedicated to the preservation and expansion of ancestral wisdom throughout the world.* p. 58

Yossi Yassour *earned a doctorate in decision analysis at Harvard and is the author of* Decision to Kill, *a book about murderers and their decision-making process. He teaches, consults, and conducts workshops in Israel and the U.S.* p. 42

Z

Mira Zussman *is associate professor of comparative religion and coordinator of Middle East studies at San Jose State University. She is currently working on her second book,* The Feminine Roots of Kabbalah. p. 59

ESALEN INSTITUTE RESERVATION FORM

This form is for your convenience in reserving a space in Esalen workshops. If you wish to make reservations for more than one person, please photocopy this form so that each registrant has his/her own form, unless you are registering as a couple with the same address and phone number. A nonrefundable deposit for each person registering and each workshop applied for must accompany this form. (Please see Reservation Information, page 4, under Fees and Reservations, Making Contact with Us, and Cancellation and Refund Policy.)

Name of Registrant ______________________ PLEASE PRINT Sex: M ☐ F ☐ Couple ☐

Address ______________________

City ______________________ State ______________ Zip ______________

Home Phone: (______) ______________________ Work Phone: (______) ______________________

☐ Check if you have previously been to Esalen and this is a new address.

Occasionally there are unexpected situations that require us to contact you immediately before your stay here. If you will not be at the above numbers during the two weeks prior to the workshop, where may we reach you?

____

Please mark your first and second choices for housing after referring to page 4 for accommodation descriptions and rates. Total cost includes workshop fees, lodging, and meals.

☐ Check for standard accommodations, if available.

☐ Check for bunk bed room, if available.

☐ Check for sleeping bag space, if available.

☐ Check if you wish to room as a couple.

Write here the name(s) of any person(s) with whom you wish to room.

____

All workshop reservations require a nonrefundable deposit. Balance is due at time of check-in. (See page 4.)

Workshop Date	**Leader's Name**	**Fee**

Workshop Deposits Enclosed: ____________

Tax-deductible contribution to Esalen (Optional): ____________

$5 Catalog Contribution (Optional): ____________

Subtotal: ____________

Total Amount Enclosed: ____________

☐ Check here for $10 prepay discount (see page 5).

☐ Check here if this is your first visit to Esalen.

☐ Check here if you need directions to Esalen.

☐ Check here if you are a senior.

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DATE REC.	RES INITIALS	CIRCLE DEPOSIT CC CK CA SUS
DEPOSIT AMT.	RES. BK	CC AUTH #
DATE TYPED	TYPED INITIALS	PP SCHOL LIMO SENIOR

Passenger Van Service:

I want transportation from (check one):

☐ Monterey Airport at approximately 4:00 PM on ______________________ (date of arrival, Fridays and Sundays only).

☐ Monterey Transit Plaza at approximately 4:20 PM (corner of Pearl and Alvarado, next to Ordway Drug)

The $30-per-person charge (subject to change) is payable on arrival at Esalen. Please prepare to arrive at the airport well before 4:00PM so you do not miss our van. Esalen cannot be responsible for taxi fare or other transportation costs. **If your plans for use of the passenger van service change after you have made your reservation, please notify us.** The only departing van service from Esalen is on Fridays and Sundays at approximately 6:30 PM. If you plan on taking this limo please make sure that your plane reservations are after 8 PM. Passenger van service is not available at any other time.

Other Notes:

All of our rooms are non-smoking. If you smoke, please plan to do so outside.

No pets allowed.

We are unable to act as a banking service for our guests. Please bring adequate funds for your stay.

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

☐ Check here if you do not want your phone number given out for ride sharing.

Please make checks payable to Esalen Institute, in U.S. currency only. (There will be a $15 fee for returned checks.) Overseas residents must pay by checks drawn on U.S. banks or with one of the charge cards below. Checks or credit card information must accompany the reservations form. Or, you may **fax** this form to us at **408-667-2724.** If you do so, *you must include payment via one of the credit cards below.*

Your reservation can be charged to:

☐ MasterCard ☐ Visa ☐ American Express

Card No. ______________________

Expiration Date ______________________

Authorizing Signature ______________________

Thank you for your reservation. As soon as it is processed you will receive by return mail a receipt for your deposit and a notice of confirmation. Please review your confirmation for accuracy.

Esalen Institute is a center to encourage work in the humanities and sciences that promotes human values and potentials. Its activities consist of public seminars, residential work-study programs, invitational conferences, research, and semi-autonomous projects.

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MARGARET LIVINGSTON

Esalen Institute is a center to explore work in
the humanities and sciences that promotes human values and potentials.
The Institute exists to sponsor, encourage, and attempt evaluation of work in these areas,
both inside and outside our own organizational framework. Esalen's activities consist of
public seminars, residential work-study programs, invitational conferences,
research, and semi-autonomous projects.

Since Esalen is a center for experimental education,
we ask that persons come to our programs out of an educational interest.
We do not offer "cures" or assurances of change. As a center designed to foster
personal and social transformation, Esalen offers those who join us the chance
to explore more deeply the world and themselves.

Welcome to Esalen.

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The Esalen Catalog is published triannually by the Esalen Institute, Big Sur, California 93920-9616. Printed on recycled paper.
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ISSN 1088-2782

Subscription Information:
Subscription cost for one year is $15 for the United States, $17 for Canada and Mexico, $22 for Europe and South America, and $25 for all other countries.

Although we're delighted to provide you with this issue of the catalog, if you are not currently a subscriber we would appreciate a $5 contribution to defray postage and production costs.

COVER ART BY TOM KILLION

GENERAL INFORMATION

ESALEN was founded in 1962 as an educational center devoted to the exploration of unrealized human capacities. It became known for its blend of East/West philosophies, its experiential/didactic workshops, the steady influx of philosophers, psychologists, artists, and religious thinkers, and its breathtaking grounds blessed with natural hot springs. Once home to a Native American tribe known as the Esselen, Esalen is situated on 27 acres of spectacular Big Sur coastline with the Santa Lucia Mountains rising sharply behind.

There are various ways to experience Esalen, ranging from an overnight visit to a long-term stay as a seminarian. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen. The "Experiencing Esalen" workshops, scheduled periodically, offer an introduction to practices such as gestalt, massage, sensory awareness, and meditation. From such a sampling, participants can then choose those approaches they are most attracted to and pursue them in subsequent seminars.

Another way of being at Esalen which allows a greater involvement at a lower expense is the Work Study Program, an intensive twenty-eight day work-oriented program for individuals who want to make a directed, personal commitment to self-exploration and growth, and a contribution to the Esalen community. For a full description of the Work Study Program, please turn to page 69.

For those who wish an extended stay, there are periodic long-term programs which involve didactic seminars or professional trainings as well as experiential workshops. Please see Special Programs.

Finally, there are other events that enrich life at Esalen. There are occasional forums in which writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights there may be lectures, films, dance performances, or other events. Bodywork of various kinds is available by appointment with individual practitioners. There is also a community event schedule offered. Please check the bulletin board when you arrive.

Esalen is a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute, By Reservation Only.

Catalog Subscriptions

If you would like to receive the Esalen Catalog, please refer to page 2 for subscription rates and send your check or money order (U.S. currency) in the enclosed subscription envelope, or mail it to: *Subscriptions*, Esalen Institute, Big Sur, CA 93920 (see Income Tax Regulation 1.162-5).

The Hot Springs at Esalen

We would like those people who are planning their first visit to Esalen to know that swimsuits are optional, and nudity common, in the hot springs, massage area, and swimming pool. We encourage each individual to choose what is most comfortable, either wearing a swimsuit or not, and emphasize that the environment we strive for at Esalen is one of personal sanctuary and respect for the human body.

In addition to around-the-clock availability for Esalen guests, the hot springs are open to the general public, by reservation only, from 1 AM to 3 AM. There is a $10 fee. To make a reservation, please call 408-667-3047.

Accreditation

Many formal educational institutions recognize the time spent at Esalen as being worthy of credit in their own curricula; check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs. Please submit a written request to the office supervisor.

Continuing Education at Esalen

Esalen is a provider of continuing education credits for both nurses and psychologists.

Approved workshops for nurses are noted in the Seminars section of this catalog as well as listed separately in the Continuing Education section, page 67. There is a $10 fee for each certificate of completion.

Workshops approved for psychologists are noted in the Seminars section and listed in the Continuing Education section. Those workshops for which C.E.U. applications have been filed and approval is pending are noted in the Seminars section only. For current status information, please phone Brita Ostrom at 408-667-3040.

Esalen has recently applied to become a provider of C.E.U.s for MFCCs and LCSWs, accredited by the California Board of Behavioral Sciences. Those workshops submitted for accreditation are noted in the Seminars section. For current status information, please phone Brita Ostrom at 408-667-3040.

Disabled Access

Esalen now provides a means of transportation to the baths for those with physical limitations which prevent them from walking. A vehicle was purchased, in part, through the generosity of Dr. John W. Harris, who believes, as we do, that those among us who are aged, infirm, or handicapped should also be able to enjoy the hot springs.

If you are disabled and would like to plan a visit to Esalen or participate in a workshop, please give the office as much advance notice as possible. While disabled access to some parts of the property is difficult, with enough planning, arrangements can be made for access to most of our facilities.

Recommended Reading and Mail Order Merchandise

Most books listed as recommended reading for workshops are available through Esalen's bookstore. All other bookstore items are also available via mail order. For ordering information please call 408-667-3049.

Ongoing Residence Program

Offered beginning mid-September and ending mid-June, the Ongoing Residence Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A Residence Program stay is 26 days (four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay with weekends free to enjoy room and board. Occasionally workshops are cancelled, so second choices are advised.

The specially discounted cost is $3435 per 26-day period for standard accommodations and $2710 for bunk bed rooms.

RESERVATION INFORMATION

Making Contact with Us

Mail or Fax: The most efficient way to register for a workshop at Esalen is to fax or mail your reservation. If you fax your reservation, be sure to include accurate credit card information.

Esalen's Fax: 408-667-2724
(Our fax line is exclusively for reservations—no personal correspondence, please.)

Phone: If you prefer to make your reservation by phone, please be prepared with your completed reservation form, workshop dates and leaders, and your credit card. We know that all calls to Esalen are long-distance and will try to be as efficient as possible.

General Information: 408-667-3000

Express Reservations: 408-644-8477
(This is only for those who have previously taken a workshop at Esalen and know the workshop, date, and leader of the workshop for which they are registering.)

All Other Reservations: 408-667-3005

Catalog Requests: 408-644-8476

Phone Reservation Hours:*

Mon., Tues., Thur.:	10 AM to 7 PM
Wednesday:	10 AM to 12 NOON
Friday:	10 AM to 5 PM
Saturday:	10 AM to 3 PM
Sunday:	12 NOON to 5 PM

**The reservation office is closed on Christmas and New Year's Day.*

World Wide Web: http://www.esalen.org

Fees

Fees and Reservations: Preregistration, by fax, mail, or phone, is required prior to arrival. A registration form is provided on page 80. Since workshops fill quickly, it is advisable to sign up as early as possible. In order to reserve a space in any workshop, we require full payment or the following deposits:

Weekend:	$150	19 to 21 days:	$450
5 to 7 days:	$300	More than 21 days:	$600
12 to 14 days:	$400		

Deposits are payable in U.S. currency only. Overseas residents must pay by checks drawn on U.S. banks or use a credit card. Balance of payment is due on arrival. (Please see page 5 for information on discounts and reduced rate options.)

Please indicate your second choice for a workshop in case your first choice is cancelled and we are unable to reach you.

Esalen Institute reserves the right to cancel any program at any time.

Workshop Accommodations

Please Note: Workshop fees cover tuition, food, and lodging. Fees are subject to change without notice.

All accommodations are shared. We cannot guarantee requests for singles.

Standard Accommodations: This is shared housing with two or three persons per room. In some cases, bathrooms are shared. Couples will always be housed together. The rates listed with the workshop descriptions throughout the catalog refer to these shared standard accommodations.

7-Day Rate, per person	5-Day Rate, per person	Weekend Rate, per person
$1220	$795	$425

Bunk Bed Rooms: Bunk beds are available for seminar participants who are willing to share a room with three or more persons. There are a limited number of these spaces, which are reserved on a first-come, first-served basis.

$920	$595	$325

Sleeping Bags: Meeting rooms are sometimes used as shared sleeping bag space and may be available for workshop participants with limited financial means. Sleeping bag spaces are for sleeping only, as meeting rooms are frequently in use and therefore inaccessible between 10 AM and 10 PM.

$625	$415	$220

Own Accommodations: If you are staying off the property the following rates apply:

$715	$460	$255

Camping on the grounds, either in tents or campers, is prohibited. We do not have parking space to accommodate RVs.

We would like to remind you that scholarship assistance is available; refer to Scholarship Information as well as Reduced Rate Options and Discounts for other economical ways of staying at Esalen.

Room and Board

Occasionally, when beds aren't needed for seminarians, room and board is available. This gives visitors the opportunity to enjoy the grounds, the baths, and massage without participating in a workshop. Accommodations are standard (2 or 3 per room) or bunk bed (4 or more per room). Not all rooms have private baths. Room and board rates include dinner on the day of arrival and breakfast and lunch on the following day. We require full payment at the time of reservation. This payment is nonrefundable and nontransferable.

Note: Room and Board reservations must be made with a reservation specialist by phone, not by fax machine.

For a room and board stay between Sunday and Thursday, please call us no earlier than the Thursday before for room availability. For a Friday or Saturday night stay, please call no earlier than the Sunday before. The following rates are per person, per day.*

	Weekend (Friday and Saturday nights)	Weekday (Sunday through Thursday nights)
Standard Accommodations (2 or 3 per room):	$125	$105
Bunk Bed (4 or more per room):	$85	$80

**Off-season rates are in effect from October 1 through March 31, holidays excepted.*

Cancellation Policy

Cancellation and Refund Policy: Cancellations must be made by phone with one of our reservation staff. If you cancel or change any part of your reservation at least five full days before the start of your workshop(s), your nonrefundable deposit, less a $30-per-workshop processing fee, will be transferred to a credit account to be used within one year. ("Five full days" means by Tuesday before a Sunday workshop and by Sunday before a Friday workshop.) If you cancel with less than five days' notice, you forfeit your entire deposit. If you have prepaid your entire reservation fee, we will retain the deposit, as above, less the $30 processing fee, and return the balance to you. (*Please note:* Wilderness Programs has a different cancellation and refund policy.)

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Scholarship Information

Standard and Bunk Bed Accommodations: Esalen is able to provide some scholarship assistance to workshop participants in exchange for a work commitment (usually in the kitchen). Approved scholarship recipients will receive their work schedules upon arrival at Esalen.

	Assistance	Work
Weekend	$ 50	4 hours
5-9 days	$100	8 hours
12-14 days	$200	16 hours
14+ days	$300	24 hours

If additional scholarship assistance is required, please send a letter of explanation to: Scholarships at Esalen. Due to the number of requests we receive, we can only provide one scholarship per person per year.

Reduced Rate Options and Discounts

If you pay in full at the time you make your reservation, you will receive a $10 prepayment discount per workshop and be eligible for express check-in upon arrival. This discount does not apply to scholarship recipients, sleeping bag accommodations, or the Ongoing Residence Program.

Senior Citizen Discount: Esalen offers a special discount to individuals over 65 years of age. The discount for a weekend workshop is $25; for a five-day or longer program, it's $50. Please request this discount at the time of registration. When you complete the reservation form on page 80, please indicate the discounts for which you qualify. If you qualify, and you make your reservation by phone, be sure to ask for this discount. (Please note: Senior discounts are not available for the Work Study Program.)

Accommodations for Families: Two full-paying adults housed in standard accommodations may have their children in the room for a meal charge of $20 per child per day ($10 for children under six). **Note:** If children are enrolled in Gazebo School Park or an Esalen workshop, additional fees are required. Contact the Gazebo, 408-667-3026, for information regarding their fees.

Workshops for Families: Participating families will pay full workshop rates for the first two participants (adult or child). Each additional participant will pay the following rate:

2-day workshop	*3-day*	*4-day*	*5-day*
$115	$165	$210	$245

Additional sleeping mats and bedding will be provided for each room.

The Gazebo School Park Early Childhood Program

The Gazebo School Park is a unique educational experience for children one to six years. It is open year-round and has an average of 15 to 20 children in attendance each day.

The Early Childhood Program is available to seminarians who would like child care at Esalen. Child care is provided during workshop hours only. Daytime activities for the children include gardening, pony rides, learning about animal care, exploring nature, a real boat, the magic castle, and an Indian tepee. Evenings are spent with a teacher in the Gazebo Farmhouse, engaged in activities that are age appropriate, such as reading, learning and playing with the computer, baking, arts and crafts, or building-block play.

Reservations should be made at least a month in advance. Call the Gazebo Farmhouse, 408-667-3026, for more information and reservations.

Weekend: $200 Week: $400

Internship Program: This is a three-month program for those who wish to have intense exposure to life at the Gazebo School Park and its unique educational resources. The Internship Program offers experience with children, the Gazebo environment, and its teaching philosophy. Applicants must have completed at least three work scholar months at Esalen before being considered for this program.

Call the Gazebo Farmhouse, 408-667-3026, for more information or reservations.

First month	$400
Second month	$350
Third month	$300

Seminarians as Volunteers

Seminarians in residence at Esalen are invited to contribute one or two hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out.

Transportation to Esalen

Van Service: On Fridays and Sundays we have van service from the Monterey Airport at approximately 4 PM and from the Monterey Transit Plaza (corner of Pearl and Alvarado, next to Ordway Drug) at approximately 4:20 PM. If you plan to use this service, please inform the Esalen office at least 24 hours prior to your arrival. The $30 one-way fee (subject to change) is payable to the Esalen office when you check in. Return reservations may be made at that time. The only departing van service from Esalen is on Fridays and Sundays at approximately 6:30 PM. If you plan to use this departure service, please make sure that your plane reservations are after 8 PM.

Checking In

Check-in and Meals: Rooms become available at 4 PM; however, guests are welcome to arrive anytime after 2 PM. Weekend programs begin with dinner on Friday and end with brunch on Sunday. Five-day and longer programs begin with dinner on Friday or Sunday and end with lunch on Friday or Sunday. Check-out time is noon on departure day.

F. Y. I.

Health Services: There are no medical services or pharmaceutical supplies available at Esalen. If you will require medical attention or supplies during your stay, please come prepared to administer to your own needs. Esalen is 45 miles from the nearest medical facility or pharmacy.

Snoring: All of our accommodations are shared. You or your roommate may snore. Please come prepared (nose guards, ear plugs, etc.) for this possibility.

For Your Safety: Please bring a flashlight for use at night while walking on the grounds.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Lost and Found: To inquire about items left behind from your Esalen visit, call 408-667-3019.

Guests: Seminarians are not allowed guests on the property during their stay.

Pets: No pets are allowed on the property.

Smoking: Smoking is not permitted in any of our accommodations or meeting rooms.

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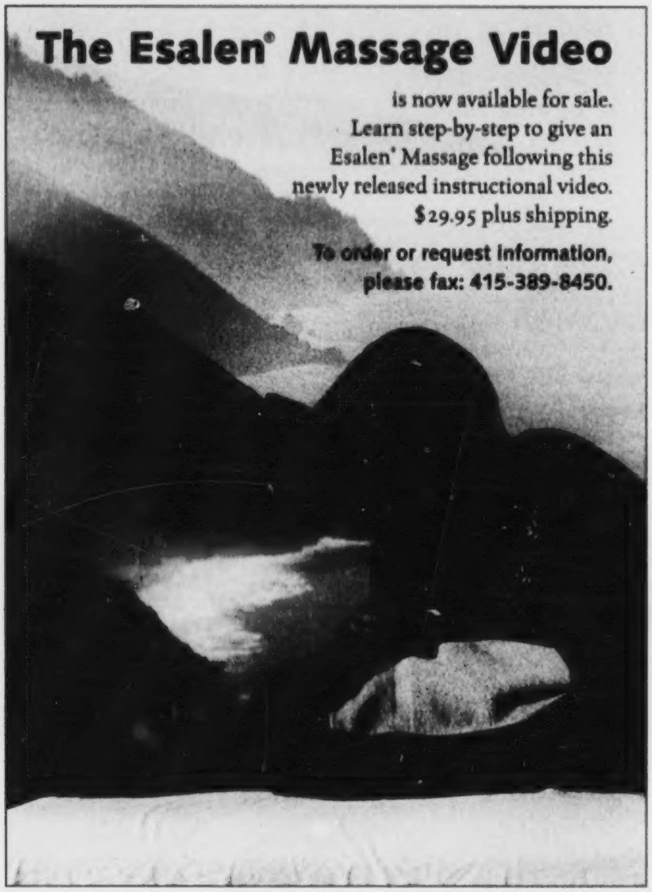

The Esalen® Massage Video

is now available for sale.
Learn step-by-step to give an
Esalen® Massage following this
newly released instructional video.
$29.95 plus shipping.

**To order or request information,
please fax: 415-389-8450.**

ESALEN® MASSAGE & BODYWORK ASSOCIATION

ESALEN INSTITUTE
Big Sur, CA 93920 408 667-3018

The Esalen Institute Massage Crew has organized a professional association known as the Esalen® Massage and Bodywork Association, or EMBA. The purpose of the association is to ensure the continuing quality of Esalen Massage by establishing and maintaining education and certification standards for practitioners and teachers of Esalen Massage. The EMBA will also publish and distribute newsletters and practitioner directories. This organization will support our community of students, practitioners, and teachers.

The EMBA upholds one of the original visions of Esalen Institute: People come and study, then go out into the world to practice and share that they have learned. This vision was developed and encouraged by co-founders Dick Price and Michael Murphy.

Our intention is to support research and continuing evolution in the fields of massage, bodywork, and somatics. We plan to network with other professional associations. We hope to continue the worldwide teaching of Esalen Massage.

We invite you to contact us at the above number for more information.

The Kingdom of Shivas Irons

Coming to Bookstores in September...

MICHAEL MURPHY'S

The Kingdom of Shivas Irons

The successor to the best-selling novel *Golf in the Kingdom.* This new book explores what Michael Murphy calls "metanormal embodiment," and describes Murphy's search for Shivas Irons, the remarkable golf pro he met in Scotland in 1956.

ESALEN NOTES

Esalen Profile

Bette Dingman, Work Study Coordinator

FRED TRANFIELD

Bette Dingman has lived, worked, and taught at Esalen since 1974. A onetime aspiring nun and former casino chip-girl, Bette took over the Work Study Program in 1977 and shepherded it from a loosely structured handful of temporary and permanent volunteers to a transformative program that has been filled to capacity since its inception. True to Bette's vision and commitment, the Work Study Program has provided a safe environment and tools for living to people in transition or whose lives simply weren't working. It is a program considered by many to be the heart and soul of Esalen.

Plain-speaking and straight, loyal and compassionate, Bette will be retiring in June of this year. She plans to follow her passion and breed shih tzus. Says Bette, with characteristic simplicity, "I love Esalen. I'll always be a part of it."

The Esalen Catalog via Internet

The Esalen Catalog is available on-line. In addition to updated workshop availability and information on ways of being at Esalen, the new World Wide Web site also includes announcements of upcoming special events as well as history and feature stories from Esalen. To access the site, set your web browser to:

http://www.esalen.org

For more information or comments on the Esalen site, send e-mail to:

catguy@esalen.org

Scheduling Private Conferences at Esalen

It is possible to arrange for your group or organization to hold its conferences at Esalen. We can accommodate large groups (up to 100) on a space-available basis.

Smaller groups may schedule private conferences in our renovated Big House. This facility is available for individuals who work together and would like to design their own Esalen program, drawing on our leaders and other resources. Ten bedrooms, nine bathrooms, a kitchen, dining room, and meeting room make it possible to house group members together, thereby enhancing the retreat environment.

We schedule all conferences a year in advance. To schedule or discuss possible formats, please contact conference coordinator Kasia Zajac at 408-667-3038.

The Esalen Catalog (1962-1992) Available via the Educational Resources Information Center (ERIC)

Anyone interested in *The Esalen Catalog* as human potential movement historical source material for research purposes can now obtain the complete thirty-one-year set from ERIC's document delivery arm, the ERIC Document Reproduction Service (EDRS, 7420 Fullerton Road, Suite 110, Springfield, Virginia 22153-2852; phone 1-800-443-3742). When ordering either microfiche or reproduced paper copy, please refer to the catalog's ERIC accession number ED 347 118.

THE FRIENDS OF ESALEN

Membership in Friends of Esalen supports the scholarship fund to allow financial aid for those who wish to attend our workshops but cannot otherwise afford them. A membership gift also provides additional funding for our pioneering work in health, education, the environment, and the humanities. With annual membership, Friends of Esalen receive the Esalen Catalog as well as a special newsletter.

Members at the Supporting level or above receive an autographed copy of Michael Murphy's book *The Future of the Body*. At the Sustaining Member level, gifts are also acknowledged in the newsletter, unless the donor wishes to remain anonymous. Benefactors receive all of the aforementioned along with an individual gift from Esalen.

Group 2000 is composed of individuals committed to assisting Esalen in building the long-term financial capability to fulfill its mission into the year 2000 and beyond. The Group 2000 meets together and with staff members at Esalen every year. Members of the Founders Circle are invited to meet individually with our CEO.

We deeply appreciate the generosity and interest of the Friends of Esalen. You are invited to join us in extending the experience of Esalen into the lives of more people. For more information, or if you would like us to call you to discuss your gift, please contact us at 408-667-3032.

☐ Basic member	$35	☐ Sustaining member	$500-950
☐ Student/Senior	$25	☐ Benefactor	$1000
☐ Joint member	$50	☐ Group 2000	$2000
☐ Supporting member	$100-450	☐ Founders Circle	$5000

Name ______________________ Phone ____________

Address ______________________ E-mail ____________

City ________________ State ________ Zip ________

Please make checks payable to Esalen Institute, in U.S. currency only, or use one of the charge cards listed below:

☐ MasterCard ☐ Visa ☐ American Express

Card No. ______________________ Exp. ____________

Authorizing signature ______________________________

Please complete this form or the inside flap of the envelope insert included in the catalog and return with your gift. Check the box on the outside of the envelope marked "Friends of Esalen." Thank you for your support.

Esalen Institute is a nonprofit public charity corporation, exempt from income tax under IRC section 501(c)(3). Contributions are tax-deductible to the extent allowable by law.

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GUIDE TO WORKSHOPS

This is a guide to the workshops offered in this catalog. Although many of them could be cross-referenced—and some resist easy categorization—most are listed only in their main subject area. If you have never been to Esalen or taken an Esalen workshop, you might want to consider the "Experiencing Esalen" workshop scheduled throughout the catalog and listed in the Integral Practices section of this directory. Please call the Esalen office if you have questions concerning a workshop.

THE ARTS / CREATIVITY

May 4-9 • Believe I'll Sing: Singing in the African-American Tradition
May 4-9 • Exquisite Landscape/Exquisite Corpse: Expanding Perception through Collaborative Drawing
May 9-11 • Exploring our Multidimensionality through Drama Therapy
May 23-25 • African Dance: Expressions of Spiritual Energy
May 30-June 1 • Writing From Your Life
June 6-8 • From the Congo to Dreamtime
June 8-13 • The MAX: Stretching the Limits of Your Self-Expression
June 8-13 • Awakening Vision through Conscious Photography
June 8-13 • Wearable Art: A Polymer Clay Workshop
June 15-20 • A Potter's View of the Universe: Big Sur Clay
June 20-22 • Vision Painting
June 22-27 • Unmasking the True Self
June 27-29 • Chaos and Complexity in Photography, Life, and Work
June 29-July 6 • Language of the Drums: African Percussion, Chanting, and Dance
July 6-11 • Massage Mbunde
July 11-13 • Wearable Art: A Fimo Clay Workshop for Families
July 13-18 • Improvisational Being
July 18-20 • Release Your Genie: Eleven Keys to Awaken Your Creative Power
July 20-25 • Film and Healing: Courage and Compassion
July 20-25 • The Story of Your Life: Becoming the Author of Your Experience
July 27-August 1 • Music and Miracles: Tone, Sound, and Chant
July 27-August 1 • The Power of the Creative Process for Self-Transformation
August 3-8 • Living Dance: A Moving Way
August 10-15 • The Writer's Way: Freeing the Authentic Voice
August 10-15 • Improvisation in Music, Movement, and Life
August 15-17 • Self-Transformation: The Art of the Actor for Everyday Life
August 17-22 • Drawing on the Right Side of the Brain
August 22-24 • Writing About Our Lives
August 24-29 • Poetic Medicines, Intuitive Remedies
August 31-September 5 • Waves
September 5-7 • Daughters of Saturn: From Father's Daughter to Creative Woman
September 7-12 • Traditional Raku
September 14-19 • Creative Arts Center at Esalen
September 19-21 • Singing Gestalt
September 21-26 • Writing the Natural Way
September 28-October 3 • The Space of Creation
October 3-5 • Imagination, Presence, and Joy
October 12-17 • The Painting Experience
October 12-17 • Poems of Sacred Place: Writing and Telling
October 17-24 • The Painting Experience
October 17-19 • Story is the Entire World: A Writing Workshop
October 19-24 • Vocal Awareness: Empowerment Through Voice
October 24-26 • Rhythms of the World: Enhancing Your Rhythmic Vocabulary
October 26-31 • The Vein of Gold: A Journey to Your Creative Heart

BIOFEEDBACK / HYPNOSIS / INTUITIVE DEVELOPMENT

May 2-4 • The Awakened Mind: Brainwave Training
May 4-9 • The High-Performance Mind: Awakened Mind Brainwave Training
May 9-11 • Intuition and Perception: Extending the Boundaries
July 11-13 • Intuition, Healing, and Change
July 13-18 • Facilitating Deep Process Using the Penniston Protocol Alpha/Theta Brainwave Training Technique
August 15-17 • Innovative Hypnotherapeutic Approaches to Mind-Body Healing
August 17-24 • Hypnotic Conversations: Psychotherapy in the Tradition of Milton Erickson
September 21-26 • The High-Performance Mind: Awakened Mind Brainwave Training
October 3-5 • The Awakened Mind: Brainwave Training
October 5-10 • Intuition and the Dance of Attention

BUSINESS / WORKPLACE / SOCIAL RESPONSIBILITY

May 2-4 • Managing to Have Fun: The Power of Humor in Business
May 11-16 • Meeting the Challenge of the New Business Paradigm
May 18-23 • From Conflict to Partnership
May 23-25 • Green Buildings with Magical Spaces
June 13-15 • The Visionary Life
July 18-25 • The Organization as a Living System: Managing and Coaching Human Resources
August 8-10 • The Art of Leadership: Communication, Creativity, Vision
August 17-22 • Managing With Heart: Changing the Leadership Paradigm
October 3-5 • Maps of the Jungle: Negotiating the Primitive Dimensions of the Workplace

CHILDREN / FAMILIES / EDUCATION

June 29-July 6 • Children's "Indepen-Dance": Celebrating Kids, Celebrating Community
July 6-11 • Art, Acting, Music, and Fun: A Children's Festival
July 11-13 • Healing Learning Disabilities
July 11-13 • Wearable Art: A Fimo Clay Workshop for Families
July 13-18 • The Parenting Process

MARGARET LIVINGSTON

July 13-18 • Creativity and Community: A Workshop for Children
July 25-27 • Lessons from Children with Cancer:
A Healthier Way of Being Ill
July 27-August 1 • Lego™ Mania and Explorer Camp: For Children

CONTEMPLATIVE / SPIRITUAL & RELIGIOUS STUDIES

May 4-9 • Rowing Toward God: Angels, Powers, and the Ecstatic Journey to Our Souls
May 9-11 • Feng Shui, Chi, and Successful Living: In Search of Harmony and Balance
May 16-18 • The Profound Stillness of Being: Advaita Meditation
May 18-23 • "Look Mom, No Self!"–The Narcissistic Process in Spiritual Development
May 23-25 • OpenMind Training: Innovations in Meditation and Mind/Body Healing
June 6-8 • Introduction to Mindfulness Meditation
June 8-13 • Feeding the Demons: The Chöd Teachings of Tibetan Buddhism
June 22-27 • Nada Brahma: The World is Sound
June 29-July 6 • Basic Trust and the Spiritual Path
July 13-18 • Time of the Soul
July 27-August 1 • To Hell and Back: Dante's Journey for Today's Pilgrims
August 8-10 • The Subtle Art of Meditation
August 24-29 • A Course in Miracles
September 5-7 • The Subtle Self
September 7-12 • Recycled Catholics: Soul Journeys Toward Authentic Relationship with God
September 21-26 • Dzogchen–Awakening the Buddha Within: A Silent Meditation and Self-Inquiry Retreat
September 26-28 • The Sound of the Self
October 5-10 • Zen and the Art of Anything
October 10-12 • Yom Kippur, 1997: A Holy Day, A Spiritual Renewal
October 17-19 • A Weekend with Lama Tharchin Rinpoche
October 19-24 • Sufism: Human Completion and the Divine Names

DREAMS

May 2-4 • The Healing Power of the Dream
May 23-25 • Night Poetry: A Workshop on Dreaming
June 6-8 • From the Congo to Dreamtime
June 8-13 • Dreaming: The Magic Mirror that Never Lies
July 6-11 • The Dream Master: Dreams and Fantasies
August 8-10 • Dreams: A Guiding Force
September 14-19 • Conscious Dreaming: The Path of the Shaman in Everyday Life

HEALTH / HEALING

May 9-11 • Practical Herbology: An Esalen Garden Workshop
May 11-16 • Living with a Life-Threatening Illness: The Spiritual Journey
May 30-June 1 • Core Holoenergetics®: The Art and Science of Conscious Healing
June 1-6 • Holoenergetics® Level One Training
June 13-15 • Facing Death: Meeting Ourselves in the Care of the Dying
July 11-13 • A Society of Souls: The Uses of Non-Ordinary Reality in Healing
July 25-27 • Lessons from Children with Cancer: A Healthier Way of Being Ill
August 24-29 • Spiritual Healing: Laying on of Hands
September 12-14 • Therapeutic Touch: Healing for Everyone–Everyone a Healer
September 28-October 3 • Taoist Chi Kung: Enhancing Vitality
October 5-10 • Managing Your Stress, Your Heart, and Your Life

INTEGRAL PRACTICES

May 30-June 1 • Experiencing Esalen
June 13-15 • Experiencing Esalen
June 22-27 • Turning On the Light: A Choice to Live Consciously
June 27-29 • The Ultimate Yes
July 25-27 • Experiencing Esalen
August 1-3 • The Life We Are Given
August 1-3 • The Healing Power of Humor, Compassion, and Gentle Touch: The Rubenfeld Synergy® Method
August 3-8 • Healing the Emotional/Spiritual Body: The Rubenfeld Synergy® Method
August 15-17 • Experiencing Esalen
August 24-29 • Life Energy Process®
September 26-28 • Experiencing Esalen

September 28-October 3 • Turning On the Light: A Choice to Live Consciously
October 12-17 • Finding Life Balance
October 24-26 • Experiencing Esalen
October 24-26 • The Tao of Practice

MARTIAL ARTS / YOGA / SPORT

May 11-16 • Yoga: The Art of Living
May 16-18 • Joy is the Journey: Hatha Yoga and More
May 18-23 • Golf in the Kingdom: An Exploration of the Deeper Game
June 20-22 • Yoga Works: Tools for Well-Being
June 22-27 • ISHTA: The Yoga of Empowerment
July 13-18 • Golf in the Kingdom: An Exploration of the Deeper Game
July 20-25 • Chi Kung/Nei Gung
August 29-31 • Yoga and Healing
September 7-12 • Golf in the Kingdom: An Exploration of the Deeper Game
September 12-14 • Releasing the Warrior: Assault Prevention for Women
September 28-October 3 • Taoist Chi Kung: Enhancing Vitality

MYTH / RITUAL / SHAMANISM / ANTHROPOLOGY

June 8-13 • Hunting Power—Gathering Knowledge: A Workshop in Applied Shamanism
June 15-20 • Soul Dramas: Past-Life Regression and Spiritual Healing for (Helping) Professionals
July 25-27 • Experiencing the Energy of the Orixas: The Afro-Brazilian Tradition of Umbanda
August 3-8 • To Be Ripe to Die, To Be Ready to Live

MARGARET LIVINGSTON

September 5-7 • The Home Within the Heart: Ojibwe Tribal Healings
September 7-12 • Peruvian Shamanism: Heart of the Healer
September 12-14 • Journey on the Shining Path: African Shamanic Thought and Practice
September 14-19 • Conscious Dreaming: The Path of the Shaman in Everyday Life

PHILOSOPHICAL INQUIRY / INTELLECTUAL PLAY

June 6-8 • Between Earth and Sky: Celestial Mathematics and Terrestrial Forces
June 20-22 • Models of the Ineffable: Kabbalah, Practical Alchemy, and Western Science
June 27-29 • Chaos and Complexity in Photography, Life, and Work
August 1-3 • The Life We Are Given
August 3-8 • To Be Ripe to Die, To Be Ready to Live
August 8-10 • A Weekend with Terence McKenna
August 22-24 • The Second Coming of Science
October 12-17 • Life Beyond Death

PROFESSIONAL GROWTH / TRAINING

May 25-30 • Group Process Training
June 1-6 • Holoenergetics' Level One Training
June 22-29 • Gestalt Practicum
July 11-13 • Healing Learning Disabilities
July 13-18 • Facilitating Deep Process Using the Penniston Protocol Alpha/Theta Brainwave Training Technique
July 18-20 • The Personal Growth and Development of the Clinician
August 10-15 • The Art of Listening: A Mind/Body Clinical Practicum
August 15-17 • Innovative Hypnotherapeutic Approaches to Mind-Body Healing
August 17-24 • Hypnotic Conversations: Psychotherapy in the Tradition of Milton Erickson
October 3-5 • Pandora's Gifts: On Secrets, Health, and Healing
October 24-26 • Taking Care of Yourself While Helping Others: Survival Tools for Service Professionals

PSYCHOLOGICAL / TRANSPERSONAL PROCESS

May 2-4 • Mothers and Daughters: An Exploration in Communication, Identity, and Self-Esteem
May 4-9 • Courage
May 9-11 • The Sources of Growth
May 9-11 • Exploring our Multidimensionality through Drama Therapy
May 11-16 • Being Single
May 16-18 • In Search of the Secret of Joy
May 18-23 • Completions and Transitions
May 25-30 • Healing Body Image and Sexuality
May 25-30 • Group Process Training
May 25-30 • The Core Self: Return to Innocence and Choice
May 30-June 1 • Forgiveness
June 1-6 • The Cosmic Game: Explorations of the Frontiers of Human Consciousness
June 1-6 • Parent and Child Reunion
June 6-8 • Gestalt Practice
June 6-8 • When a Mentor Fails You
June 8-13 • The MAX: Stretching the Limits of Your Self-Expression
June 13-15 • The Visionary Life
June 15-20 • The Good Life: Simple Secrets, Seasoned Wisdom, Sacred Vows
June 20-22 • Change Your Handwriting, Change Your Life
June 22-29 • Gestalt Practicum
June 22-27 • Forgiveness: The Key to Intimacy
June 22-27 • Unmasking the True Self
June 27-29 • Sexuality, Relationships, and Consensus Reality
June 29-July 6 • Dancing with the Shadow
July 6-11 • The Power of Growth
July 6-11 • Cultivating Resilience
July 11-13 • Psychosynthesis: Personal and Transpersonal Growth
July 13-18 • Time of the Soul
July 25-August 1 • Bonding: The Heart of Dialogue
July 25-27 • A New Beginning: Courage and Heart
July 27-August 1 • Playing the Edge
August 3-8 • Creating Exact Moments of Healing
August 8-10 • The Art of Leadership: Communication, Creativity, Vision
August 15-17 • Roots and Wings
August 17-22 • Choosing Aliveness
August 22-24 • The Sources of Growth
August 29-31 • Re-Solving Your Past, Remembering Who You Are: A Gestalt Process Workshop
September 5-7 • 'Tis a Gift to Be Simple
September 7-12 • The Transformative Power of Grief
September 12-14 • Time Shifting: Creating Time for Your Life
September 14-19 • Healing Our Hearts
September 14-19 • El Lenguaje de la Libertad (The Language of Freedom)
September 21-26 • Experiencing the Celestine Prophecy: Connecting to Your Life Purpose
September 26-28 • The Art of Living Consciously
September 26-28 • Healing of Heart and Mind: Choosing to Change
October 3-5 • Pandora's Gifts: On Secrets, Health, and Healing
October 5-10 • Letting Go—Moving On
October 12-17 • The Practical Art of Creative Risk-Taking
October 19-24 • Gestalt Practice

RELATIONSHIP / COMMUNICATION

May 18-23 • From Conflict to Partnership
May 23-25 • A Return to Intimacy and Passion
June 13-15 • Powerfully Presenting Yourself
June 20-22 • Close Yet Free: Keeping a Good Relationship Alive
June 27-29 • Sexuality, Relationships, and Consensus Reality
July 6-11 • A Longing for Wholeness: Embracing the Shadow in Relationship
July 18-20 • Intimate Relationships: Keeping the Spark Alive
July 20-25 • Relationship Intensive

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August 1-3 • Intimate Connections

August 29-31 • The Art of Conversation/The Art of the Interview

August 29-31 • Relationships: The Courage to Begin

September 26-28 • Communication and Partnership

October 10-12 • Relationship as a Spiritual Path

SOMATICS

May 2-4 • Mindbody Rhythms

May 4-9 • Lomi Somatic Intensive: An Active Exploration of Presence

May 25-June 1 • Cortical Reeducation® and the Feldenkrais Method®

June 13-15 • Weekend Massage Intensive

June 15-20 • Mountains and Waves: Wilderness and Continuum

June 29-July 6 • Intermediate/Advanced Massage Intensive

July 6-11 • Massage Mbunde

July 18-20 • Moving into Health: Feldenkrais® and Energetic Movement

August 10-15 • Core Zero Balancing: Basic I and II

August 10-15 • Advanced Cortical Reeducation® and the Feldenkrais Method®

August 15-17 • Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach

August 17-22 • Five-Day Massage Intensive

August 22-24 • Breema Bodywork: The Nonjudgmental Treatment

September 5-7 • Weekend Massage Intensive

September 7-12 • In Search of the Healing Self: Movement, Touch, and the Healing Process

September 14-19 • Continuum

September 19-21 • Massage Intensive for Couples

September 21-26 • Five-Day Massage Intensive

September 28-October 3 • The Upledger Institute's CranioSacral II

October 5-10 • Intuition and the Dance of Attention

October 5-10 • Reflexology—Then and Now

October 19-24 • Trigger Point Massage: A Sensitive Approach

WILDERNESS / ECOPSYCHOLOGY

May 4-9 • Apprenticeship to the Earth—Return to Sacred Ground

May 16-18 • Big Sur Wilderness Experience

June 1-6 • Big Sur Wilderness Experience

June 15-20 • Mountains and Waves: Wilderness and Continuum

August 3-8 • Spirit Dance: A Shamanic Wilderness Journey

August 8-10 • Big Sur Wilderness Experience

August 24-29 • Big Sur Wilderness Experience

September 12-14 • Council of All Beings

September 28-October 3 • The Way of Wilderness

October 3-5 • Big Sur Wilderness Experience

October 12-17 • Heart of Big Sur: Journey into the Santa Lucia Mountains

WOMEN'S / MEN'S STUDIES

May 2-4 • Mothers and Daughters: An Exploration in Communication, Identity, and Self-Esteem

May 18-23 • Moving Through Idealization and Shame to Love: A Workshop for Gay Men

June 6-8 • Living with Breast Surgery: A Workshop for Women

September 5-7 • Daughters of Saturn: From Father's Daughter to Creative Woman

September 19-21 • Why Men Are the Way They Are

October 17-19 • A Retreat for Women of Experience: Midlife and Beyond

October 24-26 • Joy, Inspiration, and Hope: A Retreat for Gay Men

ESALEN SEMINARS

FRED TRANFIELD

Weekend of May 2-4

The Awakened Mind: Brainwave Training

Anna Wise

Inside each person lives a wealth of knowledge, capacities, and power rarely transmitted to the conscious mind. Brainwave training, combined with meditation and biofeedback monitoring, can help develop these deeper resources, allowing access to greater creativity, reduced stress, and a deeper awareness and understanding of the inner self.

After assessing the brainwave patterns of hundreds of unusually highly-functioning people, C. Maxwell Cade of London's Institute for Psychobiological Research began to see similarities in the patterns of optimal states of mind. Drawing upon Cade's work, Anna Wise has developed a training program to help access these optimal states.

Different methods of meditation, visualization, and psychophysiological relaxation affect our brainwaves in particular ways. So do specific acts such as tongue, eye, and body positions. In this workshop you can learn techniques for brainwave development of beta, alpha, theta, and delta, and begin to determine which methods of practice are best for your particular brainwave pattern. You will also address how you can use these optimum states for your own creativity, mental flexibility, self-healing, problem solving, and spiritual development.

The Mind Mirror EEG will be used to demonstrate brainwave patterns, and each participant will be able to use an Electrical Skin Resistance Meter to measure the depth of arousal or relaxation of the nervous system.

C.E. credit is available for nurses; see page 67.

$425

Managing to Have Fun: The Power of Humor in Business

Matt Weinstein, Fran Solomon, Ritch Davidson & Terry Sand

Recent research clearly establishes that workers who are having fun on the job outproduce and feel better about themselves and their company than workers who are "satisfied" with their job but who are not having fun. In this experiential workshop, the senior staff members of Playfair Inc., an international management consulting organization, take a look at ways to restructure the corporate culture so that it supports laughter, play, and the "human" values in the workplace—and at the same time increases productivity, teamwork, and physical well-being.

Through games, exercises, and assorted activities, participants can learn how to find more joy in their work lives and more playtime in their personal lives. Come prepared for some serious fun. $425

The Healing Power of the Dream

Joyce Frazee

Each night we dream
Each dream a work of art
Each work of art a healing

This seminar will reveal how simple approaches to the art and artfulness of dreams can reveal the healing power of the dream.

Joyce Frazee writes: "Most of us forget our dreams and so are unable to receive the gift of healing the dream has to offer. When we do remember we wonder, Who are these strangers and acquaintances, friends and lovers who come to visit us at night—often bizarrely different from their daytime roles? Who are these monsters and attackers?"

This weekend workshop will focus on techniques for remembering and working with dreams, including how to use dreamwork for therapeutic intervention and how to use dreams to uncover body memories. Storytelling, role-playing, drawing, dancing, meditation, and Gestalt will also be used to learn how the dream itself—and the understanding of the dream—can be the healer.

C.E. credit is available for nurses; see page 67.

$425

Mindbody Rhythms

Angelina Spector

Mindbody Rhythms integrates the mind, the body, and the spirit through guided movement. More than just a physical fitness program, this workshop introduces a workout that combines dance, martial arts, and fitness with emotional expression and meditative awareness. Mindbody Rhythms offers beginners and experienced movers alike a synthesis of joyful movement that allows the body to move with efficiency and ease. Drawing on the work of Debbie and Carlos Rosas's NIA Technique, the Pilates-based Physicalmind Method, and European stretch therapies, this workshop provides participants with principles of alignment, movement, and muscle use that develop core body strength.

The workshop is comprised of a three-stage process. Each stage includes a ninety-minute Mindbody Rhythms workout and focuses intensively on a specific aspect of movement. Participants will begin by finding the level of fitness that enables them to move at their optimum capacity. They will then work through the feet for balance and grounding. The final section will focus on developing fluidity and strength with the head, chest, and pelvis.

Anyone, regardless of fitness level or movement experience, can benefit from this comprehensive movement practice. $425

Mothers and Daughters: An Exploration in Communication, Identity, and Self-Esteem

Bonnie Mark & Loren Judaken

> *All women become like their mothers.*
> *That is their tragedy. No man does. That's his.*
> — Oscar Wilde

"The lives of mothers and daughters are inextricably interwoven," writes Bonnie Mark. "This relationship has a profound influence on us both throughout the tapestry of our lives. The choices we make and the paths we take are deeply affected by the insight we have about ourselves, our childhood, and our parents. Becoming aware of the roots of these choices can be a lifelong process."

This workshop offers mothers and daughters opportunities for self-exploration and opening modes of creativity through a variety of experiential interactions. Group process will focus on resolving conflict and power struggles, negotiating interpersonal boundary difficulties, and improving communication between parents and children, leading toward development of identity and enhancement of self-esteem. Self-reflection, assessment of objectives, and creative journal writing will be used to facilitate insight-oriented self-growth. Reflection on family expectations, obligations, and our unique styles of accepting, challenging, and rebelling will also be addressed in the context of the women's roles—past, present, and future.

The workshop is open to all women who want insight into their roles as daughters and/or mothers. Women coming alone to work on these issues are welcome and will be able to participate fully. $425

Week of May 4-9

Apprenticeship to the Earth—Return to Sacred Ground

David Schiffman & Tom Little Bear Nason

For workshop description see Wilderness Programs, page 72. $795

Believe I'll Sing: Singing in the African-American Tradition

Ysaye Barnwell & George Brandon

Everyone *can* sing. Each and every voice has a contribution to make in building a vocal community. This workshop is an introduction to the harmonies, melodies, rhythms, countermelodies, and vocal styles of the African-American tradition. Using the rich musical forms of this tradition—calls and chants, spirituals, ring shouts, hymns, gospels, songs of the civil rights movement, and songs of contemporary struggle—participants will build a community of voices and spirit during a week of heartfelt music-making.

As an introduction to the songs, the leaders will provide the historical, social, and political context for each of these musical forms. By participating in the songs and discussing their context, the group will explore from an African-American worldview the values embedded in the music, the role of cultural and spiritual traditions and rituals, how leadership emerges and can be shared among community members, and the significance of shared communal experience in one's personal life.

Ysaye Barnwell is a member of the a cappella group, Sweet Honey In The Rock. George Brandon is a musician and composer.

No experience is necessary. All that is required is a willingness to participate as fully as possible. $795

Lomi Somatic Intensive: An Active Exploration of Presence

Robert Sanoff & Johanna Putnoi

> *You have slept for millions and millions of years.*
> *Why not wake up this morning?*
> — Kabir

"The awareness we bring to each moment is the key to our deep freedom," write the leaders. "Most of us get stuck in habits of body, heart, and mind. These habits are unconsciously formed in our family of origin and become etched onto our essential infrastructure. This matrix imprints on our body language, our emotional climate, and our state of mind, ultimately creating our worldview. Unexamined belief clouds the reality of each moment, and we become prisoners in a body/mind cell.

"In this workshop, awareness, presence, and practice will be our lanterns. We will use meditation, conscious movement, breath awareness, informed touch, and principles from aikido and Gestalt as ways to experience ourselves richly and to participate with integrity, courage, and gentleness.

"The Esalen environment is a beautiful laboratory in which to practice interrupting our habits and expanding our capacity to tolerate deep feeling. The greater our commitment to the process, the more intrinsic the change. The real challenge of our time together, however, will be to discover how to bring our embodied insights home." $795

Exquisite Landscape/Exquisite Corpse: Expanding Perception through Collaborative Drawing

Holly Sumner & Hanno Ahrens

In the 1920s the Surrealists played a parlor game of images, words, and chance. The game is played with three or more people, each adding an image, or word(s), without knowing—the paper is folded to hide the image—

what the other has drawn. In the end the paper is unfolded to reveal the complete image. "The exquisite corpse will drink the new wine" was the result of one of the first games played.

More than just a parlor game, this process can open up new possibilities for drawing, creativity, and perceiving art. Participants will create their own "exquisite corpse" to explore the irrational creativity of a group and the energy given and received by each individual in the process. There will be a focus on the individual's ability to expand his/her perception in terms of what is seen and learned from these unconscious collaborations. The human body will be examined and drawn as a metaphor for landscape—Esalen's landscape, imaginary landscape, internal and psychological landscape. The work created can cultivate a sense of oneness with the environment and stimulate a redefinition of one's relationship to the landscape.

The workshop will consist of sessions of collaborative drawing, individual drawing based on the collaborations, discussion, and a final large-scale collaborative drawing. $795

The High-Performance Mind: Awakened Mind Brainwave Training

Anna Wise

The high-performance mind is clearer, sharper, and more flexible. Emotions are more available and easier to transform, and information flows more easily between the conscious, subconscious, and unconscious levels, increasing intuition, insight, and empathy.

Having a high-performance mind means being able to enter at will the state of consciousness most beneficial for any given circumstance—then understanding how to use that state. Through brainwave training for beta, alpha, theta and delta, this workshop can teach you how to produce the components for an awakened mind, the brainwave pattern of peak experience, optimum creativity, and high spiritual awareness. Working with both the state and the content of consciousness, you can learn to use these brainwaves to develop a high-performance mind for self-healing, dealing with emotional issues, increasing creativity, improving relationships, and developing greater self-knowledge and awareness.

Biofeedback monitoring combined with meditation, visualization, and deep psychophysiological relaxation can help you learn how to master your own states of consciousness. The Mind Mirror EEG will be used to demonstrate brainwave patterns, and Electrical Skin Resistance Meters will be used to measure the depth of arousal and relaxation of your autonomic nervous system, illuminating the interrelationship between your body and your mind.

C.E. credit is available for nurses; see page 67.
C.E. credit is available for psychologists; see page 68.

$795

Courage

Joyce Frazee

> *In the mouth of the dragon there are many jewels.*
> — BUDDHIST PROVERB

For some of us it takes courage just to live our daily lives. Every day we awaken to face the demons in our lives—demons that come in many forms: perfectionism, guilt, avoidance, shame, despair, failure. Time passes and we become skillful at living despite the constant awareness that these demons are preventing us from experiencing the fullness of life. Their existence drains our energy and limits our joy and freedom. But getting close to them, allowing ourselves to confront them, is very difficult to do.

This week will give us an opportunity to find the courage to face our demons. Participants will be encouraged to look at the things in their lives that are difficult to face and will be given support to help recognize and confront them. This will be done through Gestalt practice, dreamwork, and bioenergetics. Drawing, dance, and meditation may also be used to recover the jewels from the dragon. $795

Rowing Toward God: Angels, Powers, and the Ecstatic Journey to Our Souls

Sophy Burnham

From time immemorial people have recorded their mystical experiences: raptures, ecstasies, angels, miracles, visions, dreams, and the curious coincidences that allow us to glimpse past the curtains that hide the Secret Realms. The spiritual has inspired the prophets, created new religions, and led ordinary people to extraordinary, sometimes miraculous achievements. The mystical can also carry us into a gradual and profoundly joyful self-realization, giving birth to clarity, creativity, and bliss.

Today more and more people are having mystical encounters that once seemed the privilege of saints alone. Are they real? What is happening?

Sophy Burnham writes: "This workshop provides space for moving individually and collectively toward the higher planes to heal ancient wounds and discover the source of our being, our missions, and the spiritual guides who lead us. The sessions will introduce specific exercises, meditation, dance, music, and private journeying intended to open us to the angels that surround us, the secrets of our hidden selves, ecstasies, and the highest levels of wisdom, freedom, creativity, and love."

As time permits, a number of private "readings" may be arranged. These are energy readings, made through contact with your angels and spirit guides.

Recommended reading: Burnham, *A Book of Angels*, *Angel Letters*, and *The President's Angel*; William James, *Varieties of Religious Experience*.

$795

Weekend of May 9-11

Practical Herbology: An Esalen Garden Workshop

Jeanine Pollak

This workshop is an in-depth presentation of thirty useful plants growing fresh in the Esalen garden. It includes how to identify, prepare, and formulate these plants according to the medicinal, nutritional, and cosmetic aspects of each.

Using the garden as a classroom, participants will learn to make fresh tinctures, sun teas, herbal oils, and liniments. The workshop will cover herbal formulas for common colds, flus, sore throats, headaches, digestion, and respiration. It will draw from modern scientific research and herbal pharmacology, as well as from tradition and folklore, to explore the uses and energetics of each plant. Handouts, recipe sheets, and species lists will be included, plus a variety of homemade herbal products for sampling.

This workshop is designed to broaden herbal perspectives, to contact plants in many forms, and to provide a wide diversity of approaches to working with herbs.

C.E. credit is available for nurses; see page 67.

$425

The Sources of Growth

Seymour Carter

Many potential sources of our growth reside in our unfinished issues, the developmental processes that we have failed to recognize and assimilate because of distressing life experiences or the inability to learn about them. "Unfinished issues" refers to normal phases of development which have been bypassed or ignored. It is unfortunate but true that most families emphasize some of our attributes and ignore or discourage others. These unclaimed potential talents, tendencies, and traits are a powerful reservoir within us waiting to be tapped.

Using a primarily Gestalt-oriented process, supported by the tools of family systems theory, practices of introspection, and body-oriented intervention strategies, participants can begin to discover and utilize capacities in themselves for new possibilities in their lives. Each participant's process of development will be honored, encouraged, and treated as unique. $425

Exploring our Multidimensionality through Drama Therapy

Renée Emunah

By nature we are multifaceted creatures. Some aspects of ourselves are predominant, others are latent. Some facets of ourselves are very visible to the outside world, others remain hidden. Dramatic processes, improvisation, and role play can help us to access, identify, express, and embody the many roles and facets that make up who we are—and who we are *becoming*. In acknowledging and embracing the many selves within us, we can also begin to empathize more fully with others.

This experiential workshop will begin with playful, interactive, nonthreatening theatre games and drama therapy techniques—designed to unleash creativity, facilitate expression, and develop trust and interrelationships within the group. Drama therapy processes (some of which are closely aligned with Gestalt and psychodrama) will then be incorporated to explore our many selves, their interconnectedness, and the internal director that brings about a sense of unity within. Dormant or newly emergent aspects will be ushered in and strengthened via dramatic ritual as well as the enactment of hypothetical situations in which these parts can be experienced and practiced.

Recommended reading: Emunah, *Acting for Real*; Landy, *Persona and Performance*. $425

Intuition and Perception: Extending the Boundaries

Keith Harary & Darlene Moore

Most of us have had experiences in which we appeared to be aware of information that was not immediately available to our five familiar senses. Such experiences usually emerge spontaneously and can range from simple hunches to feeling in touch with a loved one at a distance to premonitions in which we seem to be inexplicably aware of impending events. Labeling these experiences "psychic" does not explain them, but makes this fundamentally normal aspect of human awareness appear to be some sort of occult or supernatural process. Yet such experiences most likely emerge from an interconnectedness between consciousness and the physical world that is entirely natural.

This workshop will present techniques of extended perception to allow this capacity to become a consciously available resource in your everyday life, rather than a strictly spontaneous phenomenon. Starting with the basics of learning how to manage mental impressions, participants will practice separating their most relevant feelings and images from various forms of "mental noise" in a variety of extended perception scenarios. A more advanced technique that involves using your own "mental noise" to help guide your intuition will also be taught so you can develop your own inner language for processing intuitive information. Additional exercises will focus on exploring techniques for inducing lucid dreams and out-of-body experiences and for consciously connecting with the broader perceptual continuum that lies just beyond the threshold of ordinary awareness.

C.E. credit is available for nurses; see page 67.

$425

Feng Shui, Chi, and Successful Living: In Search of Harmony and Balance

Steven Post

> *The Wind is mild, the Sun shines.*
> *The Water is clear, the vegetation lush.*

From this ancient Chinese poem (which describes desirable living conditions) arises the image of perfect harmony between heaven, human being, and earth embodied in a place. In such a place, the *Chi*, the vital energy of nature and being, gathers and collects, bringing peace, joy, and blessings.

Feng Shui, the Chinese art of placement, seeks to establish such a harmony in our living and working environments. It is the art of balancing the yang of people with the yin of place.

Our environment is a reflection of our psychological and spiritual state. As such, it is a wonderful tool to understand ourselves, and a powerful place to intervene to create harmony and balance.

This workshop is an introduction to this ancient tradition that can teach you to express your spiritual practice through your surroundings. The topics covered will include site assessment, placement, meditation practices, empowerment techniques, and holistic healing methods. Feng Shui can help you to enhance your home or workplace to the benefit of your career, health, relationships, and wealth. It is a practice for transforming your inner life and outer circumstances. $425

Week of May 11-16

Yoga: The Art of Living

Ganga White & Tracey Rich

Yoga is far more than a set of physical exercises, although that alone would make it an extraordinary practice. It is an art of living, a process of reintegration and movement into wholeness. The beauty of Yoga is that it addresses all areas of our lives. These five days will be spent cultivating physical, mental, and spiritual rejuvenation. The goal will be to assist beginners as well as experienced Yoga students in finding the tools and the inspiration for learning a lifelong practice.

Days will begin with a flowing Hatha Yoga sequence combining asana (posture), pranayama (breath control), and meditation to condition the whole person and develop strength, flexibility, and vitality. Participants will be shown how to integrate this practice into their daily lives, making it practical and accessible as well as joyful and creative. There will be discussion and inquiry into such topics as: the latest principles of natural diet and nutrition, aligning and restructuring the body, awakening the body's intelligence, working with the breath and subtle energies, and freeing the mind from authoritarian gurus and sacred cows. The workshop will also look at the areas of meditation, love, freedom, and death.

All levels welcome, no previous experience needed. $795

Meeting the Challenge of the New Business Paradigm

Bill Sechrest, Linda Crompton & Ron Loeb

We and our planet are threatened by forces whose magnitude and complexity have never before been experienced. Simultaneously, we have the promise of a new consciousness using our human and natural resources and burgeoning technology for our betterment. There is no doubt that business is an essential participant in the transformative work which will successfully cope with these forces and realize this promise. The challenge of this new business paradigm is to assume a sense of responsibility for the whole, while continuing to operate effectively and produce a fair return to investors.

This workshop will gather entrepreneurs, executives, managers, and consultants to pursue all of the frustrations, fears, and feelings of helplessness they encounter in their attempts to bring soul and spirit into business. It is designed as a forum to delve into the most challenging issues in starting, growing, or preserving an enterprise; functioning in a highly competitive, and, at times, unkind business environment; and achieving the *double* bottom line of profitability and social responsibility. It will draw upon whole systems theory, case histories of best business practices, personal experience, and "success stories," together with poetry, music, meditation, and dialogue in addressing the personal issues which participants are willing to share with the group. The only prerequisites are honesty and a willingness to "go deeper" in a safe and nurturing environment. $795

Living with a Life-Threatening Illness: The Spiritual Journey

Phyllis Shankman

This is a spiritually-based workshop for people living with a life-threatening illness (such as HIV/AIDS or cancer) who are committed to living a quality existence each day, deepening their spiritual practice, and honoring themselves. At the time of diagnosis or the onset of symptoms, many people begin a deep inner spiritual inquiry and journey. This journey often becomes the focal point of their life as they heroically face the unknown and address the daily challenges as well as the "unfinished business" of their life.

The program includes meditation, body awareness practices, movement, art, poetry, music, ritual, and group process sessions. It is designed to offer participants an opportunity to creatively explore their feelings—about themselves, their illness, and their relationships—with others who can offer support, inspiration, hope, and encouragement.

This program is offered by the staff of the Mountains AIDS Foundation in Santa Monica, Calif., who have developed a retreat program for people living with the challenge of a life-threatening illness. The workshop is only open to participants with a diagnosed illness and their significant partners or family members. Partners or family members may attend only with the person living with the illness.

Enrollment in this workshop is limited. To become eligible, a written medical evaluation from your primary physician along with a completed application will be required. For complete information and to receive an application, please contact Phyllis Shankman at 310-455-2491.

C.E. credit is available for nurses; see page 67.

$795

Being Single

Seymour Carter & Constance Jones

A positive self-image does not necessarily depend upon being in a partnership. However, being single in a partnership-oriented world can create low self-esteem. Is being single a conscious or subconscious choice, a trick of fate, a lack of opportunity, a way of avoiding intimacy, or a valuable state of being? Changing our belief systems about the meaning of being single offers new understanding and opportunity for living a more fulfilled single life, in either openness for future relationships or contentment in being single.

In this workshop, participants will explore blocks to personal growth and opportunities for new relationships, using Gestalt methods and interactive processes including role playing, massage, and communication skills. Whether you wish to remain single or are searching for a partner, this workshop can assist you with your choices and ease you on down the road. $795

Weekend of May 16-18

Joy is the Journey: Hatha Yoga and More

Lilias Folan

Join Lilias Folan, host of the PBS series "Lilias, Yoga & You," for a weekend of yoga and relaxation. In her compassionate teaching style, Lilias will guide participants in learning fresh ways to move, meditate, and breathe—with special focus on the art of relaxation. There will be time for stillness and time for high play. Sunday morning (weather permitting), as the sun rises, participants will gather to "Greet the Day in a Sacred Way."

Open your heart, mind, and spirit with a journey through your closest natural environment—your own body! Lilias will share her spiritual journey and practical ways to weave yoga practice into your daily life.

All levels of expertise are welcome. Please wear comfortable clothes and bare feet, and bring your own mat. Registration will be limited to 35 participants. $425

In Search of the Secret of Joy

Andrew Feldmar

Andrew Feldmar writes: "Alice Walker says, 'Resistance is the secret of joy!' Resistance to what? To tyranny external or internal; to coercion blatant or subtle; to domination/submission, however disguised. We will look for the courage needed to be truthful, to be generous, to be a friend, to enjoy sex, to engage in congenial conversation. We will attempt to move from coercion through freedom to love, i.e., from oppression/depression through autonomy to communion.

"The group will have one rule only: If anyone feels uncomfortable with what is going on, (s)he can say *Stop*, and we'll stop. Otherwise, anything goes. Whatever is not prohibited is allowed. Prohibitions will be arrived at as part of group process.

"The workshop is based on the premise that what we may call our 'problems' do not originate within us, but are the result of living, from conception until death, in a field of power and relationship. The work will be an exploration through group process to find comfort, clarification, and the use of all of our available powers and resources." $425

Big Sur Wilderness Experience

Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. Using this natural reserve as the primary teacher, participants will walk into the Los Padres National Forest. Drawing on various traditions, this wilderness experience will help participants develop the quality of their awareness and open to the natural world.

Weeklong workshops will venture out on five hikes (4-10 miles long). Weekend workshops will take two hikes (3-6 miles long). Using Esalen as a base camp, the group will explore the different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each hike will begin after breakfast and conclude in time to enjoy the hot springs and dinner each evening at Esalen. Basic outdoor skills such as map reading and minimum impact concepts will be practiced. Participants will be taught enough skills to begin exploring the wilderness on their own after these outings. More information will be sent upon registration.

$425

The Profound Stillness of Being: Advaita Meditation

Olga Luchakova & Igor Kungurtsev

Olga Luchakova writes: "The teaching of Advaita Vedanta became known to wider circles of Western seekers largely through the grace of Sri Ramana Maharshi, Sri Nisargadatta Maharaj, and their modern successors. These sages reveal that in reality you are formless Consciousness/Energy, not a person as you thought yourself to be. One Infinite Consciousness exists eternally and the world is a dream-like appearance in it.

"Of course, intellectual knowledge of this truth is not enough. True freedom is realized only through direct experience. While informed seekers are familiar with direct silent transmission, it is less well known that Advaita also has special meditative approaches to Realization. This workshop will present those meditations that approach the different aspects of the One Supreme Self:

- Focusing on the sense of beingness: realizing you are pure Existence itself
- Differentiating the pure seer: realizing you are pure limitless Awareness
- Hunting the "I": realizing you are not an individual entity
- Diving into pure longing: realizing you are Bliss itself
- Total surrender and relaxation: realizing you are not the doer

"All your questions and doubts are welcome so that they may become clear in the light of Consciousness." $425

Week of May 18-23

Completions and Transitions

Mary Goldenson (Devarani)

Often in our lives we feel incomplete with the past. Unresolved issues inhibit our moving into the present with an open and generous heart. Though we experience them as "finished," old memories continue to haunt us. When we exist more in the past than in the present, it is time to make the distinction between "finished" and "complete." Transitions without completions foster unsuccessful marriages, friendships, and careers—producing the causes of illness and sorrow. The inability to forgive keeps us closed to new opportunities entering into our lives.

Transitions are crossroads in our lives that give us the opportunity to finish and complete the past, reconnect with our present truth, and renew our passion, courage, and commitment for the future. The focus of this workshop is an in-depth review of our lives, relationships, and circumstances to discover what needs to be transformed from "finished" to "complete."

The workshop will provide a safe, supportive environment that includes risk taking, intense bodywork, Gestalt, imagery, movement, and meditation to keep us committed to the process of discovering ourselves.

C.E. credit is available for psychologists; see page 68.
C.E. credit for MFCCs and LCSW's is pending.

$795

Good Morning!
Baked Apples yum!

MARGARET LIVINGSTON

Golf in the Kingdom: An Exploration of the Deeper Game

Stephen Cohen, Brian Bergstrom & Andy Nusbaum

> *Ye'll come away from the links with a new hold on life, that is certain if ye play the game with all your heart.*
>
> – MICHAEL MURPHY (AS SHIVAS IRONS), *Golf in the Kingdom*

The game of golf provides many opportunities to enhance the journey of self-discovery. It can be experienced not only as an athletic endeavor, but also as a metaphor for the way one lives. Just as in life, issues of self-confidence, fear, trust, discipline, and awareness emerge in the conflict between the ego's desire for success and the inner self's ability to achieve.

During these five days, teaching methods gleaned from a study of the deeper game will be utilized, as well as principles from psychosynthesis and Gestalt, to explore the inner self and how one interferes with its emergence. Two days will be spent on field trips to the Monterey Peninsula where participants will practice and play in some of the most beautiful golf country in the world. On other days there will be time to relax and enjoy the natural pleasures of Esalen and Big Sur.

Recommended reading: Murphy, *Golf in the Kingdom*; Gallwey, *The Inner Game of Golf*; Shoemaker, *Extraordinary Golf: The Art of the Possible.* $795

(plus greens fees paid directly to the leader)

From Conflict to Partnership

Jim Tamm & Ron Luyet

Many personal and business relationships become adversarial simply through a lack of conflict-resolution skills and self-awareness. This course will provide useful skills as well as a model explaining the fundamental emotional undercurrents that go on between oneself and others during conflict. It is a workshop is for people who want to be more effective at creating climates of trust and dealing with conflict—at home, at work, and within oneself.

This work offers a combination of two powerful approaches to transform conflict into collaborative problem-solving. The first, interest-based nonadversarial negotiations, is well documented for dramatically reducing conflict in business, governmental, and interpersonal relationships. The second focuses on behaviors and feelings that can block resolution of conflicted situations. Participants will be shown how their often unconscious emotional needs in the areas of inclusion, control, and openness impact their effectiveness when dealing with conflict.

This course is not a series of techniques that promise "how to get yours and most of theirs, too." It is skill-building to develop relationships for long-term mutual gains. The material will be of immediate use to individuals as well as those in interpersonal and work relationships, such as couples, families, team leaders and members, and employers and employees.

C.E. credit is available for nurses; see page 67.

Approved for MCLE credit by the State Bar of California in the amount of 18 hours. This activity conforms to the standards for approved education activities prescribed by the rules and regulations of the State Bar of California governing minimum continuing legal education.

Approved by the California State Board of Accountancy for 18 hours of C.E. credit.

$795

"Look Mom, No Self!"— The Narcissistic Process in Spiritual Development

Alia Johnson

In spiritual practice and teaching, we commonly see the intensification of defensive ego structures. We might experience these intensified structures as barriers to openness and realization. We might, on the other hand, actually mistake the intensified ego structures as evidence of progress on one's path. For example:

- A posture of superiority, even grandiosity, as certain openings enhance the sense of self—the phenomenon we call "Look Mom, no self!"
- A newly harsh self-judgment related to spiritual ideals, along with a sense of failure or deficiency
- An intensification of the need to idealize a guru or teacher
- Increased alienation from the "conventional" world
- Splitting off of negativity in practices which emphasize love and positivity, increasing the likelihood of acting out suppressed negativity

These issues are related to how the narcissism of the ego-self is affected by spiritual work. This seminar will use the work of A.H. Almaas, creator of the Diamond Approach and author of the major work on narcissism on which this seminar is based, *The Point of Existence*.

The work will be half didactic, illuminating the relationships between various spiritual dimensions and the ego structures which are challenged by them. The experiential part will consist of interpersonal exercises, meditation, group discussion, and some process work with the teacher.

This is an advanced seminar for serious practitioners with some years of experience, or for teachers in any tradition who have interest in psychodynamic understanding. $795

Moving Through Idealization and Shame to Love: A Workshop for Gay Men

David Hawkins

David Hawkins writes: "Men who are homosexual (or bisexual) live in a bicultural world. Our personalities are shaped by the expectations and values of the culture into which we were born and those of the culture we may choose to join. In each culture certain aspects of our humanity are idealized while other aspects are shamed. Our lives and our options are limited or supported by the strategies we have developed to respond to idealization and shame.

"Each of us achieves a unique balance of adaptation/individuation, confrontation/capitulation, hiddenness/openness, coming out/passing. Since no lifestyle is inherently more honorable than another, each must be evaluated as to its costs and benefits to each individual's current developmental needs.

"Because loving relationships depend on knowing and being known, understanding and being understood, strategies for achieving the ideal and avoiding the experience of shame may actually be preventing us from reaching the love and intimacy we desire. This workshop is for men who are willing to risk and work together to create an environment in which the true self can be seen and heard." $795

Weekend of May 23-25

OpenMind Training: Innovations in Meditation and Mind/Body Healing

Ron Alexander

> *Learning to observe experience from a place of stillness enables one to relate to life without fear and clinging. One begins to accept pleasure and pain, fear and joy, and all aspects of life with increasing equanimity and balance. Life is seen as a constantly changing process.*
>
> — JACK KORNFIELD, *Seeking the Heart of Wisdom*

OpenMind Training provides instruction in meditation and mind/body healing from both a psychological and spiritual perspective. The focus is the practice, experience, and benefits of meditation and self-healing in daily life.

Meditation helps to cultivate self-regulation through relaxation and the development of attentional skills. Training in mind/body healing facilitates awareness of inner resources of the Core Self—trust, comfort, time, and curiosity—for the activation of the healthy and creative aspects of the unconscious mind. This promotes insight, wellness, and individuation.

Meditative techniques of the various Buddhist schools, particularly Tibetan and Zen, will be explored. Tibetan meditation uses mindfulness, insight, and visualization to activate physiological and psychological energies whose merger can produce powerful states of mind to penetrate into the reality of our being and experience.

Participants will also be taught various forms of breathing, chanting, trance states, and mind/body healing exercises. This workshop can help participants acquire skills to calm the mind, regulate affect states, develop trust with the unconscious, and explore inner healing resources. The workshop is designed for anyone from beginner to advanced.

Recommended reading: Goldstein & Kornfield, *Seeking the Heart of Wisdom*; Rossi, *The Psychobiology of Mind-Body Healing*.

C.E. credit is available for nurses; see page 67.

$425

African Dance: Expressions of Spiritual Energy

Yao Tamakloe & Sarah Abukutsa

Yao Tamakloe is a teacher of dance, drumming, and ethnology. He is a third-generation jazz performance artist and has danced and taught with Babatunde Olatunji and

Katherine Durham for over ten years. Sarah Abukutsa, his wife, is one of Kenya's most celebrated singers, and has also studied West African dance. Together they will teach the exciting forms of African dances and the symbolic stories they tell.

Participants will experience the dynamics of war, harvest, and initiation dances, as well as the subtle, healing funeral and recreational dances. The different movements that relate to various roles in society will be presented.

Live drumming will accompany this joyful marriage of power and fluidity inherent in dance. Drumming to accompany dances will be taught using Babatunde Olatunji's Gun GoDo PaTa method. Bring a drum if you can.

$425

A Return to Intimacy and Passion

Mary Goldenson (Devarani)

Where in life did we stray from our path as lover? How do we return to that path and connect to our intimate and passionate self?

Many of us suffer from failed relationships, often giving up in despair and anger. We are all, in some form, battle-scarred veterans, wounded by failed romances and marriages, alienated sons and daughters, and lost friends.

The major focus of this workshop is moving out of the "blame game" which destroys intimacy and passion. The workshop will explore the self-defeating male and female roles we play, our fears of one another, our anger, our control issues—all of which become barriers to loving and fulfilling relationships.

Participants will be shown new ways to communicate needs and desires, to deepen the ability to accept love, and to transform personal, social, and work relationships. Group work will include imagery, movement, Gestalt, Reichian work, meditation, and writing. This workshop is appropriate for individuals, couples, relatives, and friends who desire a higher level of intimacy and passion in their lives.

$425

Green Buildings with Magical Spaces

Greg Franta

As our society pushes toward global environmental havoc, can we make a significant difference in the quality of our future? Can our communities become "green" enough to enable future generations to enjoy our planet in healthy, sustainable ways? This workshop will explore design strategies leading toward sustainable communities. Participants—whether homeowners, architects, educators, facility planners, executives, or concerned citizens of Earth—will have opportunities to discover a deeper awareness of the intrinsic relationship between people, nature, and technology.

The workshop will address our built environment and its growing impact on energy, health, pollution, natural resources, and social economics. Energy efficiency, natural lighting, and environmental quality in architecture will be extensively explored in regard to building design, form, envelope, interiors, materials, and lighting. The format will include slide presentations, a design studio individualized for participants with diverse interests, and time for personal adaptation and process.

$425

Night Poetry: A Workshop on Dreaming

Kathleen Riordan Speeth

"Every night we dive deep into a vague and mysterious realm," writes Kathleen Speeth. "While our eyes move beneath their closed lids, we somehow compose works of art expressing our innermost mysteries. Dreams are poems full of elements saturated with meaning, if only we knew how to wring the truth from them. There are big dreams that must be heeded and little dreams that recite stray memories. Some dreams are solemn announcements, some are masked desires, some are merely psychological litter that needs to be discarded, some are Rosetta stones, and—oh yes!—there are dreams like drowned cathedrals whose complex chambers and details could yield deep insights to be gained in no other way.

"Much has been said about the interpretation of dreams yet few actually have sufficient practice in understanding how to divine the meanings they at once reveal and conceal. This weekend will be devoted to intensive training in personal dream analysis to be used throughout life for the enhancement of self-awareness. Everyone will have a chance to explore their dreams in several ways. Even seasoned psychotherapists familiar with psychoanalytic methods proposed by Freud or the Gestalt enactments of Perls will be surprised by other approaches and strengthened by the long-neglected, far-reaching methods of Wilhelm Stekel. Everyone will go home with dreamwork practices that will support the still, small voice of the poet within."

C.E. credit is available for psychologists; see page 68.
C.E. credit for MFCCs and LCSW's is pending.

$425

May 25-June 1

Cortical Reeducation® and the Feldenkrais Method®

Harriet Goslins

How a person sits, stands, or moves reflects patterns that are "wired in" to the nervous system. This information can be erased or changed. By reeducating the brain-muscle connection, restrictions in movement can be freed, freeing lifetime habits that have organized around that movement.

This work is a relearning of the ease and fluidity taken for granted as a child and lost somewhere along the way. Physical injury, emotional trauma, or ongoing stress all evoke a protective response from the body. These patterns remain when no longer needed, outside of awareness, and continue to cause discomfort and limitations. Freeing them results in relief of chronic pain or tightness and a higher energy level. By changing muscular holding patterns, the entire protective posture is altered, deeply affecting the body's habitual defense system. Thus, new movement possibilities mean new self-image possibilities.

Fears and anxieties have corresponding muscular habits. Verbal information or spiritual practice that fails to extinguish these habits may fail to eliminate the toxic behavior.

This workshop is for the sedentary or those dealing with after-effects of injuries; for chronically tired and stressed individuals who want to learn how to take better care of their neck, shoulders, and back; for those who are physically active and fit and want to increase their skills while learning to reduce risk or injury; and for those who want to improve their posture and breathing and live with more flexibility and comfort.

C.E. credit is available for nurses; see page 67.

$1220

Week of May 25-30

Healing Body Image and Sexuality

Carolyn Braddock & Guests

"Awakening from trauma," writes Carolyn Braddock, "is a statement of breathing life into the body through breath, sound, and movement." This workshop is for those who want to move beyond bodily and emotional trauma (sexual, physical, or spiritual trauma, surgeries, loss, illnesses, or accidents) to a

FRED TRAMFIELD

positive image of self and sexuality.

The focus will be on participants establishing a new relationship with themselves, their bodies, and their sexuality, both internally and externally—releasing old messages and creating new patterns. Participants will explore the connection between sexuality and spirituality, allowing them to be more present in life while creating space for new life energies, passion, love, and movement.

Each body will be honored as sacred. Participants will be taught to listen to the wisdom of their bodies and develop positive approaches toward body awareness, change, health, and relationships. In a safe and supportive environment, the workshop will use breath, sound, movement, group process, humor, Gestalt, imagery, journal work, creative expression, and body dialogue. Video analysis will also be employed. The goal will be empowerment and the integration of body, mind, and spirit into a healing self.

Recommended reading: Braddock, *Body Voices: Using the Power of Breath, Sound, and Movement to Heal and Create New Boundaries*; Braddock & Hendricks, *The Awakened Body: Simple Exercises for Achieving Body Awareness and Emotional Power* (available winter, 1997).

C.E. credit is available for nurses; see page 67.

$795

Group Process Training

Howard Schechter & Barbara Lee

> *Learn your techniques well and be prepared to let them go when you touch the human soul.*
>
> —Carl Jung

This is a workshop for people fascinated with the power of skillfully guided groups. It offers participants the personal value of deep group process along with the skills necessary to become an effective group leader. Participants will learn how to use the unfolding moment-to-moment material in the group as the primary tool to foster individual awareness, facilitate healing and growth, and help the group become a rich environment for individual development.

Three levels of facilitation techniques will be presented: personal, interpersonal, and systemic. Participants will be taught how to cultivate individual growth within the group context, use interpersonal conflict and cooperation to deepen relationships, and read group signals and promote whole-system health. The methodologies will be an integration of Gestalt practice, psychosynthesis, Focusing, Process Oriented Psychology, Authentic Movement, art therapy, the Diamond Approach, and the circle techniques of native peoples.

The key to being an effective leader is to discover, identify with, and honor the sacred essence in the other members of the group—beyond the issues arising out of more superficial personality dynamics. Practicing this, while processing whatever phenomena emerge in the moment, allows a leader to guide groups toward a powerfully moving, positive, and growthful experience.

C.E. credit is available for psychologists; see page 68.
C.E. credit for MFCCs and LCSWs is pending.

$795

The Core Self: Return to Innocence and Choice

Ron Alexander

Resources for healing, such as spontaneity, curiosity, trust, creativity, innocence, and joy, are found in the Core Self. This workshop will assist participants—including health professionals—in accessing the resources of the Core Self to facilitate personal healing and to acquire new skills in the mind/body healing process. Participants will work toward cultivating a friendly relationship with the unconscious to heal dysfunctional patterns and resolve incompletions from the past in order to become more conscious in the present moment. This process can bring about the healing of pain, fear, grief, and loss, and thereby enable the creation of healthier pathways for living, loving, working, and relating.

The goals of this work are to enhance self-esteem, to become free of trauma and self-images of the past, to communicate more effectively, to become empowered as a leader, and to develop a cohesive personal vision. The tools will include Gestalt open seat, self psychology, insight meditation, breathing practices, dreamwork, deep music, group process, and immersion into nature.

Recommended reading: Heider, *The Tao of Leadership*; Chopra, *Ageless Body, Timeless Mind*; Polster, *Every Person's Life is Worth a Novel*; Moore, *The Care of the Soul*.

C.E. credit is available for nurses; see page 67.

$795

Weekend of May 30-June 1

Experiencing Esalen

Experiencing Esalen Staff

> *Contact is the appreciation of differences.*
> — Fritz Perls
>
> *...and the recognition of similarities.*
> — Richard Price

This workshop is designed to introduce the various practices of Esalen to first-time participants or to those renewing their acquaintance with Esalen. Emphasis will be on finding those approaches to self-awareness that work most effectively for each participant. Sessions may include: meditation, sensory awareness, Gestalt practice, group process, art, movement, and massage. There will also be time to explore the magnificence of the Big Sur coast. $425

Core Holoenergetics®: The Art and Science of Conscious Healing

Leonard Laskow

Leonard Laskow is a Stanford-trained OB-GYN who coined the term *holoenergetic healing*, "healing with the energy of the whole." In this experiential workshop Dr. Laskow will introduce the art and science of "energy healing," present current research, and integrate the advances of medical science with the unifying power of a loving consciousness to heal and transform oneself.

Holoenergetics uses coherent heart-focused energy, consciously directed through attention, intention, imagery, breath, and hands to facilitate the inherent healing response of body and mind. Participants can learn to:

- Establish a healing presence in alignment with their spiritual essence
- Activate and direct the body's immune system to help transform illness into wellness
- Recognize, understand, release, and reform energy patterns that are sources of illness
- Employ healing practices based on resonant energy transfer, intention, insight, imagery, forgiveness, and love

In this Core Holoenergetics Introductory workshop, theory will be integrated with practice so that participants can immediately begin using their inherent healing ability and new skills for personal transformation and to help others.

Recommended reading: Laskow, *Healing with Love*.

C.E. credit is available for nurses; see page 67.
C.E. credit is available for psychologists; see page 68.
C.E. credit for MFCCs and LCSWs is pending.

$425

Writing From Your Life

Lynne Kaufman

> *Art is a lie that makes us realize the truth.*
> — Pablo Picasso

Many good writers use their personal life experiences to create enduring stories. In this workshop, through writing exercises and role playing you can learn to shape your own experiences into compelling and universal narratives. You can learn how to isolate dramatic moments from your past, how to draw upon characters you have known, and how to develop your own personal and truthful voice. Theatre games will be used to foster spontaneity and playfulness.

This workshop is for anyone who wishes to understand his or her own life better through the lens of art. $425

Forgiveness

Julie Bowden & Maria Nemeth

Every culture has its healing rituals, ways of letting go of old attachments to make way for new possibilities. An essential component is the practice of forgiveness.

As the years go by, many of us develop a history of incomplete relationships and unfulfilled expectations. As these experiences accumulate, our trust in others and ourselves diminishes, and our commitments in life become conditional. To release these burdens is to forgive the past.

This workshop will guide participants through exercises focusing on our judgments and characterizations, with emphasis on how these distorted perceptions affect us and interfere with our relationships. This work is preparation for a powerful forgiveness exercise, designed to facilitate letting go, allowing more joy and light into our lives. $425

Week of June 1-6

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 16-18.

$795

The Cosmic Game: Explorations of the Frontiers of Human Consciousness

Stanislav Grof, Cary Sparks & Tav Sparks

In nonordinary states of consciousness, people often encounter transpersonal experiences that bring profound philosophical and spiritual insights. These revolve around such fundamental problems of existence as the nature of reality, the mystery of the creative principle or God, the dynamics of the process of creation, the function of the archetypal realm, the dilemma of good and evil, the "taboo against knowing who we are," the role of consciousness in the universe, the relationship between consciousness and matter, and the purpose and meaning of human life.

This workshop will explore the understanding of existence emerging from the study of nonordinary states, theoretically as well as experientially with holotropic breathwork. The resulting insights will be compared with various spiritual and esoteric systems and with the revolutionary developments in Western science, usually referred to as the new paradigm. This seminar is based on the ideas explored in detail in Stan Grof's forthcoming book of the same title.

Note: Participation in the experiential part of the workshop requires previous experience with holotropic breathwork in the workshops of any of the certified practitioners. Holotropic breathwork is an accelerated practice which may not be appropriate for everyone. Participation is inadvisable for those with cardiovascular diseases, generally debilitating physical conditions, recent injuries or operations, epilepsy, glaucoma, pregnancy, or a history of serious psychiatric problems. $795

Parent and Child Reunion

Cheryl Purdue

There are many reasons why we become disconnected from our mothers or fathers when we are growing up—physical or psychological illness, death, divorce, or adoption, among others. Similarly, as adults we may find ourselves experiencing the loss of a child. Losing such key personal relationships inhibits our ability to receive or give nurturing. The result of such physical and/or emotional severance is that the bond to life itself seems broken. We are left feeling numb, robotic, and depressed. We are disconnected and bereft, floating adrift in life, separated not only from the important missing person but from ourselves as well.

This workshop will use group sharing, writing, and art to deal with grief and begin the process of reconnection. Whether we aim for a literal reunion with significant others or an inner reconciliation, the goal is to find a way to parent ourselves and make peace with our situation.

Please bring a stuffed animal, doll, or other similar article for hugging. $795

Holoenergetics* Level One Training

Leonard Laskow

Dr. Laskow writes: "This training, the first of a six-level Holoenergetic practitioner program, is designed to empower you to transform and heal yourself and others through expanded awareness, love, and conscious choice.

"This training (for which the Core Holoenergetics Introductory weekend is a prerequisite), will present a system of healing which can allow you to go beyond relief of symptoms to trace and unfold the fundamental sources of separation. As we bring ourselves into wholeness through love, the enormous energy we expend to maintain the illusion of separation is liberated. This energy can then be consciously directed to encourage our body's natural healing response.

"Recent research reveals that deep compassion and love can produce distinctive electrophysiologic changes as measured by the electrocardiogram. This state of cardiac coherence characterizes the loving, healing presence, which, in conjunction with conscious choice and release of past conditioning, can profoundly facilitate enduring transformational change."

In this workshop the focus will be on:

- The Holoenergetic Tracing Process to unfold the sources of illness, suffering, and stress and energetically replace the dysfunctional patterns
- The Forgiveness Process—a powerful method of forgiving and releasing
- Expanding awareness of and alignment with your Transpersonal Self
- Aligning transpersonally with others to facilitate their healing
- Deepening and expanding your ability to detect and direct subtle energy
- Incorporating the principles of Holoenergetic healing into your daily life so as to catalyze the integration of body, mind, and spirit.

C.E. credit is available for nurses; see page 67.
C.E. credit is available for psychologists; see page 68.
C.E. credit for MFCCs and LCSWs is pending.

$795

Weekend of June 6-8

Introduction to Mindfulness Meditation

James Baraz

Mindfulness—or vipassana—meditation is the practice described by the Buddha for developing wisdom, compassion, and peace. Vipassana, "to see things clearly," means being mindful of what is actually happening in the present moment. Using the breath, body sensations, thought, and emotions as objects of attention, we can learn to be fully awake and bring a balanced awareness to all aspects of our lives.

Through vipassana meditation we can experience the nature of reality as continuous change. When we see that all phenomena are impermanent, we can begin to let go of clinging to the pleasant or avoiding the unpleasant. We are then more capable of meeting each situation with spontaneity, fearlessness, and love. Meditation also teaches us to see in each moment the interconnectedness of all things. Our hearts open to a natural expression of compassion and kindness.

Participants will be introduced to this method of meditation practice and the principles on which it is based. There will be periods of silent sitting and walking meditation, as well as discussion. As attention is brought to all activities at Esalen, individuals will continue to develop mindfulness through the week end. This will provide a foundation for applying mindfulness practice to everyday life.

C.E. credit is available for nurses; see page 67.

$425

From the Congo to Dreamtime

Titos Sompa & Ione

Titos Sompa, master dancer, choreographer, and percussionist from the Congo and psychotherapist/author/director Ione collaborated on Ione's internationally acclaimed play *Njinga the Queen King*, which premiered at the Brooklyn Academy of Music's Next Wave Festival, and was most recently performed at New York's Lincoln Center.

Together they have created a workshop that teaches Congolese movement and rhythms while simultaneously accessing participants' deepest dream themes. A vocabulary of ancient Congolese movement will be created to assist participants in expressing the most important aspects of their inner journeys, discovered through overnight dream incubations and shamanistic journeying.

The workshop is open to all levels of experience. $425

Gestalt Practice

Dorothy Charles

> *The Way, when declared*
> *Seems so thin and flavorless.*
> *Nothing to look at, nothing to hear—*
> *And when used—is inexhaustible.*
>
> —Lao Tzu

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that awareness is made primary relative to action, Gestalt practice has a strong relationship to some forms of meditation and visualization. This form is similar to some Reichian work as well, in that emotional and energetic release and rebalancing are allowed and encouraged.

The emphasis is *intra*personal rather than *inter*personal. It is explicitly understood that participants are not patients but persons actively consenting to work (or play) in awareness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure, or accomplishment. Through group exercises, meditations, and open seat work, this workshop will introduce participants to the Gestalt practice approach.

Recommended reading: Perls, *Gestalt Therapy Verbatim*; Chodron, *The Wisdom of No Escape*.

$425

When a Mentor Fails You

George Lough

Many people seek a relationship with a mentor because they failed to get healthy support when growing up in their families. Thus they need the leadership and trusted help of an outside person, a wise counselor and guide who can aid them in dealing with life's difficulties. Unfortunately, some mentors, be they therapists, supervisors, professors, priests, or employers, violate boundaries, seeking to meet their own needs rather than those of the mentee. Such experiences can be abusive, leaving the recipient feeling confused and betrayed, with their functioning in life crippled rather than enhanced.

This workshop will help participants understand the nature of mentor relationships and what often goes wrong with them. It will also offer guidance for those who are mentors, alerting them to the pitfalls inherent in the role. Using writing exercises, dyads, and group discussion, participants will work on feelings of disillusionment, pain, and anger with the aim of finding ways to separate from abusive mentors and to move forward toward a greater connection with one's own inner mentor. $425

Between Earth and Sky: Celestial Mathematics and Terrestrial Forces

Ralph Abraham & Ray Gwyn Smith

The leaders write: "Passing through the portals of pre-Celtic sacred geometry and the way of the bards, we will explore the vibrational resonance between Earth and Sky. Celestial mathematics and terrestrial forces will be our lodestars.

"Since the emergence of consciousness by starlight, mathematics has evolved in the intuitive space of spiritual harmony between the earth and sky. This seminar stands at the crossing of the celestial rays from the stars and the telluric forces of our earth, the path of the *mathemagician* and that of the bard. In this crossing, a mysterious resonance has provided guidance since time immemorial.

"Join us in this resonant space between earth and sky. With poetry, story, personal mythology, and guided meditation, we will dive through the relatively opaque waters of the intellect to reenter the clears depths of primordial knowing." $425

Living with Breast Surgery: A Workshop for Women

Elaine Hughes & Ellen Watson

This workshop provides a safe, supportive environment for women who have had any kind of breast surgery—reductions, enlargements, lumpectomies, mastectomies, reconstructions. It is also appropriate for women who feel they have deep issues about their breasts.

Elaine and Ellen have spent years making peace with their own breast surgeries. They will share all that they have found helpful in their own search for wholeness. Through guided meditations, intensive writing, breath awareness, expressive movement, informal drawing, and improvisation, the workshop is designed to transform fears, inhibitions, and self-criticisms into empowering self-acceptance and self-expression. Participants will also spend time at the baths exploring the foundations of Esalen massage and learning specific touch for softening scar tissue which has formed on the body and the psyche.

If you're ready to confront and integrate your memories, feelings, and issues about your breasts, this workshop is designed for you. Come share your story in the presence of women who can listen with the compassionate understanding that only comes through shared experience.

Please bring a favorite journal and six assorted pens.

C.E. credit is available for nurses; see page 67.

$425

Week of June 8-13

The MAX: Stretching the Limits of Your Self-Expression

Paula Shaw

"The MAX" is an outrageous voyage through your own humanity—a journey to turn yourself inside out and explore the extent of your self-expressive power. It employs a variety of acting, observation, and communication methods designed to expand your limits "to the max" and move you into a new arena of personal creativity and self-expression.

"The MAX" is extremely challenging. Participants must commit to a rigorous exploration of the sources of their emotional limitations. Seminar hours will be longer than usual early in the week (and shorter later in the week). Participants will work individually in front of the room, playing to and with other group members. There will be exercises that use raw emotion, role playing, and "dress-up" assignments.

This workshop is an opportunity to experience yourself in a way you may have dreamed about but never imagined possible. The game is risk, the premise: You're either daring or dead—the most unsafe thing you can do in life is to play it safe. This course is not for the faint of heart, but it is full of heart, humor, and irreverence and is constructed with the understanding that this kind of risk taking requires a very safe workspace.

If your heart beats faster when you think of taking this workshop, then maybe it's just the thing to do.

Please note: Due to the intense and sequential nature of this workshop, attendance at all sessions is necessary.

Prerequisite: A 1-3 minute memorized piece—monologue, poem, song, etc. $795

Dreaming: The Magic Mirror that Never Lies

Jeremy Taylor

The basic language of dreams is symbol and metaphor. Dreams address everyone in essentially the same way, regardless of the uniqueness of our individual lives and circumstances.

Participants will share and work with their dreams, drawing on the mythological/archetypal images that shape our contemporary individual and collective lives. Although the focus will be dream interpretation in a collective context, the methods are designed to give participants the ability to engage in their own dreamwork upon returning home.

Everyone is welcome—those who are just beginning to explore the world of their dreams, as well as professionals who work with dreams. As Jeremy Taylor adds: "Only the dreamer can say with any certainty what meanings his or her dreams may hold: Dreamwork is one of the few activities that puts beginners and experts on an equal emotional footing from the outset."

Recommended reading: Taylor, *Dream Work* and *Where People Fly and Water Flows Uphill*.

$795

Feeding the Demons: The Chöd Teachings of Tibetan Buddhism

Tsultrim Allione

The model of the hero's journey is one of slaying the monster and protecting ourselves from demons. The Chöd teachings of Tibetan Buddhism present an alternative model: to feed and pay attention to what the demons need. These demons are often parts of ourselves we don't even see, but which have an undermining, "sickening" effect on our lives. Chöd is used for healing physical and mental disturbances, ending epidemics, and as a practice for realization.

Hearing about demons we might think, "This is a primitive belief which has nothing to do with me." But we all have our demons. Our world is riddled with disease, depression, abuse, addictions, and epidemic violence. Certain things "eat at us" or we are "plagued" by someone or something. Certain foods are "dangerous," as if they had a life of their own. These are our demons. Our hopes and fears create demons. They drain our lives of vitality, wreak havoc, and cause illness.

Usually we try to still the demons by ignoring them or trying to destroy them. This retreat offers an alternative: to look at the demons as forms of ego attachment and work with them as a path to liberation and an understanding of the nature of mind.

Please note: This retreat is taught in a traditional way with a Tibetan text, drum, and bell. It is not recommended for the simply curious; one should have some basis in meditation and be committed to learning the practice of Chöd.
$795

Hunting Power—Gathering Knowledge: A Workshop in Applied Shamanism

Hank Wesselman

Anthropologist Hank Wesselman has worked for twenty-five years with an international group of scientists investigating the mystery of human origins in East Africa's Great Rift Valley. In the 1970s, while doing fieldwork in southern Ethiopia, he began to experience spontaneous expanded states of awareness, similar to those of traditional shamans. In an attempt to understand this, he went beyond scholarly research into direct, personal contact with ancient methods practiced by tribal people for achieving mystical states. Years later, this search brought him face-to-face with a series of visionary encounters that form the core of the teachings in this workshop.

This workshop is an opportunity to gather in a focused group to experience shamanic journeys. It will be a time of hunting for power and gathering knowledge to increase spiritual, mental, and physical well-being, to establish expanded connections—with past and future, ancestors and descendants—and to build community. The workshop will also explore the evolution of shamanism with a slide presentation offering evidence of the prehistoric beginnings of this ancient spiritual tradition.

Although best suited for those with previous experience in shamanism who wish to deepen their search, this workshop is also a powerful introduction to those less familiar with the work. The most important requirement is to be open to challenge your perceptions of our world and reality.

MARGARET LIVINGSTON

Please note: Bring drums and rattles if you have them; a notebook and sketchpad; a bandanna or eyeshade; a small set of chalk or oil pastels; and a blanket.

Recommended reading: Wesselman, *Spiritwalker: Messages from the Future.* $795

Awakening Vision through Conscious Photography

Jeff Berner

Turn looking into really seeing—and snapshooting into fine photography. Whether you are starting out in photography or are an advanced beginner, you can explore nature, people, and wildlife through the "mirror with a memory." This workshop will show you how to follow the path of photography as a meditation, a hobby, and an art.

Jeff Berner's teaching style can help each individual discover his or her talent. Without technical jargon, he explains how to make your camera serve your personal vision.

Easy-going projects will include: The Psychology of Lenses, The Selective Eye (Composition), Depth of Field, A Still Life is Still Life, The Click that "Kills," Creative Accidents, Visual Meditation, and Expressions of Color. There will be creative group critiques of each participant's work. The class will shoot and talk by day, and show-and-tell by night. The group will go on nonstrenuous photo safaris, including a morning at Pfeiffer Beach.

The workshop will emphasize the use of color slide film so participants can see their day's work projected with music on an eight-foot-wide screen each evening. What is taught can be fully applied to your future print and slide photography.

Bring 5-to-10 rolls of 36-exposure Fujichrome and/or Ektachrome slide film, rated ISO 100 and 200, plus $8 per roll for overnight processing. Bring a working, full-size 35mm SLR camera and lenses. A recent compact 35mm point-and-shoot camera with a zoom lens range of at least 38-70mm will be adequate.

You can call Jeff Berner to discuss the workshop at 707-878-2000, weekdays, 9AM to 3PM Pacific Time. $795

Wearable Art: A Polymer Clay Workshop

Lee Brown

Although polymer clay has been commonly used in Europe for the past fifty years, it has

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only recently become a popular art medium in the United States. This man-made material—also known as Fimo, Sculpy, Cernit, and Promat—comes in a wide range of vibrant colors. It can be used as it comes directly from the package or blended to create pastel shades. Its easy-to-use formula lends itself to art projects that can provide you with immediate gratification as well as a special sense of accomplishment.

During this week in the Esalen Art Barn, you will learn how to condition the clay and create designs that you can make into beads, buttons, talismans, amulets, and fetishes. You can then incorporate these into necklaces, pins, bracelets, and earrings. You will be shown basic bead-stringing and wire-wrapping techniques and intermediate jewelry assemblage. You can construct a colorful picture frame, a votive candle holder, a small box or bowl, even a refrigerator magnet or two.

This workshop offers everyone—men, women, and children—the opportunity to explore the endless potential of their creativity. No previous experience is necessary. $795

(plus $50 materials fee paid directly to the leader)

Weekend of June 13-15

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 30-June 1.

$425

Weekend Massage Intensive

Ellen Watson & David Streeter

Participants will be instructed in basic methods for giving a pleasurable and beneficial full-body massage. Fundamental elements of bodywork, such as breath awareness, grounding, movement, quality of touch, and stress reduction, will be introduced. The workshop is open to beginners as well as those who wish to brush up on their massage skills.

C.E. credit is available for nurses; see page 67.

$425

Facing Death: Meeting Ourselves in the Care of the Dying

Frank Ostaseski

In facing death directly, we have the opportunity to come fully into life. Whether making the bed or confined to it, we contact the same precarious nature of this life, and so come to appreciate its preciousness. It is a time of aliveness.

This workshop explores a mindful and compassionate approach to caring for those with life-threatening illness. Drawn on the experience of the Zen Hospice Project, an innovative model of conscious care, the aim is to demystify the care-giving process, investigate our own response to suffering, and clarify our intention in service.

The workshop will introduce traditional meditation practices of awareness, impermanence, and forgiveness; provide exercises designed to explore loss and accumulated grief; and discuss the importance of "mutual benefit" in care giving. Through silence, storytelling, and the collective wisdom of the group, participants will discover ways of encouraging innate generosity and developing the skillful means necessary to stay present in difficult or impersonal care-giving situations.

The workshop offers renewal and a fresh perspective on service to professionals or individuals caring for friends or family. All are invited—those caring for people with AIDS and cancer are particularly encouraged to attend.

C.E. credit is available for nurses; see page 67.

$425

The Visionary Life

Robert Maurer

In the past, psychology's usefulness has traditionally been limited by its focus on people with problems. Recent studies, however, have centered on those who have succeeded in the major challenges of life, from vocation to relationships. How did they achieve and sustain success? Current research has provided surprising insights into the pursuit of success.

This weekend program explores one of the key attributes common to all successful people: vision—the clear sense of purpose that guides and sustains actions and emotions, particularly during times of crisis. During these challenging times, people of vision and commitment are extraordinary and essential. What are the skills of the visionary and how are these skills developed and maintained? This program will not only provide the remarkable research findings but will demonstrate these qualities in filmed and live interviews.

The quest for a visionary life is a journey that each of us is capable of. The focus of this workshop will be on creating vivid dreams, discovering the path to get there, and finding the courage to travel the road.

C.E. credit is available for nurses; see page 67.

$425

Powerfully Presenting Yourself

Paula Shaw

Why are some people so cogent and inspiring when they speak? What holds you back from delivering your message? This workshop will explore the inhibitions to self-expression and communication and help you to move beyond them, creating more freedom in both your personal and professional life. It is designed for people who want to develop a more powerful personal and public presentation as well as better professional and business communication skills (e.g., lawyers, doctors, teachers, managers, and consultants).

In an environment of safety and support, you will have the opportunity to experiment with presenting yourself in front of various-sized groups, using your voice, body, and emotional power. There will be in-depth individual and group exercises designed to free you from past blocks to presenting yourself publicly.

Up-front courage, passion, and clarity need not be restricted to rare moments in life. This process can help bring to life the eloquent speaker of your fantasies. You can learn to express yourself more fully and experience the satisfaction of being more authentic, effective, and self-assured. $425

Week of June 15-20

The Good Life: Simple Secrets, Seasoned Wisdom, Sacred Vows

David Schiffman & Susan Kuttner

The leaders write: "This workshop is intended for people who appreciate and are seeking the wisdom, courage, and patience necessary to live a heartfelt life. Our aim will be to develop further what makes us adept and masterful at maintaining the soulful, romantic, and creative aspects of our lives. Our studies will focus on how to survive and thrive amidst the everyday practicalities and demands, how to face the fires of changes in our work and relationships with potency, resourcefulness, and originality.

"We will gather together to create an emotional climate that encourages honest, thorough self-reflection, a simple mood of plain talk from the heart, and the right to live freely and naturally in our own skins and with each other.

"A rich variety of attunement practices will be used to heal, reveal, and restore ourselves. Sources ranging from ancient to modern, involving those of touch, movement, breath, emotional release, meditation, music, and ceremony will be employed to break new ground for our hopes and dreams. Our intention will be to make manageable promises to ourselves—promises we can keep—based on clear personal vision and a balanced appreciation for passion and reason." $795

Soul Dramas: Past-Life Regression and Spiritual Healing for (Helping) Professionals

Roger Woolger

"Soul dramas are the daily emotional patterns, roles, and scripts we get stuck in and habitually act out," writes Roger Woolger. "Some believe that although the soul first staged its dramas around childhood trauma, it had already rehearsed them *in utero* and had written them long ago from the ancient store of past-life melodramas we all carry."

Soul dramas can be tragic, pathetic, humorous, or banal, and when left unrecognized can cause anxiety, depression and rage, or a deep sense of dissatisfaction or alienation. Roger Woolger's unique method of releasing and transforming these compulsive dramas involves regression to buried memories and past lives, as well as profound after-death encounters in the spirit realms called "bardos" by Tibetan Buddhists. Participants will be taught simple methods for body release, healing catharsis, and the reintegration of lost parts of the soul.

Experienced in psychotherapy and bodywork (Jung, Reich, and Gestalt), Woolger helps bring people through deep, transformative experiences, creating an atmosphere that is safe and contained. He also illuminates the broader spiritual picture, from Sufism to Western mysticism to Shakespeare—teaching with humor through poetry, music, story, and meditation.

Recommended reading: Woolger, *Other Lives, Other Selves.*

C.E. credit is available for nurses; see page 67.

$795

Mountains and Waves: Wilderness and Continuum

Steven Harper & Susan Harper

Nature is a primary teacher of movement, creativity, and awareness. Being outdoors in the richness and beauty of the natural world awakens our senses to the world around us. Continuum movement takes us inward, heightening the awareness of our inner experience. These five days will combine both practices, integrating the subtle inner explorations that Continuum movement inspires with the activity of day-hiking in the magnificent Big Sur backcountry.

The day-hikes will introduce participants to basic and increasingly refined awareness practices to enhance their sensitivity to all that wilderness and being out-of-doors offers. In so doing, not only will there be contact with the natural world but there will be opportunity to reawaken those elements of wilderness within.

In the indoor sessions, participants will explore movements which express and embody what they have taken in during their walks, enlivening their ability to feel what they see in nature as well as their own inner nature. Engaging with this sensual environment, the group will play with movement, breath, sound, dreams, and ritual.

This will be a time for contact with nature and wilderness, inside and out. Participants need not have previous experience in hiking or dance. $795

A Potter's View of the Universe: Big Sur Clay

Noel Mapstead & Keiko Suga

This pottery workshop is an alchemical blend of four basic elements: Earth, Water, Fire, and Fun. Imagine yourself engrossed in:

- Primordial Big Sur clay oozing between your fingers
- Pottery making on a Pacific beach
- Nights around fires of glowing cow dung, seaweed, and clay
- Making beads in the dark of a Native American sweat lodge
- Slathering your body in wet clay and bathing in Esalen's hot springs

Starting with ostensibly valueless natural materials, participants will learn to fashion valued objects within a group setting designed to cultivate creative experimentation, human transformation, and environmental awareness. The group will be taught to identify, gather, and prepare naturally occurring clays; to use hand-building pottery methods; and to work with traditional firing techniques, skills which can all be used anywhere on earth.

No previous experience is required. This workshop is a total immersion into the potter's world—and a chance to make beautiful objects for those you love. $795

Weekend of June 20-22

Vision Painting

Helen Jerene Malcolm

Vision painting is a nonverbal Gestalt experienced via color, light, and form, a subtle process exposing the conditioned mind and its limitations. In an atmosphere of exploration and acceptance you are encouraged to suspend judgment, enabling the creative impulse to play, take risks, and face fears. The resulting paintings become a visual journal of your stream of consciousness.

Prompted by visualization, meditation, music, and movement, expression is evoked from the feeling centers, through the hand, and onto paper. Your intuitive voice is encouraged to uncover a source of wisdom reflected in the impulse desiring expression. Beyond the rational mind, from deeper levels of motivation, the painting seemingly paints itself and reveals its message.

Expanding consciousness through your work permits a look at the life you create for yourself physically, spiritually, and professionally. Your vision paintings become a treasure map of your life where change and healing are affirmed. This is a transformative adventure in personal creativity. It is also fun and profoundly educational.

Those who are sure they can't paint, beginners, and artists are all welcome. $425

(plus $20 materials fee paid directly to the leader)

Yoga Works: Tools for Well-Being

Maty Ezraty & Chuck Miller

Yoga is an ancient system that uses the body, breath, and mind to energize and transform all aspects of living. It is not only an excellent source of physical exercise, but a unique and powerful tool for self-realization. The practice of yoga can help release blocks that cause mental and physical pain and prevent us from knowing our divine nature. It is also a great way of dealing with the stress of daily living.

The invigorating effects of yoga become readily apparent as the body opens and stretches. Breath is the link between mind and body, and various breathing methods will be taught to help reduce tension and cleanse the system. The serenity and clarity that is the goal of yoga will be sought through meditation exercises that calm and focus the mind. Yoga philosophy and theory will be discussed, as well as nutrition and its role in overall physical health.

All levels are welcome and no prior experience is required, only an adventurous spirit. For further information contact the leaders at 310-393-5150. $425

Close Yet Free: Keeping a Good Relationship Alive

Gerald Smith

How can we be open and vulnerable in order to love another person, yet at the same time free in order to continue to grow as an individual? The balance of merging and still maintaining a strong sense of self is never completely worked out, because each partner is continually changing. But this dilemma of competing needs can be dealt with in ways that will add to the aliveness in the relationship.

Much of the participants' time during this weekend will be spent with their partners, separate from other couples. The workshop will use verbal, nonverbal, and written exercises to enhance openness, support, and affection, as well as skills to resolve differences in ways that do not produce "scar tissue." Also, since play is an essential part of keeping a relationship alive, there will be experiences to spark the imagination and willingness to play together.

Enrollment is limited to 12 couples. $425
per participant

Models of the Ineffable: Kabbalah, Practical Alchemy, and Western Science

Mira Zussman & Christina Carmines

At the crossroads of magic, science, and religion, equivalent principles operate. Practical alchemy, kabbalah, and Western science are rooted in the same fundamental concepts despite our thinking of them as distinctly different cosmologies.

This workshop will explore the origins, theory, and practice of these traditions as well as the intersections between them. Participants will enter into the four alchemical elements (fire, water, air, and earth), the tetragrammaton (the four Hebrew letters that form the name of God), the four fundamental physical forces (electromagnetic, gravitational, strong, and weak), and more—thereby returning to the building blocks of Creation itself. The workshop will provide not only an introduction to these multiple ways of knowing, but also a way to integrate them in our understanding and experience of nature.

The weekend will include an animated mixture of discussion and experiential exercises.

$425

Change Your Handwriting, Change Your Life

Vimala Rodgers

Handwriting is much more than a style of penmanship. It is a road map to the psyche, a clear path through the winding labyrinth of our personality. It acts as a witness, indicating quite impartially where we are hiding our inborn talents, abilities, and dreams. Says Vimala Rodgers, "In the hundreds of thousands of handwriting samples I have studied, I have not seen a single one that reflected 'fear

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of failure.' Not one. I have, however, seen hundreds of thousands that were embedded with 'fear of *success*.' My goal in working with people is to give them permission to uncover and embrace their unique abilities, discover their purpose, and to enter into life as a courageous adventurer rather than a mystified bystander. By banishing fear-based writing patterns and introducing self-affirming ones, this process is set in motion."

This workshop is gentle in its approach, and alive with compassion, fun, and respect for the human condition. It focuses on establishing an unquestioned sense of self-worth and on giving participants access to their hidden dreams, life purpose, and personal inner vision.

Recommended reading: Rodgers, *Change Your Handwriting, Change Your Life*.

C.E. credit is available for nurses; see page 67.

$425

June 22-29

Gestalt Practicum

Christine Stewart Price & Guest Leaders

This workshop is designed for people who would like to further explore the Gestalt practice form in theory as well as through personal experience. It is especially appropriate for those in the helping professions, such as counselors, bodyworkers, and teachers, who are interested in integrating this approach into their current practice. The format will include open seat sessions with the leaders, structured exercises where participants work with each other, didactic presentation, and discussion.

The prerequisite for admission into the workshop is previous participation in a workshop specifically in Gestalt practice led by one of the Esalen Gestalt staff (Eric Erickson, Dorothy Charles, Christine Price, or Joyce Lyke). Otherwise you may send a letter of application to Christine Price, 31 Onyx Street, Larkspur, CA 94939, and will be considered if there is space available.

Recommended reading: Perls, *The Gestalt Approach* and *Eyewitness to Therapy*; Heider, *The Tao of Leadership*; Ram Dass & Gorman, *How Can I Help?*.

C.E. credit is available for nurses; see page 67.

$1220

Week of June 22-27

Forgiveness: The Key to Intimacy

Mary Goldenson (Devarani)

All life is about relationships. Creating an alive and honest connection with an intimate partner requires us to go deeply into our hearts and allow the courageous self to emerge. This journey to intimacy begins with the path of forgiveness. How does forgiveness lead to intimacy?

- It allows us to let go of anger, resentment, and grief
- It allows the agitated mind to move more deeply into the healing heart
- It resolves separation from ourselves and from others
- It allows us to give up inflicting punishment on ourselves and others
- It allows us to complete unfinished business

The workshop will present ways to help complete the past, be open to the present, and create the future. It will offer a safe, supportive environment that will include taking risks, intense bodywork, Gestalt imagery, dance, and meditation to support the commitment to the process of discovering ourselves.

This workshop can be especially helpful for those dealing with boundary issues, the effects of a dysfunctional family life, or addictions that have been used as a defense against intimacy. It is appropriate for everyone, whether in a good relationship or troubled, as a couple or alone, mother, father, daughter, or son, or in the healing professions. $795

Nada Brahma: The World is Sound

Bhagavan Das

This workshop introduces Nada Brahma, the Path of Ecstatic Devotion, an exploration into devotional music and the landscape of consciousness. It will present ancient sacred Sanskrit mantras that have been used for thousands of years for healing through sound, intoning, and chanting.

"We will explore and discover the special natural voice that is within each of us," writes Bhagavan Das. "As we sing and chant the divine mantras repeatedly, the rhythm and melody fan the emotions, which creates a heightened ecstasy that leaves the mind behind and brings pure stillness of heart. In this stillness, you will discover other ways of meditating on breath."

Workshop participants will be instructed in the Indian musical scale and how each note stimulates a different chakra, using ancient "seed" syllables to experience different ways of entering divine sound.

"We will chant," adds Bhagavan Das, "to experience the White Goddess, Saraswati, the Mother of Sound and the teacher of musical form." $795

Unmasking the True Self

Charles Miedzinski

In order to survive we learn to protect the preciousness of our true nature by developing the masks of our personality and body armor. Eventually, we identify with these masks, thereby forgetting our essence.

In this workshop, powerful yet simple art processes are used as a means of unmasking the radiance of who we truly are. This deep journey begins with the creating and painting of our mask; its inside represents our true nature, the outside represents the persona we formed to protect it. Through the incorporation of movement, drawings, interactive exercises, as well as meditation and practices of presence, we can then see and feel the constraining character of our shadow and its reflection in our body armor. The theories of Jung, Reich, and Almaas will further illuminate how our masks function and will point to the means of becoming liberated from them. The week culminates in a sacred mask ritual in which each participant enacts what is needed for his or her journey of return from personality to essence.

This workshop is recommended for those who are ready to shake loose their encumbering masks/identities in a supportive and creative setting which encourages the unfolding of their true being. $795

(plus $30 materials fee paid directly to the leader)

Turning On the Light: A Choice to Live Consciously

Laura DeNuccio (Ma Prita) & Guests

> *In the sunlight of awareness, each thought and action becomes sacred.*
>
> —THICH NHAT HANH

Laura DeNuccio writes: "To live fully in the present moment, deeply in touch with life, is a choice each individual can make—one breath at a time. This week we will honor, empower, and celebrate each person as we examine what it means to live fully moment to moment. Choices can emerge as we explore deeply: What would you love to see in your life? What matters most to your heart? What is truly of value?

"Through the creative use of breath, sound, movement, and visioning, we can awaken and remember what our spirit longs to express. Guided meditations will be introduced to increase body awareness and aliveness, to dissolve and balance energetic blockages, and to quiet, still, and expand the mind. Personal growth, self-care, and integral practices for daily living will be offered for increasing mindfulness, self-knowledge, and responsibility.

"Emphasis will be on cultivating compassion, honesty, and kindness as we align with our own truths in relation to others and the Earth. Through attunement with the natural world–gentle nature walks and light hikes in Big Sur–we can deepen our capacity to listen to our innate wisdom. The group will experiment with co-creating community, an environment of trust and acceptance, as we reclaim our wholeness/holiness as human beings making choices to live fully."

Recommended reading: Fields, et al., *Chop Wood, Carry Water*; Chopra, *Ageless Body, Timeless Mind*; Hanh, *The Miracle of Mindfulness*.

C.E. credit is available for nurses, see page 67.

$795

ISHTA: The Yoga of Empowerment

Rod Stryker

"Every human being already has all that is required to realize deep and meaningful fulfillment," writes Rod Stryker. "Our deepest desires, often hidden or misunderstood, are the guideposts to our ultimate destiny. By leading us to the direct experience of who we are, the practices of ISHTA (Integrated Science of Hatha and Tantric Arts) Yoga can make us aware of and sensitize us to our innate physical, intellectual, energetic, and spiritual gifts."

The course will include daily yoga routines to strengthen and purify the body, breathing practices for rejuvenation and healing, and meditation (including yogic visualization practices) to still the mind and deepen the experience of Self. It will also include open discussion and some theory, and will employ the majesty of the Esalen surroundings to nourish the journey toward wholeness and integration.

Previous yoga experience is recommended but not necessary. For further information, please contact Rod Stryker at 310-364-4698.

$795

Weekend of June 27-29

The Ultimate Yes

George Leonard

> *Life has one ultimate message, "Yes!", repeated in infinite number and variety. Human life, channeled for millennia by Civilization, is only just beginning to express the diversity and range of which it is easily capable.*
>
> —GEORGE LEONARD, *Education and Ecstasy*

The ultimate "Yes" is to life itself in its every moment, whatever that moment might bring. The ultimate gift to any friend or loved one is to be totally present for him or her. This gentle June weekend will be dedicated to saying "Yes" to life and the present moment. Through breathing, chanting, meditation, imaging, and movement, this seminar will seek to affirm our oneness with nature, the cosmos, and one another, to remind ourselves of the brevity and vividness of the miracle of existence. Bring a friend or a loved one or come alone. All that is needed is a generous spirit and a willingness to participate wholeheartedly.

Recommended reading: Leonard, *Education and Ecstasy*, *The Silent Pulse*, and *The Transformation*. $425

Sexuality, Relationships, and Consensus Reality

Max Schuepbach

Process Work, developed by Arnold Mindell, brings to relationship work the Taoistic belief that our sensual impulses and tendencies are not to be seen as something dangerous. Rather, they are the beginning seeds of a dreaming process–a journey deep into our very nature and our sources of emotional and spiritual fulfillment. And consensus reality, with its often stifling ideas and assumptions about human relationships, is as important in this experience as are our radical impulses and unconventional needs and longings.

The key to unfolding this dreaming process is awareness and a loving attitude for all our parts and experiences. Using the attitudes and skills of Process Work, we can learn to gain inner freedom, an acceptance of who we are, through the practice of opening ourselves to our inhibitions and reservations, our furies and pains, and celebrating them together with our zest for happiness and ecstasy.

The workshop will introduce precise skills for working on these issues in a pressure-free environment. It will include working on past traumas, on the experience of being marginalized for one's nature, and on power differentials. These experiences, together with others like jealousy and possessiveness, can be used as gateways to increased intimacy.

Individuals and couples of all sexual orientations are welcome, as are people living in celibacy. $425

Chaos and Complexity in Photography, Life, and Work

Lawrence Hudetz & Irene Sanders

This high-participation workshop explores new ways to think about and see the world. Photography is used to illuminate the concepts of chaos theory and complexity with special emphasis on fractals and strange attractors. Context–not technique–is the focus. Insights gained from photographic sessions will be applied to explore a new model for understanding and responding to chaos and the complexity in our lives, our work, and our rapidly changing world.

The workshop will begin with a brief introduction to the new science, followed by a photographic session in which participants venture outside and shoot several rolls of film. The film will be processed and the resulting collection of natural images will be used to demonstrate the concepts of fractals, self-organization, and the interactions of linear and nonlinear formation. Weaving together the images and concepts, participants will then be taught how to explore and influence their personal and professional futures by anticipating and responding to change in new ways.

Activities and discussions are designed to help illuminate subtle connections, patterns, and emerging opportunities in our lives and work. Each session will be a rich integration of art, science, and world events.

Please bring a 35mm camera and 3-4 rolls of 24 exposure film. $425

(plus $15 per roll for film processing)

The Group 2000

Esalen Staff

The Group 2000 consists of people who wish to help Esalen fulfill its mission and have contributed $2,000 or more in one year. This is a special weekend to inform the Group of the latest developments at the Institute and discuss the plans and possibilities for the future. There will be time with the staff, the opportunity to interact as a group, a possible special guest or two, as well as time just to enjoy being at Esalen.

For more information, please contact the Group 2000 at 408-667-3032. $425

June 29-July 6

Language of the Drums: African Percussion, Chanting, and Dance

Babatunde Olatunji & Friends

Olatunji and the Fourth of July—a jubilant Esalen tradition! Nigerian musician Babatunde Olatunji has been bridging the gap between American and African culture for more than thirty-five years. In this workshop he will show how drum sounds and rhythms communicate, stimulate, and pace the activities of traditional African life. He will teach the consonants of the Yoruba language, reproducing its sounds on drums and through chants, body percussion, and dance.

This workshop is for dancers, percussionists, musicians, and anyone who wants to speak the language of the drums. Drummers can experience the dance and dancers can experience the drums. Participants will prepare for a performance at Esalen's annual Fourth of July celebration. Bring a drum if you have one.

Please note: This has always been a popular workshop with lots of people drumming and dancing in a small area. The energy runs high—be prepared for a crowded, exuberant atmosphere. $1220

Intermediate/Advanced Massage Intensive

Oliver Bailey & Kathleen O'Shaughnessy

This workshop is designed for individuals who have already had basic massage training and have been in practice for a while. It is for those who want to expand into new territory and add to what they are doing with specific complex areas such as the neck and low back.

Part of the format will include the traditional Esalen style of long, integrative strokes and methods for deep contact with the recipient, which will then be focused down to detail. Another segment will have the flavor of a musician's open jam session with two lead players, eliciting a cross-pollination of ideas and approaches from all of the participants.

Exploration of the practitioner's state of being through Zen practice, breathing methods, yoga postures, and dynamic movement will be interwoven with the hands-on work.

C.E. credit is available for nurses, see page 67.

$1220

Basic Trust and the Spiritual Path

Joyce Lyke & Jessica Moore Britt

The Diamond Approach is a spiritual teaching for those on the path of being in the world while engaged in spiritual practice. Utilizing elements from depth psychology and spiritual practice, the Diamond Approach has created a method oriented by the love of truth for an inquiry into the nature of reality and the essence of our existence.

This method will be used to inquire into the question of why it is easy for some to relax into integrated spiritual unfoldment while for most it is difficult. The foundation of the Diamond Approach's understanding of this question rests on the recognition of the intrinsic benevolence underlying reality and the effect of our upbringing on our capacity to recognize and relate from this benevolence.

How our immediate environment held us in early childhood—whether with support, confidence, and love or with anxiety, fear, and negativity—determines whether a sense of benevolence remains as a part of our everyday experience as adults. Our early experiences will deeply affect how we come to view reality and our relationship to it, whether life feels like an opportunity or a trial. This exploration can challenge deeply held beliefs regarding the nature of reality, God, and the world.

Inquiring into these questions, we can gain a better understanding of ourselves and the barriers to experiencing confidence and trust in our daily lives and in our spiritual growth. Our capacity to allow our experience to unfold without control, judgment, or preference can expand, allowing us to relax and move into the deeper mysteries of the soul.

Please note: Registration requires completion of a questionnaire. For more information see Special Programs, page 64.

Recommended reading: Almaas, *Diamond Heart—Book One* and *Essence*. $1220

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Dancing with the Shadow

Jeremiah Abrams

> *One does not become enlightened by imagining figures of light, but by making the darkness conscious.*
>
> —C.G. JUNG

The shadow is the person one has no wish to be. Yet shadow-work can lead us back to our buried potential, to the treasure-house wherein lies what we have rejected out of shame, fear, ignorance, or lack of love. Facing the shadow does not mean eliminating it, but rather undertaking the process of balancing and depolarizing, healing the split between our conscious self-concept and all else we are or might be. This enables us to live more fully in the existential present and to embody expanded awareness.

The workshop approaches the shadow from, as Jeremiah Abrams describes it, "the soul-centered view of Jungian archetypal psychology, concerned with the unique transformative path which each soul must follow." Participants will undertake a journey inward to the shadow, allowing the images to come forward and integrating them through dreamwork, trance, bodywork, active imagination, and the evolving group dialogue.

There will be a ceremonial purification (sweat) lodge to initiate the work and a ritual celebration—a Shadow Dance—to end, so come prepared with costume and full shadow-regalia. If you are feeling stuck or feel like it's time to take the next step in your spiritual journey, this workshop is for you.

Recommended reading: Abrams, *The Shadow in America*; Abrams & Zweig, *Meeting the Shadow*. $1220

Children's "Indepen-Dance": Celebrating Kids, Celebrating Community

Lia Thompson-Clark & Ivy Mayer

Esalen's Fourth of July extravaganza would not be complete without the annual participation of children. This year, kids will be part of the community-wide celebration through this workshop, which introduces games, sports, music, theater, and laughter to engage the whole child. The curriculum will focus on offering children a variety of ways to help and support a community as it prepares to celebrate Independence Day. Participating children will be invited to make a special presentation on the Fourth.

This workshop is for kids, ages 7-14, whose parents are attending a concurrent Esalen seminar. $660

Week of July 6-11

Massage Mbunde

Brita Ostrom, Peggy Horan & Gordy Ryan

This workshop combines the fundamentals of Esalen massage with African drum rhythms and expressive movement. Days will be spent at the Esalen baths, learning to give and receive soothing touch, with an emphasis on contact with awareness, sensitivity, and presence. A basic understanding of specific tension patterns and their relief will also be presented.

In the evenings the group will meet for movement and rhythm in order to stimulate the replacement of old postural habits with newfound spontaneity. For this, drum meditations—echoing the heartbeat and the pulsation of energy through the body—will provide the focus.

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This workshop is designed for anyone seeking stress-reducing tools, for bodyworkers and therapists, and for those in the creative arts interested in learning new skills with sound, rhythm, and expression. It's also a good introductory course in Esalen massage.

Please bring a hand drum. $795

The Dream Master: Dreams and Fantasies

Pierre Grimes

This workshop explores how dreamwork, contemplation, recollection, and examination of idle fantasies weave themselves together into something we can ponder. Focusing thus on the intuitive brings an awareness that our everyday existence can be the doorway to the profound. To discover this level of existence is to awaken to what is often ignored and can be key to our inner development.

The self is always seeking completion: hence, the simple fantasies that occur to us are fragments of our unresolved conflicts. These conflicts manifest themselves in our dreams. As we become aware of the ignored and forgotten elements of our existence, a growing realization of their importance becomes part of our lives.

When reflecting on each day's events becomes a practice, the ancient art of recollecting becomes a natural part of one's life. When this is complemented by dreamwork and self-reflection we bequeath to our waking days a new kind of significance. As we become our own object of study, our work gains a luster since we are presenting ourselves with a way to discover a personal meaning to our existence in all its particular richness. To ponder and reflect on this existence unfolds an unexpected depth and majesty to our lives.

Please bring writing material and a small tape recorder to record your dreams. $795

A Longing for Wholeness: Embracing the Shadow in Relationship

Charlie & Linda Bloom

Although most of us are aware of what it takes to cultivate intimacy, trust, and deep connectedness in relationships, it is another thing altogether to put our knowledge into practice. Often the challenge of creating loving relationships is far more difficult than we expected. In many cases the pain engendered by unsuccessful efforts can become so intolerable that separation may appear to be the only acceptable option. Yet this need not be so.

Linda and Charlie Bloom have been in a committed relationship for twenty-eight years and have raised three children. Theirs has not been an easy path. They have dealt with many painful challenges, including abuse, betrayal, neglect, addiction, and life-threatening illness, and in the process have learned about the darker aspects of relationships and how to consciously work with them.

In this workshop, participants will be encouraged to open more fully to those aspects of themselves that are relegated to the dark. Experiential processes, role playing, and group exercises will be used to clarify the means through which we can learn to listen and speak from the truth of each moment, even at those times when we find our hearts closed in pain. In coming to terms with these darker aspects we can bring greater authenticity, playfulness, intimacy, and co-creativity into our relationships.

C.E. credit for MFCCs and LCSWs is pending.

$795

The Power of Growth

Seymour Carter

Everyone has unused capacities for further personal development. When these capacities are recognized and given attention, a natural force is released which, like a tide, can carry the individual to a higher level of ability and action. Fritz Perls taught how to recognize the force of avoided issues in dealing with blocked energies. When unfinished issues are confronted and assimilated, it is possible to feel potent and in charge of one's life.

In this workshop, participants will deal with these issues by examining the influence of the inner dialogue on thoughts and the nature of impasse, as well as tendencies within themselves toward psychological completion and well-being. The basis of this work is the Gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, and aikido. Each participant's process of development will be honored, encouraged, and treated as unique.

$795

Cultivating Resilience

Gina O'Connell Higgins & Dan Boynton

"This course focuses on the hope and psychological strengths that guide the most challenged lives, emphasizing those self-righting capacities that characterize all of us in some important measure," writes Gina O'Connell Higgins, author of *Resilient Adults: Overcoming a Cruel Past*. "We will explore themes which emerged during intensive interviews with forty resilient adults who endured highly abusive or neglectful lives as children and adolescents, yet who now love well and work well as adults. These themes include: early relationships which become loci of hope for maltreated children; the unofficial adoptive relationships which help the resilient sustain themselves during adolescence; the importance of faith, vision, and social activism as healing pathways; and the adult struggles which characterize and enrich their challenged but hardy lives.

"Equal emphasis will be placed on helping participants identify their own resilient capacities, past and present, with an eye toward expanding these in the future. While we will certainly acknowledge the sorry disruptions (abuse, neglect) that spur the search for a better life, this is an opportunity to locate and cultivate your own strength, hope, and determination. Our course especially invites those who have encountered challenges to their own growth and are now influencing the lives of others. This includes parents, clinicians, educators, health professionals, human service providers, students in any of these areas, or change agents of any stripe."

C.E. credit for psychologists is pending.
C.E. credit for MFCCs and LCSWs is pending.

$795

Art, Acting, Music, and Fun: A Children's Festival

Lia Thompson-Clark & Ivy Mayer

This year Esalen's annual summer festival for children will expand its offerings to present theatre and improvisation, painting (on both paper and silk), and clay sculpture and firing. Local artists and musicians will be guest teachers for a celebration of African and American rhythms and rituals. Thirteen-year-old Camille Clark, an experienced old-timer in this festival, writes in: "Kids, come and enjoy art, acting, music, and fun. You will have fun playing games, making music, and making a play. You will also enjoy working with clay and painting pictures and silk scarves."

There will also be time for group explorations of the Esalen baths, beaches, and hills. As Camille says: "Going down to the ocean is like meeting an old friend."

Come meet old friends and new as you learn and develop new skills. This workshop is for children, ages 7-14, whose parents are attending a concurrent Esalen seminar. $475

Weekend of July 11-13

A Society of Souls: The Uses of Non-Ordinary Reality in Healing

Jason Shulman

"Ultimate spirituality," writes Jason Shulman, "is kindness. Ultimate spirituality includes the ability to be intimate and, at its core, the ability to care. It is our caring and love, combined with our knowledge and ability to be in relationship, which ultimately heals both ourselves and our clients.

"What is it that keeps us from our preexistent state of warmth and openness? How does this affect our work as healers, physicians, and helpers? In this workshop we will explore the uses of non-ordinary states to increase our capacity to experience and transmit this basic attitude of compassion. Although unusual to our everyday mind, non-ordinary reality is actually present and available to us always."

The workshop will use various modalities to access these states, such as:

- Talking to Heaven—to develop the ability to connect to the subtle realms of the spirit
- Kabbalistic healing—the Jewish mystical path of relational healing
- Spiritual psychodynamics—to perceive psychically such defenses as transference and projective identification
- Meditation—the river running through this weekend together

The workshop is designed to help health professionals and serious seekers of personal healing to improve and expand their capabilities in whichever modality they are already working.

C.E. credit is available for nurses; see page 67.

$425

Psychosynthesis: Personal and Transpersonal Growth

John Firman & Ann Gila

Psychosynthesis was born in 1910 when the Italian psychiatrist Roberto Assagioli became dissatisfied with psychoanalysis. Although Assagioli was a colleague of Freud and Jung and an early pioneer of psychoanalysis in Italy, he saw that psychoanalysis neglected the healthier and "higher" aspects of human nature.

A student of philosophical and spiritual traditions of both East and West, Assagioli sought instead an approach which would address not only psychological wounding and personal development, but, in addition, the "transpersonal" dimension—the dimension of inspired creativity, altruistic ideals, and peak experiences. Since that time, psychosynthesis has grown to become a compassionate and comprehensive psychology of the whole person, providing the practical means for examining one's life and for discovering how to grow more fully into one's true self.

This workshop will be an experiential overview of the theory and practice of psychosynthesis. It is an invitation to explore the heights and depths of being human, including subpersonality or "ego-state" work, object relations and family-of-origin issues, the superconscious and transpersonal self, and the experience of "vocation" or "call" in life. The intention is to gain a deeper feel for our unique psychological and spiritual journey, to get a sense for what our next steps on this journey might be, and, most essentially, to find a greater compassion for ourselves and others.

C.E. credit is available for nurses; see page 67.

$425

Intuition, Healing, and Change

Laura Day

"Intuition, Healing, and Change" is an experience in focusing all of your resources to identify and create the life that you want.

Most of us have heard stories of miraculous healings or lifesaving flashes of intuitive insight. Within in each of us are abilities—sometimes popularly dubbed "powers"—which lie dormant. These abilities have no scientific explanation and therefore our explanation-loving society buries them. Often we learn about these abilities during crisis when, with nothing else available to us, we have no choice but to use them. This workshop can help you enhance your daily life by creating a pathway for these abilities—without the crisis. You can learn to develop three gifts inherent in each of us:

- Intuition—the ability to perceive what we normally think of as unreachable
- Healing—the ability to affect ourselves, matter, and the environment by focusing our "energy"
- Integrity—the ability to work from our most essential values

Prerequisite: Come prepared with the answer to the following: If only _________ were different about me or my life, life would be great; or, If only I had _________, life would be great.

Please bring a loose-leaf notebook with lined paper, folders with pockets, colored pencils, and a favorite writing instrument. $425

Healing Learning Disabilities

Jacqueline Lapa Sussman

> *True learning is pleasurable. All learning, all effective behavior, comes out of nourishing social interaction.*
>
> — AKHTER AHSEN, psychologist and theoretician

Learning disabilities are inhibited learning potentials frozen in children, caused by negative social interactions in early critical learning. Kids with learning disabilities are often highly intelligent children who absorb life's stresses at a deep level and, because of their acute sensitivity, are easily traumatized.

Learning disabilities can be treated and cured—completely reversed—without using drugs (Ritalin) or any medication, but by using the creative imagination.

Eidetic Image Therapy is a school of psychology that treats mental and emotional problems using a special kind of mental image called an Eidetic. Using Eidetics, the exact root cause of the disability can be systematically identified and, through imagery methods, the part of the brain where the disability is neurologically located can release—allowing one's unique learning potentials to flow again. Eidetics was founded by Dr. Akhter Ahsen, Ph.D., whose work Joseph Campbell described as "indelible" and "life-structuring."

This highly experiential workshop—for parents, educators, people with learning disabilities, therapists—will show you how to find the root causes of learning disabilities and how to overcome them.

Recommended reading: Ahsen, *Learning Abilities and Disabilities* and *Psycheye*; Sussman (articles), "Drugs or Imagination? Your Choice in Healing Learning Disabilities" and "The Plight of the Parent with a Learning-Disabled Child."

C.E. credit for psychologists is pending.
C.E. credit for MFCCs and LCSWs is pending.

$425

Wearable Art: A Fimo Clay Workshop for Families

Lee Brown

Although Fimo clay has been commonly used in Europe for the past fifty years, it is just now becoming a popular art medium in the United States. This man-made material, also known as polymer clay, comes in a wide range of colors. Its easy-to-use formula lends itself to art projects that are guaranteed to give you instant gratification as well as a special sense of accomplishment.

During this weekend in the Esalen Art Barn, you will work side by side with your children or grandchildren, making beads, buttons, and small objects that will be incorporated into a necklace, a pin, a bracelet—something to wear home. A variety of techniques will be taught and there will be ample time to complete projects.

No previous experience is necessary. $425
(plus $15 materials fee paid directly to the leader—for family rates see Reduced Rate Options, page 5.)

Week of July 13-18

Golf in the Kingdom: An Exploration of the Deeper Game

Stephen Cohen, Brian Bergstrom & Andy Nusbaum

For workshop description, see May 18-23.

$795
(plus greens fees paid directly to the leader)

Improvisational Being

Nina Wise

This workshop is designed to give you the physical and spiritual tools to translate your inner life into theater. Everyone has a story to tell, and stories reside as much in the body as in the mind. So you'll begin by moving from your center, giving voice and physicality to your private characters and realities. The environment will be safe and supportive. The result can be the remarkable satisfaction of unbounded self-expression.

The sessions will include relaxation, meditation, movement, singing, storytelling, and theater games. Expect to surprise yourself, to become more playful and at ease before an audience, and to leave with an enhanced sense of well-being in both your personal and creative life. $795

Facilitating Deep Process Using the Penniston Protocol Alpha/Theta Brainwave Training Technique

Julian Isaacs & Patricia Fields

In 1989 Dr. Eugene Penniston published the results of a study using a revolutionary new treatment for alcoholism based on alpha/theta brainwave biofeedback. The new technique's effectiveness in preventing relapse has now been established by independent researchers as 70% over a five-year follow-up—a success rate previously unknown in addiction treatment. Since this landmark study, a growing band of psychologists has used the same technique to successfully treat a wide range of psychological conditions, including depression, anxiety, character disorders, and even multiple personality. The technique is now being adapted to treat mind/body disorders and is also increasingly used to facilitate personal psychological growth and for peak performance training.

This workshop will focus on the use of the technique for psychospiritual development. (The workshop will be primarily a learning experience. It is not intended to provide treatment for addicted individuals or treatment of serious psychopathology.) Using sophisticated computer-based multi-user brainwave biofeedback systems and other devices, participants will be given ample opportunities to experience the alpha/theta state and will be shown how to use this unique state of consciousness for psychospiritual development. Adjunctive psychological and psychoenergetic techniques which complement the alpha/theta process will be demonstrated and taught. Professionals already using brainwave biofeedback techniques in their practices will be taught how to run alpha/theta brainwave training sessions.

To ensure adequate access to equipment, the workshop will be limited to sixteen participants.

C.E. credit is available for nurses; see page 67.
C.E. credit is available for psychologists; see page 68.
C.E. credit for MFCCs and LCSWs is pending.

$795

Time of the Soul

Eli Jaxon-Bear

"There comes a time in most people's lives when there is an earthshaking crisis," writes Eli Jaxon-Bear. "The world of relationship, money, career, or health explodes unexpectedly and disastrously. There is a sense of loss of control of the situation. It is a time of dread, humiliation, rage, fear, and despair.

"Having faced this abyss of annihilation and having assisted many others with similar circumstances, I have very good news to report from the other side: The crash is a wounding that lays bare the killing field of ego and is a mystic gateway to the soul. It is a call to approach the threshold of the unknown, an awakening to that which is timeless.

"The rarely taken opportunity is to actually turn and face the demons, the crisis, the failure that all impulses move to avoid. The willingness to directly experience whatever is waiting there—humiliation, rage, fear, death—in the search for Truth, Love, or true Freedom, the willingness to die to all ideas of yourself is the willingness required to turn your back on the hell-realm and surrender to the divine embrace—as soul awakens to its true nature.

"In our time together, we will explore the possibilities and learn the practices for going deeper. Through silence, meditation, one-on-one work, exercises, and group work, we will learn how to guide ourselves and others through the dark night and into the possibility of true happiness." $795

The Parenting Process

Eileen Paris

What we call dysfunction today has an obvious evolutionary trail. In spite of the best intentions, parents tend to repeat injuries they vow they will never pass on. Therefore, in order to bring a psychological and spiritual change to our global society, one place to begin is with a radical and substantive change in the way we parent.

This interactive workshop teaches communication skills based on the developmental themes of bonding, mirroring, and separating. Because these themes attend to what constitutes a healthy parent/child relationship, they are applicable to relationships with children of any age—from conception on.

The workshop will employ experiential exercises that heighten awareness of negative family myths and relationship patterns, and will teach how to interrupt them. By addressing modern-day parenting concerns with a developmental focus, parents can raise kids with a "healthy sense of self," which is a body experience that enables children to live their lives from the inside.

The Parenting Process is designed for all parents, whether new, experienced, or expectant, living together, single, divorced, or living in alternatively structured families. $795

Creativity and Community: A Workshop for Children

Lia Thompson-Clark & Ivy Mayer

> *Creativity is most likely to be fostered by a transformative atmosphere during the early years of life.*
>
> — Howard Gardner

Children who have grown up at Esalen have flourished, thanks in large part to the opportunities to explore both freedom and discipline in the teachings of the many artists, thinkers, and doers who come to Big Sur. This workshop provides an opportunity for children to participate in many of the activities Esalen has to offer. Explorations of art forms such as dance, theatre, painting, and ceramics will be presented. To learn how a community functions, children will participate in various Esalen work departments, providing further opportunities to engage in individual and collective responsibility.

This workshop is for children, ages 7-14, whose parents are attending a concurrent Esalen seminar. $475

July 18-25

The Organization as a Living System: Managing and Coaching Human Resources

George Kohlrieser & Fritz Mautsch

> *In essence, every organization is a product of how its members think and interact.*
>
> — Peter Senge

The heart of a healthy organization lies in the intensity of bonding of people and goals. When organization members are attached to each other and to common goals, a sense of well-being, high energy, and pleasure in work exists. This attachment allows people to express ideas, feel safe, and resolve conflicts even when there are profound differences. When these bonds and commitments are disrupted, tension, demotivation, passivity, fear and anger, even aggression can arise, which creates significant barriers to success.

Leadership requires special skills to create bonding, resolve conflicts, motivate team members, and respond to the emotional demands of human contact and change in often very complex systems. Changing the way members interact means redesigning not just the formal structures but the patterns of relating between people and processes. Organizational leaders and consultants must guide, model, and encourage this process to make organizations more authentic, human, and alive.

Just as in the human body, a living system relies on a fundamental unity where each element of the system supports the others. This experiential workshop is designed for managers, team leaders, and consultants to organizations who want to understand the organization as a living system built around its human resources. Special focus will be on the questions: How can people remain heartful in an organization? What is an authentic organization in a time of great change? How do we balance our private, professional, and organizational roles in the face of increasing demands and continuous change?

The basis of this workshop will be research from attachment theory, systems theory, social network theory, conflict resolution, and transactional analysis. The workshop will include short presentations, role play, group process, problem solving, and opportunities for personal work.

Recommended reading: Senge et al., *The Fifth Discipline Fieldbook: Strategies and Tools for Building a Learning Organization*; Jones, Palmer, Osterwell & Whitehead, *Delivering Exceptional Performance: Aligning the Potential of Organizations, Teams, and Individuals.* $1220

Weekend of July 18-20

Moving into Health: Feldenkrais® and Energetic Movement

Patrick Douce

Most people know what it is like to wake up stiff in the morning. Many start the day in pain. Hundreds of millions of people in this world suffer from chronic, acute conditions.

There are basic ways we have been taught to hold ourselves and to move that unconsciously lead to these conditions. Some of these misconceptions are so ingrained that we think of them as part of ourselves, without any choice in the matter.

Moshe Feldenkrais developed movement lessons based on finding the ease of movement we had as children. This workshop uses those movements to enable participants to experience their unconscious everyday actions. Feldenkrais Movements will be presented which improve flexibility, awareness of breath, and posture. The lessons teach how to find soft, effortless movements, rather than emphasize doing more with more effort. They will be combined with lessons inspired by Indonesian Silat martial-arts-for-health movements, which stimulate the energy body, effecting internal health and increasing energy.

The idea of a flexible, fluid, intelligent body will be introduced to educate each group member to improve the use of his or her spinal column. Rather than focusing on muscular awareness, the lessons emphasize spinal awareness.

In this workshop, difficulties in the body will be approached as problems in learning rather than as conditions needing therapy. Problems that were "incurable" become "reeducable." Participants will be offered tools that they can immediately use to improve.

C.E. credit is available for nurses, see page 67.

$425

MARGARET LIVINGSTON

The Personal Growth and Development of the Clinician

Jeffrey Zeig

How does one master the practice of psychotherapy? Should training emphasize theory, technique, or research? And what about the personal growth of the clinician?

After more than twenty years of training health and mental health workers, Jeffrey Zeig has crafted an experiential training system, Psychoaerobics™, to help practitioners evolve essential personal resources. The system uses as a model Milton Erickson, considered the father of modern medical hypnosis, whose practical methods are effectively employed by practitioners from all disciplines.

This workshop will identify seven essential characteristics or "postures" that distinguished Erickson from other master practitioners. Participants will realize those postures through a series of graduated Psychoaerobic exercises, and will participate in growth games and group hypnosis to explore the merging of discipline and spontaneity that occurs in the most artful and effective clinical work. The program focuses on refining the therapist's lenses (*perception*), muscles (*therapeutic power*), heart (*compassion*), and hat (*social role*).

Zeig has devised the Psychoaerobic system in an effort to replicate some of Erickson's unique teaching methods. This program features a blend of didactic and experiential training that can help practitioners quickly master skills that will improve effectiveness, no matter what form of treatment they employ. This seminar is open to practitioners from all schools of psychotherapy and all health fields. Previous training in Ericksonian methods is helpful but not required.

C.E. credit for psychologists is pending
C.E. credit for MFCCs and LCSWs is pending

$425

Release Your Genie: Eleven Keys to Awaken Your Creative Power

Judith Cornell

Do you find yourself kicking your creative blocks around the room without getting any results or, worse yet, simply gathering dust? If so, this workshop might be exactly what you need to open the floodgates. Judith Cornell will present little-known secrets of inspired creativity from great geniuses like Johannes Brahms and distant sources like the

Himalayan yogis. Bring your blocks along with an open heart and a willingness to learn the keys to awaken and vitalize your genie. This experiential, fact-filled workshop can provide you with a number of new concrete ways to solve problems and awaken the genius within you. Please bring a journal to write in.

Judith Cornell is the author of *Drawing The Light From Within: Keys To Awaken Your Creative Powers* and *Mandala: Luminous Symbols for Healing.* $425

Intimate Relationships: Keeping the Spark Alive

Ayala Pines

When two people are in love, it seems like the magical spark between them is going to last forever. More often than not, however, with the effects of everyday pressures and stresses, the love is eroded and eventually burns out. Burnout is not caused by individual pathology or inadequacy nor by major dramatic events. It is caused by a buildup of petty annoyances, minor dissatisfactions, and a gradual increase in boredom. How can this insidious process of love's erosion be prevented? How can a couple in love keep the romantic spark alive?

Participants will be encouraged to find the romantic images they shared at the beginning of their own relationships. This workshop is recommended especially for couples committed to keeping the spark alive in their relationships, and for marriage and family counselors. It may also be helpful for individuals who are trying to figure out what went wrong in a relationship that burned out.

Recommended reading: Pines, *Keeping the Spark Alive.* $425

Week of July 20-25

Chi Kung/Nei Gung

Robert Blaisdell

The discipline of Chi Kung is a highly specialized and comprehensive curriculum of exercises and practices aimed at utilizing awareness and consciousness in order to develop and optimize an individual's intrinsic energetic potential. Through Chi Kung a practitioner may circulate and increase internal energy, strengthen internal organs and functions, and enhance and deepen sensitivity and awareness.

Chi Kung literally translates to "energy skill or discipline." Throughout human history numerous forms of this discipline have existed. Robert Blaisdell draws upon the ancient Taoist practices of martial and medical Chi Kung to create a basic and functional framework, which is then elaborated upon to facilitate specific needs of students in exploring their potential. The goal of the work is to initiate and sustain the integration of mind, body, and emotions, to deepen awareness, and to promote overall health, longevity, and well-being.

C.E. credit is available for nurses; see page 67.

$795

Film and Healing: Courage and Compassion

Francis Lu & Dorothy Hunt

> *Healing, like grace, always takes us toward our true nature.*
>
> — Stephen Levine

"Being human," write the leaders, "inevitably means encountering suffering, separateness, injustice, and fear—in ourselves and in our world. It requires courage to bring these experiences into the compassion of our own hearts and to allow each moment in which suffering is touched with loving awareness to be a moment of healing, a moment of grace. Healing occurs when we have faith in the unfolding of our own lives, courage to speak our truth, commitment to our deepest knowing, and compassion for ourselves and others. Healing occurs when we know, truly, that there is no separation: *life is one.*"

In this seminar, participants will view six to eight inspiring feature films dealing with different aspects of healing—physical, emotional, relational, societal, spiritual—and the ways in which courage and compassion bring about healing in the lives of doctors, teachers, lawyers, and poets, among others. The workshop will use the film experience, supportive group discussion, and quiet reflection to explore and find in our own lives courage, compassion, and healing.

This seminar is the ninth in a series that originated in 1991 co-led by Francis Lu. $795

Relationship Intensive

Carolyn Braddock

This relationship intensive offers a week of exploring, inquiry, and healing—and an opportunity for both personal and professional growth. It is appropriate for all singles, couples, friends, business partners, and intimate partners. The workshop will present:

- How to "be" in relationship
- The twelve dimensions of intimacy
- How to focus on what you really want in relationships
- How to speak what you are thinking but not saying
- How to take responsibility in relationships
- The trouble areas of relationships—projections, withholding, the victim position
- How to empower relationships

Using humor and play, creative cognitive work, bodywork, and Gestalt, the goal will be to develop healthy ways of creating safety, trust, and aliveness in close relationships.

Recommended reading: Braddock, *Body Voices: Using the Power of Breath, Sound, and Movement to Heal and Create New Boundaries.*

C.E. credit is available for nurses; see page 67.

$795

The Story of Your Life: Becoming the Author of Your Experience

Mandy Aftel

Is your life a page turner? A yawner? A hackneyed story you've gotten tired of repeating?

"Every life is a story," says Mandy Aftel. "We tell the stories of our lives to friends and neighbors, on job interviews and blind dates, at slumber parties and in therapy. Too often, though, the stories we tell are cliches, simplistic tales of blame, guilt, hopelessness, and anger that limit our understanding of the past and close off possibilities for the future. 'That's the story of my life,' we say when things go wrong—again. But the story of your life doesn't have to read like bad fiction.

"Regardless of our writing talent, in our daily lives we are all ad hoc novelists. Consciously or unconsciously, we organize our experiences into stories that present a certain view of ourselves. By examining the way you narrate your life to yourself and others, you can change the story of your life."

Through writing exercises, lecture, and interpersonal process, you can learn how to:

- Find the core belief that governs the way you narrate the story of your life
- Find your three major plots—love, mastery, and loss

- Understand the three major motives—self-esteem, control, and separation
- Harness the four major plot complications—sex, money, escape, and children
- Craft a new narrative of courage, fulfillment, imagination, and unfolding potential

Recommended reading: Aftel, *The Story of Your Life: Becoming the Author of Your Experience.*

$795

July 25-August 1

Bonding: The Heart of Dialogue

George Kohlrieser

From cradle to grave, life involves a dialogue with a changing script of "affectional bonds." When in dialogue, a sense of well-being exists. Out of dialogue, a sense of distress prevails. The difference lies in the ability to create bonds.

It is a myth that bonding occurs only with people we like. In truth, it means being attached in a way that allows a relationship to exist even where profound differences are present. If an individual has difficulty in creating attachment and bonding, then there will be difficulties in dialoguing. Models of "in-your-face" communication, manipulation, domination, detachment, and even violence are increasingly replacing the natural beauty of true dialogue.

This experiential workshop focuses on the theory, practice, and problems of dialogue. It draws on the latest research from attachment theory, transactional analysis, psychophysiological stress management, social network theory, and developmental psychology. Attachment theory is a way to conceptualize the tendency of humans to make affectional bonds, to connect, to be in dialogue with life. Ultimately, this is the path out of loneliness and isolation. To be out of dialogue leads to many forms of physical, emotional, and spiritual distress including psychosomatic illness, aggression, addiction, depression, emotional detachment, and burnout. Life energy itself is connected to the quality and depth of dialogue in one's life.

This workshop has both personal and organizational applications. It is designed for individuals or couples wishing to increase their understanding of dialogue and negotiation, as well as for those experiencing difficulties in these areas. Methods will include short presentations, guided imagery, emotional release, group process, and bonding work to understand, create, and be in dialogue.

Recommended reading: Berne, *Games People Play*; Bowlby, *A Secure Base: Clinical Applications of Attachment Theory*; Steindl-Rast, *Gratefulness—The Heart of Prayer.*

C.E. credit is available for nurses; see page 67.
C.E. credit for psychologists is pending.
C.E. credit for MFCCs and LCSWs is pending.

$1220

Weekend of July 25-27

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 30-June 1.

$425

A New Beginning: Courage and Heart

Mary Goldenson (Devarani)

> *One day you finally knew*
> *what you had to do, and began...*
> — Mary Oliver
>
> *Courage is resistance to fear, mastery of fear, not absence of fear.*
> — Mark Twain

"In this workshop," Mary Goldenson writes, "we will courageously peer into the depths of our hearts and minds and ask the questions:

- Does my life reflect my heart's desires?
- If fear did not stop me, what might I be doing differently?
- What truths do I need to tell to live?
- To whom or what have I given power over my life? What must I do to reclaim it?
- How shall I live, knowing I shall die?

"More than the answers, our questions define where the real meaning of our life resides. Firmly grounded in the moment, we will explore ways to reconnect with our source of creativity and spirituality."

This workshop provides ways to help complete the past, be open to the present, and create the future. A safe, supportive environment will be provided. Didactic and experiential exercises will draw from Gestalt, Reichian work, imagery, dance, and meditation.

C.E. credit is available for psychologists; see page 68.
C.E. credit for MFCCs and LCSWs is pending.

$425

Experiencing the Energy of the Orixas: The Afro-Brazilian Tradition of Umbanda

Ialorixa Baby de Iansa

In Yoruba tradition it is said that there are 401 gods, or Orixas. This is not meant as an exact count but more to provide a sense of how vast is the world of these gods who represent themselves to us as the energies of nature and, in turn, of the lived life. Umbanda is an Afro-Brazilian spiritual tradition in which trained mediums work with these forces of nature, their vibrations, and anthropomorphized qualities of these gods to produce in themselves and in others a spiritual equilibrium.

This workshop will include a traditional Umbanda ceremony, the *Gira*, a robust, exuberant, powerful healing ritual. This ceremony, open to the entire Esalen community, works with the structure of man, balancing elemental energies to gain peace and harmony in our lives. By participating in this event, led by Ialorixa Baby de Iansa, Shaman and Mother in The Saints, group members can gain an appreciation of the complexity of the Umbanda tradition.

In the course of this work, participants will explore the movement, song, drumming, and dialogue of the energies of the Orixas. Through this work, one can create an equilibrium within oneself as well as a relationship with the sacred and divine. $425

Lessons from Children with Cancer: A Healthier Way of Being Ill

David Bearison

Growing up we are socialized to abide by the insidious images that are associated with cancer. However, listening to children with cancer, you hear a different voice. Our metaphors, clichés, and taboos have not been so firmly ensconced in them, so that children are able to speak in a voice that exposes the culture of cancer and provides us with a healthier way of being ill. The issues that children talk about are not limited to their concerns about having cancer. They are the concerns of anyone who has a life-threatening illness, child or adult. Children speak in a voice that is remarkably free of the social conventions, distortions, and defenses that adults use to hide their questions and anxieties. Children, therefore, are our best narrators of the experience of having cancer and our fears of death and dying.

The workshop will use narratives from children and adolescents talking about their experiences of illness and case studies of children who are dying. From these, the course will explore the sociocultural and familial conditions of adults facing life-threatening medical conditions and those who are dying. Participants can also examine their own fears around these issues, fears not only of suffering with life-threatening illness but also of talking truthfully with those who undergo this experience, all of which leads us to enact a conspiracy of silence to replace open and honest communication.

This workshop is appropriate for helping professionals from all fields as well as interested nonprofessionals.

Recommended reading: Bearison, *They Never Want to Tell You: Children Talk About Cancer*.

C.E. credit is available for nurses; see page 67.
C.E. credit for psychologists is pending.
C.E. credit for MFCCs and LCSWs is pending.

$425

Week of July 27-August 1

Playing the Edge

David Schiffman

In the early stages of growth, success seems to be its own reward. Excitement, vitality, and the willingness to face life boldly are characteristics of those who are involved in new and successful ventures. To keep this spirit alive is not easy. Enormous pressures, grinding routines, and demands of involvement can dispirit even the healthiest people. To listen to one's heart requires the courage to pause. In this willingness to stop and listen to the deeper self live the true resources that guide and protect us.

The purpose of this week is to create a mood of sanctuary for people in transition considering major changes in career, relationship, or matters of the spirit; those in need of a break from stressful responsibilities; and individuals interested in breaking new ground in the areas of self-nurturance, intuitive functioning, and problem solving.

The process will be gently restorative, illuminating, and enlivening. The intention will be to create a community based on trust and goodwill with emphasis on individual freedom. Traditional methods of self-inquiry (Gestalt practice, bioenergetics, psychosynthesis) will be combined with innovative methods using music, meditation, poetry, ritual, and prayer to foster this spirit of living fully.

$795

Music and Miracles: Tone, Sound, and Chant

Don Campbell

Ancient peoples knew that music and sound profoundly affect body, mind, and spirit. All health is sustained by rhythmic patterns that occur throughout the body. Everything in the body is vibration and pattern—the blinking of the eyes, the heartbeat, the breath. Every molecule is in a dance.

Based on research linking the creative arts with memory and brain development, Western scientists are now determining the effects of vibration, sound, and music on body and mind. The ear is the basic instrument for motion, movement, and balance in the body. Music and movement have been shown to directly affect reading and writing in children by creating dynamic changes in brain waves. Getting the brain unstuck from habitual patterns is the key to enhancing creative power and inspiring lifelong learning.

The workshop will include the visionary uses of music as described in Don Campbell's new book, *The Mozart Effect*. Participants will experiment with toning and listening exercises to help cultivate healing. Movement, meditation, and creative sounding will blend with lectures in a workshop designed to offer practical and joyous learning.

The workshop is helpful for massage practitioners, musicians, and all those who want to integrate music into their daily work and life.

$795

To Hell and Back: Dante's Journey for Today's Pilgrims

Alan Jones

The idea of the year 2000 captures the imagination with the vision of apocalypse. Something enormous is dying and something is being born. We are called upon to reimagine the world by paying attention to our own inner processes and reinterpreting our lives as a journey or pilgrimage.

The poet, Dante, helped to heal the wounded imaginations of his contemporaries by placing their terrors into a narrative of hope. Hell, Purgatory, and Heaven are present states of human experience. They speak to the places where we are stuck in a cycle of deadening repetition, of places in the heart where there is movement from despair to hope by means of facing into the consequences of our actions, and places where we feel at home with ourselves and with others. The Dantean principle is that the way down is the way up—the way to heaven is by engaging in the shadow work of our particular hell.

The workshop will provide opportunities for meditative and liturgical practice as well as group and individual spiritual direction with a visit to the Immaculate Heart Benedictine Monastery just south of Esalen.

No previous knowledge of Dante is required but a reading of a modern translation would be helpful, as would reading Helen Luke's *From Dark Wood to White Rose* and Alan Jones's *The Journey of the Soul: The Three Passages of the Spiritual Life with Dante as Guide*. $795

The Power of the Creative Process for Self-Transformation

Linda Ringer

The artistic creation we all work on is ourselves. As artists, we create our personality, relationships, career, and the direction our lives take.

This workshop presents a program for working with your creative process, which can empower you to be an active participant in the re-creation and transformation of your self. It draws upon the latest research and theories in creativity, psychology, business, and career development. The exercises are designed to guide you to create what you desire in both your professional and personal life, be it a more fulfilling career, a nurturing relationship, enhanced creativity, happiness, or success.

In a supportive environment, the workshop will present creative and stimulating exercises such as guided imagery, mandala drawing, journal writing, symbol work, and group process designed to open you up to your creative powers for self-actualization and transformation. You may emerge with renewed inspiration, hope, and an overall sense of well-being.

This seminar is for everyone, from those just beginning to explore their creative self to professional artists. As an added benefit, the seminar provides a way of working with this self-transformative creative process at home. Each person receives a creativity workbook, a meditation tape for creativity, and a creative-self box. $795

(plus $15 materials fee paid directly to the leader)

Lego™ Mania and Explorer Camp: For Children

Steve Napolitano

Children have a natural drive to know how the world works. In this workshop, using the engaging Lego™ Technic systems and computer, children will explore basic principles of mechanical engineering, architecture, physics, chemistry, robotics, design, and invention. Their imaginations will be ignited making motorized vehicles, robots, bridges, amusement park rides, houses, catapults, cranes, and more. Children will explore a variety of computer programs in science and technology, art, and language arts.

As children design and build their projects and explore computer programs, they will be strengthening problem-solving and critical-thinking skills and developing a love for questing after knowledge. They will also be learning effective teamwork and communication skills as well as enhancing self-esteem. The instruction is geared toward guiding children into formulating meaningful questions and thinking in a variety of ways. Children can discover how to make good decisions, become less impulsive, and be creative in looking for solutions for problems.

The workshop is designed for children ages 5-12 whose parents are attending a concurrent seminar. $475

Weekend of August 1-3

Intimate Connections

Mariah Fenton Gladis

Creating stable and fulfilling relationships is a challenge that everyone faces. To be successful, human relating must be understood and accepted as an activity, an ability that requires movement, purpose, emotional capacity, and contact skills. People often believe that good relating evolves naturally, but they discover in the routine of living with families, friends, and lovers that, in truth, they have not been adequately prepared to meet the demands of loving relationships.

This workshop will focus on the nature and basic requirements of healthy relationships. It will offer participants opportunities to assess their abilities and disabilities, to develop awareness, and to practice risking positive action with others. It is for anyone who has "hit the wall" in a relationship or who has experienced being stuck at some seemingly impenetrable contact boundary and wants to break through. Particularly helpful for adult children of dysfunctional families, ACAs, and human relations professionals, this experiential and didactic workshop will blend individual and group Gestalt work, spiritual healing, bodywork, and personal metaphor.

C.E. credit is available for nurses; see page 67.

$425

The Healing Power of Humor, Compassion, and Gentle Touch: The Rubenfeld Synergy® Method

Ilana Rubenfeld

"Humor lightened the dark, painful places in my life and helped me onto a path of healing," writes Ilana Rubenfeld. This workshop is for people who want to include humor, movement, body language, and compassionate touch as a way of taking care of themselves personally, professionally, and spiritually. Using the Rubenfeld Synergy Method, a healing system for the dynamic integration of body, mind, emotions, and spirit, participants will have the opportunity to listen, recognize, and work through feelings and memories locked in their bodies.

The workshop will use body/mind exercises, individual demonstrations, hands-on practice, dreamwork, Gestalt practice, and music, all designed to support contacting, releasing, transforming, and balancing the energy of inner body language.

The workshop atmosphere will be one of caring, healing, laughter, tears, and inspiration—encouraging participants to experience empowerment, integration, and new possibilities.

Recommended reading: Rubenfeld, *Twenty-Five Years of Simple* (available through The Rubenfeld Center, 115 Waverly Place, New York, NY 10011).

Participation in this workshop fulfills one of the requirements for acceptance into the Rubenfeld Synergy Training Program. $425

The Life We Are Given

George Leonard & Michael Murphy

> *Like the human heart, the world points beyond itself to something greater and more beautiful. That something attracts us all, in different ways, and leads many of us to seek transformation.*
>
> —George Leonard & Michael Murphy, *The Life We Are Given*

Never before in history have so many people been offered so many possibilities for personal growth. And never before has the need for personal and social transformation been more urgent. Informed by their lifework in the field of human potential, George Leonard and Michael Murphy will lead participants in wide-ranging discussions on such topics as:

- The relations between this evolving universe and world-transcending realities
- Human capacities for extraordinary life
- The elements of transformative practice

This workshop will include simple movement exercises, meditation, storytelling, and unbridled metaphysical speculation. Murphy and Leonard will report on their two-year experiment in Integral Transformative Practice and help participants plan their own paths of transformation.

Recommended readings: Murphy, *The Future of the Body*; Leonard, *Mastery*; Leonard & Murphy, *The Life We Are Given*. $425

Week of August 3-8

Spirit Dance: A Shamanic Wilderness Journey

David Schiffman & Tom Little Bear Nason

For workshop description see Wilderness Programs, page 72. $795

Living Dance: A Moving Way

Anna Halprin & Billy Cauley

"I envision a future where more of us will call ourselves dancers and work together to make art concerned with the primary issues of life. I envision a future where dance is once again honored for its power to inspire, teach, transform, and heal. I envision a future where all people dance together, where the circle is open to people of any color, culture, or spiritual practice. We will ask to join the four-legged and the winged creatures instead of asking them to join us. We will dance with the mountains, the oceans, the sun, and the moon. In this workshop we will experience this future as it is unfolding right now. I invite you to join me in this quest. Themes will include the power of dance, healing, myth and ritual, dance in the environment, and the evolution of the human being in relation to the natural world."

So writes Anna Halprin. Through an approach called the Life/Art Process, participants will create dances from their own lives, deepening their life experience through expanded art expression. The workshop will range from structured practice to spontaneous dramatic and zany group interactions. Visualizations, music, and outdoor environments will be incorporated. The workshop is open to everyone. Potential students for the Tamalpa Trainings may find this a valuable orientation.

Recommended reading and viewing: For information, contact Anna Halprin at 15 Ravine Way, Kentfield, CA 94904. $795

To Be Ripe to Die, To Be Ready to Live

Sukie Miller & Edmundo Barbosa

Many cultures, including traditional Judeo-Christian ones, believe that we must prepare as meticulously and with as much discipline, passion, and imagination for our afterdeaths as we do for our lives. These cultures hold that by understanding what may well come next the lived life can be enhanced. The mini- and micro-"deaths" within our normally lived lives—the death of a marriage, of a dream, of a loved one—become doorways to major change and to the unknown: perhaps the true potential, the place of hope, compassion, delight, and mystery.

The workshop will be both a report on the findings of the Institute for the Study of the Afterdeath and an experiential adventure into the systems of several different cultures. As a community, the group will explore belief systems where the line between the living and the dead is thin. As individuals, participants will explore together the images each of us consciously and unconsciously holds of what lies beyond, and will seek to expand these images to magnify the possibilities of our lived lives.

C.E. credit is available for nurses; see page 67.

$795

Creating Exact Moments of Healing

Mariah Fenton Gladis

Adult children of alcoholic, dysfunctional, or abusive families (ACAs) must walk a road of recovery that requires determination, lifelong commitment, and the creation of specific moments of healing. This workshop offers participants an opportunity to take a major step toward health, helping them to define a plan for necessary moments they must create so they can move forward and to transform their personal history from one of liability to one of strength and wisdom. Focus will be on the promotion of healing:

- With oneself—developing awareness, freedom from addictions, and healing of the body and soul from the residual effects of trauma
- With others—improving one's capacity for moving out of isolation and into direct, open communication and trust; expanding intimacy skills while securing healthy boundaries
- In the world—moving away from chaos and deprivation toward stability and abundance
- Spiritually—searching for the meaning of one's history and accessing that part of the self that can utilize universal blessings

This workshop will be experiential and didactic, blending individual and group Gestalt work, music, spiritual practices, and bodywork. A step-by-step recovery process developed by the leader will be incorporated throughout the workshop. The atmosphere will be one of trust and mutual support. This workshop is also appropriate for professionals who work with ACAs.

C.E. credit is available for nurses; see page 67.

$795

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Healing the Emotional/Spiritual Body: The Rubenfeld Synergy® Method

Ilana Rubenfeld

This workshop is for people who want to learn how to listen to the messages, memories, and feelings locked in their bodies. Ilana Rubenfeld will introduce and demonstrate the Rubenfeld Synergy Method, a holistic system that integrates Alexander Technique, Feldenkrais Method®, Ericksonian hypnosis, and Gestalt practice.

Each day will include: body/mind exercises to relax, stretch, and to heighten awareness; hands-on teaching to develop intuitive, gentle touch; discussions and demonstrations; and music and humor. The workshop community will become an active culture for learning and growth focused on:

- The interdependence of emotions and posture
- Healing the wounds of dysfunctional families
- Moving beyond therapeutic techniques toward intuitive wisdom
- Dreams and metaphors that reveal life patterns
- Developing a sense of humor
- Honoring the sacred within

"The body is the sacred sanctuary of the soul," says Ilana. "Care for it like a flower garden." In this workshop she will demonstrate the possibility of achieving emotional, physical, and spiritual integration.

Recommended reading: Rubenfeld, *Twenty-Five Years of Simple* (available through The Rubenfeld Center, 115 Waverly Place, New York, NY 10011). $795

Weekend of August 8-10

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 16-18.

$425

A Weekend with Terence McKenna

Terence's most recent transmission: "Join the celebrated, cryptic altered statesman in anticipation of the psychedelic hyperfuture, its perils and promise. We will review the past thousand years with an eye to trends and opportunities that the future may bring. Western Civilization is caught in a phase transition to the first planet-wide, species-wide civilization. Does the emergence of a shared set of universal values, democracy, and free markets have to mean the end of diversity and pluralism? What does human-self imaging through technology portend for each of us? Is the human race down for the count, or on the brink of its greatest adventure? Psychedelics, virtual reality, rave culture, the WWW, and the transformative power of magic and language will be topics for discussion. Join the unfolding drama of the human family's long-postponed entry into hyperspace. This is a unique chance to experience consciousness as an informational creature loose in an environment of meaning. Our global culture is preparing to depart for the stars; learn what you should pack for the trip. We will discuss what a long, strange trip it has been, and is bound to be. Come tour a growing zoo of strange futures, chaotic attractors, and the fractal language-elves of the phase-space of happenstance. Discussion of Timewave Zero is certain to be part of the fun." $425

The Subtle Art of Meditation

David Streeter

The experience of insight, tranquility, inner strength, and aliveness can be found within our everyday life through the ancient art of meditation.

This workshop will approach traditional meditation practice in an unusual way. In a retreat atmosphere, participants will prepare the body/mind for silent listening with fluid movement from the internal martial arts. The workshop will also focus on Chi Kung energy work with zazen (sitting meditation). Other activities will include zazen at Esalen's meditation center nestled close to a waterfall.

This approach to the subtle practice of meditation through the body can inspire the student to discover his or her rich interior life and that crystal-clear still point described so well in every spiritual tradition.

C.E. credit is available for nurses, see page 67.

$425

The Art of Leadership: Communication, Creativity, Vision

Ron Alexander

> *In the beginner's mind there are many possibilities*
> *While in the expert's mind there are few.*
>
> — Suzuki

This workshop is for individuals who are interested in exploring an intensive experiential process for becoming more effective leaders in both their personal and professional life settings. It is appropriate for entrepreneurs, executives, managers, and others committed to improving their communication and leadership skills, and especially intended for those open to doing deep personal work to transform the self and thereby become more effective and productive in their leadership style. The major areas of focus will be: resolving conflict, developing trust with those who feel threatened, addressing blind spots in self-esteem, healing blocks in creativity, and building support for transforming vision into reality.

The workshop is primarily experiential and will include Gestalt open seat work, sharing feedback on leadership and communication styles, improving coaching skills, developing the unconscious to creatively solve problems, and role-playing and problem-solving exercises for real-life work situations.

Recommended reading: Depree, *Leadership is an Art*; Wing, *The Tao of Power*; Crum, *The Magic of Conflict*.

C.E. credit is available for nurses; see page 67.

$425

Dreams: A Guiding Force

Mariah Fenton Gladis

Dreams are magnificent evidence of the wisdom of the organism. This workshop will provide a creative opportunity for those who wish to explore the primal, elusive world of dreams using the power of Gestalt therapy. Music, movement, role play, and the spontaneous creation of Gestalt interventions will further enhance the setting. Using dreamwork, you can experience insight, guidance, and deeper awareness in the present and, from there, create healthier options for the future. $425

Week of August 10-15

Advanced Cortical Reeducation® and the Feldenkrais Method®

Harriet Goslins

True healing is learning. And true learning is "outcome-not-predicted." This workshop will be an exploration of advanced floorwork that moves us toward letting go of those movement patterns and accompanying strategies that still block our physical, emotional, and spiritual healing.

Come with an intention to let go of at least one behavior pattern that no longer serves you, a curiosity about its connection to physical symptoms and movement habits, and a willingness to replace it with new choices, greater body occupancy, and more joy of movement.

Please note: This workshop is open only to those who have completed Harriet Goslins's introductory seven-day workshop.

C.E. credit is available for nurses; see page 67.

$795

The Art of Listening: A Mind/Body Clinical Practicum

Ron Alexander & Seymour Carter

How one listens and understands is an art. Psychotherapy can be an art form just as music, literature, and the graphic arts are art forms.

Esalen, with its blend of East and West approaches, has nourished its own form and style of working with psychological issues. The marriage of Buddhist meditation practices with Gestalt therapy, developed by Fritz Perls, has produced a form of personal exploration called Gestalt practice—a blend of mindfulness, insight, and compassion, for dealing with a client's existential themes.

As psychotherapy training and practice have become more diverse with new theories and techniques, there is a need for an equally flexible psychotherapy model. Gestalt therapy, with its holistic views and dialogic approach, has allowed us to assimilate interpersonal and intersubjective methodologies which enliven and enrich our ever-changing approach to psychotherapy.

This workshop will introduce a comprehensive training program for psychotherapists combining intensive group work with didactic discussions, supervision of therapist-client dyads, and clinical demonstrations. Emphasis will be on the mind-set of the therapist—developing skills of attention, perception, and self-observation—and the role of the body as an instrument of therapeutic perception.

The workshop will apply methods derived from contemporary perspectives including Gestalt therapy, psychodynamic theory, family systems theory, Ericksonian hypnosis, and Buddhism. The sessions will include process work, sensory awareness, and meditation.

Recommended reading: Stolorow, *Contexts of Being*; Erickson & Rossi, *Hypnotic Realities*; Polster & Polster, *Gestalt Therapy Integrated*; Suzuki, *Zen Mind, Beginner's Mind*.

C.E. credit for MFCCs and LCSWs is pending.

$795

Core Zero Balancing: Basic I and II

Fritz Smith

Zero Balancing is a simple yet powerful method for aligning body structure with body energy. Science has shown that energy and matter are fundamentally coupled; advances in psychology have shown that the body and mind are interconnected. Zero Balancing is born of these perceptions, with roots in both Eastern and Western concepts. It is based on the experience that the balance of energy and structure within the body has a direct effect on our physical, mental, emotional, and spiritual health.

The structural/energetic interface of the body is beneath conscious awareness. When imbalances occur at this level, the body tends to compensate for them rather than resolve them directly. These imbalances often lead to loss of vitality, chronic body pain, and decreased potential for vibrant health. Through touch, Zero Balancing can assist in overcoming these imbalanced patterns.

The workshop will review anatomy, physiology, and skills of touch. It will present Zero Balancing methods for evaluating and balancing the structural/energetic interface of the body. Eastern concepts of *chi* energy and the chakra system will be discussed.

The program will be both didactic and experiential, emphasizing new bodywork skills, and is open to all health-care professionals. It is approved for C.E. credit for acupuncturists, and as Z.B. I or II in the Zero Balancing certification program.

Recommended reading: Smith, *Inner Bridges: A Guide to Energy Movement and Body Structure*.

C.E. credit is available for nurses; see page 67.

$795

The Writer's Way: Freeing the Authentic Voice

Nancy Bacal

Imagine five days of writing where you substitute kindness for self-criticism, liberate the writer's voice, and put it to use! Writing personal story is an invitation to claim everything you know and are as material. The task is simple. You place a breath of air between yourself and the event/the feelings/the madness/the grace, wide enough for a trail of ink to transform it into story. As the details emerge, they can release you from self-judgment, bringing vitality back to your writing, into your life. When you claim your experience for the page you cease to be a victim of circumstance, for, in that moment, you substitute curiosity for expectation and are free.

Whether you are a nonwriter, occasional writer, or professional, the goal is the same: to challenge old habits and attitudes, to coax the mind out of its cycle of expectation and disappointment into a useful relationship with your work. The schedule will include laughter, tears, moments of resistance, and awesome discovery. With the assistance of movement and meditation, you'll write, in and out of the group, and read and discuss pertinent material.

Recommended reading: Needleman, *Work of Craft*; Chodron, *The Wisdom of No Escape*. $795

Improvisation in Music, Movement, and Life

Henry Kaiser & Haruyoshi Fugaku Ito

Practicing improvisation can help us expand our personal expression, our range of choices in life, and our communication with others. This workshop blends Shintaido body movement and free musical expression in a course designed to enhance openness and flexibility—physically, creatively, and psychologically.

Shintaido (literally "new body way") is a movement practice developed in Japan in the mid-'60s by martial artists. Rather than self-defense, however, Shintaido emphasizes personal growth, artistic expression, cooperation with others, and the development of community.

At about the same time, musicians from many genres in the U.S., Europe, and Japan began to develop new forms of free improvisation. By practicing these musical approaches and exploring the importance of improvisation in the traditional and "roots" music of our planet, we can gain a new appreciation and enjoyment of music—and many aspects of life.

Shintaido has a history of working together with musicians of all schools, as the two disciplines share common goals. In this workshop, participants will explore what musical free expression has been and can be. There will be musical games of improvisation, as well as recordings and videos. Participants will also learn Shintaido body movement, which can be practiced by everyone—young and old, athletic and nonathletic. Likewise, both musicians (who are encouraged to bring their instruments) and nonmusicians can enjoy the musical games and exercises. $795

Weekend of August 15-17

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 30-June 1.

$425

Freeing Our Bodies/Our Selves Through Movement: A Freldenkrais® Approach

Patrick Douce

The work of Moshe Feldenkrais is based on the natural process by which we learned to move as children. During this workshop, soft, easy, gentle movements will be used to increase awareness of the body and to improve the ease and ability of movement. Special emphasis will be placed on the difficulties in movement that arise from chronic conditions such as lower back and neck pain, tension in the neck and shoulders, and knee injuries. These conditions can be improved by approaching the difficulties as problems in learning rather than as therapeutic troubles. Situations which were "incurable" become "reeducable." Workshop participants will also be introduced to methods for improving their ability to sense each other's bodies through touch and massage.

This workshop is valuable for anyone interested in learning more about his/her body through direct experience. It may be of special interest and benefit to dancers, physical therapists, psychologists, health care professionals, and elderly citizens who may discover new ways of moving with ease and increased flexibility—painlessly and immediately.

C.E. credit is available for nurses; see page 67.

$425

Innovative Hypnotherapeutic Approaches to Mind-Body Healing

Ernest Rossi

In this workshop, intended for helping professionals, Ernest Rossi will present a variety of innovative approaches to hypnotherapeutic experience in order to facilitate mind-body communication and healing. These new approaches focus on how we can better utilize our natural states of arousal, rejuvenation, and creativity in everyday life. New developments in the use of simple, nonverbal methods of facilitating private creative experience and healing will be explored. These approaches are all designed to reduce stress, maximize performance, and improve health and emotional well-being. Dr. Rossi has evolved these new approaches—which integrate the accumulated wisdom of the ancients, Jung's synthetic method, and the new sciences of Chaos and Complexity—over twenty years of experience in facilitating individuals and groups internationally.

The workshop will consist of lectures and demonstrations, and an opportunity to work one-on-one with Dr. Rossi within the supportive setting of the group. It is especially designed for psychologists, psychiatrists, and anyone with a professional license to practice therapy.

Recommended reading: Rossi, *The Symptom Path to Enlightenment: The New Dynamics of Self-Organization in Hypnotherapy*; *The Psychobiology of Mind-body Healing*; and *The 20-Minute Break: Using The New Science of Ultradians*.

C.E. credit is available for nurses; see page 67.
C.E. credit is available for psychologists; see page 68.
C.E. credit for MFCCs and LCSW's is pending.

$425

Roots and Wings

David Schiffman

David Schiffman writes: "This workshop is for people who value a heartfelt, original approach to life, the suitably seasoned who want to trust and master their own rhythms and who appreciate the value of imaginative self-inquiry. Its pacing and format are designed to provide a safe, restorative mood for inner reflection and honest self-appraisal. It will also be a time to catch one's breath and hang out in the elemental beauty of Big Sur in a mood of peace and inspiration, an opportunity to tune into the inner resources that allow us to see the world with fresh eyes and renewed enthusiasm. It is a chance as well to connect with kindred spirits and explore the mysteries, gifts, and dilemmas of who we are.

"Using a blend of physical, emotional, and spiritual attunement practices, we will weave a spell aimed at restoring the magic and faith we need to live soulful, wholehearted lives. We will spend the weekend doing this inner work using ceremony, ritual, music, poetry, movement, and visualization." $425

Self-Transformation: The Art of the Actor for Everyday Life

Jane Marla Robbins

Transforming feelings of anxiety and insecurity into feelings of self-confidence and joy is a miracle that can happen in all areas of one's life—physical, emotional, spiritual. This transformation can help us fulfill our potential for the roles we have chosen to play—child, parent, artist, public speaker, shaman, sensualist, or spouse.

The workshop will explore and discuss a wealth of acting techniques, including: physical, mental, emotional, vocal, and spiritual preparations, relaxation, sense memory, the magic "as if," animal exercises, overcoming self-consciousness, speaking the truth, perfect props, and psychophysical action.

Participants can learn how to replace old fears and paranoid projections with self-generated pleasures and positive projections. Many "real-life" situations ordinarily fraught with worry can easily be transformed using the Actor's Imagination. The power and pleasure of being able to create a sense of well-being can be experienced by everyone, and, once discovered, it cannot be easily shaken.

No previous acting experience is necessary.

$425

August 17-24

Hypnotic Conversations: Psychotherapy in the Tradition of Milton Erickson

Paul Lounsbury & Nancy Winston

If you are a psychotherapist—or a professional in a helping field with an M.A. or above—with an intact sense of humor, a desire for personal growth, a sincere interest in sharpening your skills, and can enjoy participating in a supportive collegial group, this workshop is for you.

Whether your focus is on the strategic, solution-oriented aspects of Erickson's work or in creatively utilizing hypnosis, this workshop will make accessible the salient features and underlying dynamics of Erickson's approaches to psychotherapy. If you are not yet oriented to hypnosis, this experience will serve as an excellent introduction. If you already use hypnosis confidently, you can expect to increase your effectiveness, fluidity, and the range of dimensions in which you now practice it.

The goals are to: 1) orient psychotherapists to a way of formulating experience that facili-

MARGARET LIVINGSTON

tates the natural co-creation of therapeutic trances; 2) facilitate a fuller appreciation for and reliance on the brilliance of the unconscious mind; 3) expand participants' frames of reference; and 4) generate skills for tailoring psychotherapy to the uniqueness of the individual(s) at hand.

The training will entail instruction, exploration, and utilization of: formal and informal trance induction, the hypnotic/therapeutic relationship, unconscious communication, problem and solution formation, influence language (suggestion), trance phenomena, resistance, identification of individual frames of reference, systemically significant "organizing" patterns, dissociative structures, pain control, and reframing.

The workshop will be conducted in a group format. It will explore and address the professional and/or personal interests each individual brings to the group, while simultaneously attending to, giving instruction in, and generating distinctions for constructing psychotherapy in the tradition of Milton Erickson.

C.E. credit is available for nurses; see page 67.
C.E. credit for psychologists is pending.
C.E. credit for MFCCs and LCSWs is pending.

$1220

Week of August 17-22

Managing With Heart: Changing the Leadership Paradigm

Maggie Seeley & Paul Temple

"Managing With Heart" is about bringing the wisdom of the heart into the business world. It is about rediscovering your passion. It is a time to re-vision your life and your work. Our inherited business paradigm is hard, heartless, competitive. Its sole objective is to make money and/or sustain bureaucracy. To be successful, one must fight to survive, protect one's turf, and hide one's feelings.

The essence of the new leadership is building an intentional culture of mutual trust where people can bring forth their creativity and sensitivity. Tapping into one's essential self, integrating the heart, the head, and the body, can stimulate a new level of personal excitement and organizational motivation.

This seminar emphasizes personal change while providing in-depth training in organizational dynamics and paradigm shifting. It offers coaching, experiential learning, and concrete material in such areas as: leadership practices, outdoor teamwork, organizational culture, acknowledgment of ancestors, and conflict, change, and wounding. Movement, music, meditation, massage, art, time in nature, and intuitive practices will be interwoven throughout. Participants will spend a day writing a Personal Vision Statement, with specific steps to bring the learning back to work and home. "Managing With Heart" can be transformational, inspiring, and joyous.

C.E. credit is available for nurses; see page 67.

$795

Five-Day Massage Intensive

Sherry Galloway & Robert Helm

This massage workshop explores the fundamental elements of bodywork: grounding, centering, breath awareness, touch sensitivity, and intention. A hands-on approach will combine a balance of long, integrative strokes with detailed attention to specific areas of the body. There will be emphasis on discussion and modeling of boundaries and trust with respect to the client's physical and emotion well-being. Meditation and movement will be included to enhance the connection between client and practitioner.

This workshop is for beginning bodyworkers and those interested in learning some new approaches to massage.

C.E. credit is available for nurses; see page 67.

$795

Choosing Aliveness

Mary Goldenson (Devarani) &
Peter Finkelstein

Life is a precious gift. We have all experienced moments of feeling totally alive, yet much of our life is spent in a half-asleep, half-committed state of being. While there are many life-situations beyond our control, we choose how we respond to these events. The choice to be passionately alive is an act of courage. To choose life is to:

- Open ourselves to all of life—suffering, joy, success, failure, love, and grief
- Fully acknowledge the truth of who we are
- Commit to living our deepest values and dreams
- Define what we must change in our relationships
- Learn new ways to heal, forgive, and communicate

The challenge is to honestly address the ways in which we have compromised, given up, or lied to ourselves and others. This workshop is designed to bring to awareness our unconscious choices of how we deaden ourselves and to create the possibility for new aliveness and passionate involvement.

Come alone or with a partner. A safe, supportive atmosphere will be provided, using communication skills, movement, Gestalt, and Reichian work.

C.E. credit for psychologists is pending.
C.E. credit for MFCCs and LCSWs is pending.

$795

Drawing on the Right Side of the Brain

Lynda Greenberg

In order to draw, neither previous art training nor manual dexterity is required. All that is necessary to draw is to *learn to see*. This workshop teaches basic strategies of seeing through a combination of lectures and studio exercises that packs a semester-long art course into five days.

Following the lesson plan of *Drawing on the Right Side of the Brain* by Dr. Betty Edwards, the lectures explain the principles of visual perception and creativity that allow the student to successfully master the studio exercises. The studio exercises in turn lead to the integration of perceptual skills and the ability to produce high-quality finished drawings. Since it is the right side of the brain that processes spatial information, exercises are presented to "trick" the left side–domain of linear data like language, naming, and categorizing–into surrendering control.

In a carefully sequenced process, participants are taught ways of seeing that enable them to skillfully draw their perceptions. More importantly, these new strategies of thinking are useful in general problem solving. Consequently, the workshop does not teach "techniques of drawing" in a narrow sense; it teaches *how to see* in the broader sense, and how to record one's perceptions in drawings.

$795

Weekend of August 22-24

The Sources of Growth

Seymour Carter

For workshop description see May 9-11. $425

Breema Bodywork: The Nonjudgmental Treatment

Jon Schreiber

Breema Bodywork originated in a remote Kurdish village, where it still serves as the primary health-care method. Developed by people whose insight into the nature of the human body affords them longer and more active lives, this ancient system has a health-enhancing and deeply harmonizing effect on those who practice and receive it.

Rather than analyzing and focusing on the recipient's pathology, Breema emphasizes the experience of the practitioner. Thus, both the giver and receiver of a Breema treatment receive benefits, which commonly include increased mental clarity, emotional balance, physical vitality, and instinctive movement reeducation. Breema treatments are hands-on, safe, and gentle. They encompass an array of unique movement sequences and affect the body through the musculoskeletal and physiological systems, as well as via the chakras and meridians. At its core, Breema is vibrational or energetic medicine.

A full series of treatment sequences will be presented. Participants will be taught the flowing movements of the bodywork and the underlying universal health principles. The group will also learn Self-Breema, specific exercises done on one's own body. Designed for both health professionals and lay people, this workshop can help students of Breema to enhance their professional work, and can be a nurturing and balancing addition to their personal lives.

C.E. credit is available for nurses; see page 67.

$425

The Second Coming of Science

Brian O'Leary

Science is undergoing a major revolution. Concepts such as free energy and the interaction of our consciousness with the environment are becoming increasingly accepted, likely to become the cornerstones of a new science.

Dr. Brian O'Leary has devoted his last ten years to exploring, teaching, and writing about new paradigms of science. Participants in this course will not only become apprised of new theories and experiments, but will also have hands-on experience demonstrating the incredible power of consciousness. The workshop will focus on four modules, based on O'Leary's New Science trilogy:

1) The Science of the Intellect embraces experiments and theories that are "outside the box" yet still based on rigorous scientific methods, including the latest findings in psychokinesis, healing, remote viewing, near-death experience, precognition, biocommunications, etc.

2) The Science of the Imagination focuses on unraveling the mysteries of our lives. Dr. O'Leary will present exploratory techniques he devised with artist Meredith Miller to tap our creative source for developing new hypotheses of reality.

3) The Science of the Heart explores our healing potential and interconnectedness. Participants will learn to use dowsing rods to measure the extent of healing power.

4) The Science of Empowerment teaches how to move into a world that transcends material limitation. Participants will be shown how to bend spoons with the power of the mind.

Recommended reading: O'Leary, *Miracle in the Void: Free Energy, UFOs, and Other Scientific Revelations; Exploring Inner and Outer Space;* and *The Second Coming of Science* (available through Kamapua'a Press, 1993 S. Kihei Rd., Ste. 21-200, Kihei, Maui, Hawaii 96753, 808-875-6996).

$425

Writing About Our Lives

Ellen Bass

Ellen Bass writes: "The philosophy behind this workshop is best expressed by Martha Graham, who said, 'There is a vitality, a life force, an energy, a quickening that is translated through you into action. And because there is only one of you in all time, this expression is unique. And if you block it, it will never exist through any other medium, and be lost. The world will not have it. It is not your business to determine how good it is, nor how valuable, nor how it compares with other expressions. It is your business to keep it yours clearly and directly, to keep the channel open.'

"This workshop will help keep the channels open. It will be a supportive place to share our lives and work, our voice, our creativity. There will be a lot of time for writing, as well as time for sharing and feedback. From beginners to experienced, all writers are welcomed. Whether you are interested in poetry, fiction, nonfiction, or journal writing, this workshop will provide an opportunity to explore and expand your world."

Note: Although Ellen Bass is known for her work with survivors of child sexual abuse, the focus of this workshop will not be on healing from trauma. Rather, it is a creative writing workshop in which participants are free to write on any subject they choose. $425

Week of August 24-29

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 16-18.

$795

A Course in Miracles

Julian Silverman

A Course in Miracles is a curriculum for changing your mind so that you can enjoy life. Its basic premise is that the mind can learn to empower itself by learning to extend itself. According to the *Course*, "All confusion comes from not extending life."

In this workshop the vision of A *Course in Miracles* is set within a framework of three of its critical ideas. Each one is introduced with a quote spotlighting a basic human learning need:

1. "Instruction in perception is your greatest need."
2. "You do not know the meaning of love and that is your handicap."
3. "Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it."

Julian Silverman elaborates, "The first principle dovetails with my years of scientific research in the area of perception, in both normal and altered states of consciousness. The second fits with my lifelong search for a conception of love which integrates the spiritual and the physical. The third enables me to draw on my more than twenty years of experience as a psychotherapist and supervisor of psychotherapists, and my abiding interest in spiritually-based self-examination."

The workshop uses a combination of conceptual and experiential learning methods.

Prerequisites: Own a copy of A *Course in Miracles*. Be interested in learning what's in it.

C.E. credit is available for nurses; see page 67.

$795

Spiritual Healing: Laying on of Hands

Maria Lucia Sauer Holloman

This workshop will present practical methods for using the hands as instruments of physical and spiritual healing. This practice incorporates both hands-on and energetic work, using the power of natural forces for healing. The emphasis will be on intentionality and personal clarity as the fundamental tools of any healing art. "Intentionality moves energy," says Maria Lucia, "and it is through this focus that you can learn to take responsibility for your own thoughts and actions."

Born into a family of healers with a generations-old tradition, Maria Lucia studied with healers in her native Brazil, where spiritism—receiving healing knowledge from the spirit world—is a practice familiar to much of the population. Having also lived and studied at Esalen for nine years, she applies both Brazilian and North American approaches to healing.

Participants can learn how to practice and refine this approach, as well as experience the personal benefits that come from receiving this work. The workshop is designed for bodyworkers, therapists, health professionals, and anyone interested in working with energy and people's bodies.

C.E. credit is available for nurses; see page 67.

$795

Poetic Medicines, Intuitive Remedies

John Fox

> *More than a mode of perception, poetry is above all a way of life, of integral life.*
>
> — St. John Perse, 1960 Nobel Prize winner

"Poem-making is a creative act that helps you reclaim your feelings, your voice, your truth, and the miracles of your world," says John Fox. "This workshop will provide a place to gather these treasures and bring them home.

"Drawing from a splendid range of sources, we will experiment in solitude and as a group with poem-making as healing catalyst. You will learn to use poetic elements of metaphor, sound, rhythm, imagery, and symbol as remedies to become more whole and live with greater heart.

"This workshop will give you permission to write about your life. Nurtured in the beauty of Esalen, poem-making will give voice to your soul, to your sorrows and joys. We will explore the roots of deep feeling, the playfulness of language, the blessing of common things. We will experience how breathing, stillness, and empathic listening deepen the act of writing."

This course is valuable for anyone with a desire to express their truth and creativity.

Recommended reading: Fox, *Finding What You Didn't Lose: Expressing Your Truth and Creativity Through Poem-Making.* $795

Life Energy Process®

Stephano Sabetti

The Life Energy Process (L.E.P.) is a spiritually-oriented body approach to self-development, lifestyle enhancement, and professional growth based on Eastern and Western energy dynamics. Specifically designed micro-movements activate energy vibrations which lead to the release of held emotions, while opening to love and healthy sexuality.

Practice of the Life Energy Process leads naturally to body harmony and emotional balance as well as new possibilities in relationships and professional skills based on the consequences of energy attunement.

Life Energy Process includes: martial arts, dance, theater, massage, yoga, and pool work, among others, depending on group process. The workshop is of particular interest to professionals and mature laypersons who are excited by the integration of theory, pleasure, and hands-on application of energy concepts.

Recommended reading: Sabetti, *Wholeness Principle* and *Waves of Change.*

C.E. credit is available for psychologists; see page 68.
C.E. credit for MFCCs and LCSWs is pending.

$795

Weekend of August 29-31

Relationships: The Courage to Begin

Mary Goldenson (Devarani)

> *For one human being to love another: that is perhaps the most difficult of all our tasks, the ultimate test and proof, the work for which all the other work is but preparation.*
>
> — Rilke

Life is a precious gift. We have all experienced moments of feeling totally alive, especially within our relationships. When beliefs, defenses, fears, and emotions from the past enter into our present-day relationships, we lose our ability to feel love, trust, and joy.

The goal of this workshop is to experience these restrictive patterns and to create new ways to relate to ourselves, others, and our work, thus enabling us to create new beginnings. This workshop can help you:

- Find out how your relationships mirror you
- Clarify what you want and how to get it
- Examine ways you sabotage yourself
- Learn more about how others see you
- Learn practical tools and knowledge that will help create empowered relationships

In a supportive and safe environment, experiential exercises will help you become more adept at listening, empathizing, truth telling, creative problem-solving, and taking responsibility to create the relationships you want. Come alone or with a partner. The workshop will draw from Gestalt, Reichian work, dance, imagery, and meditation. $425

Yoga and Healing

Thomas Michael Fortel

The word "yoga" comes from ancient Sanskrit and translates into "to yoke together," to create union, harmony, and balance: union of masculine and feminine, harmony of inner and outer, and balance of life's polar opposites.

The practice of physical yoga postures (asanas), conscious breathing, and active meditation is a tangible and practical way of change. In a fundamental way, yoga is a practice of self-healing. The yoga postures stimulate and purify the internal organs and glands of the body, flexibility is improved, and muscles and joints are strengthened. The focus on the breath is calming for the mind and nervous system and helps to develop a sense of ease, focus, and concentration. This is a practice of mind-body connection.

Early morning sessions will begin with pranayama (breathing exercises) and meditation. Weather permitting, the active late morning practice will be outdoors on the Esalen dance platform. There will be an emphasis on the breath, body alignment, and the healing qualities of the postures. The Saturday afternoon session will focus on restorative postures, forward bends, and twists.

All yoga props will be provided. Beginners and intermediates welcome. Please have a minimum of six months' recent yoga experience. $425

Re-Solving Your Past, Remembering Who You Are: A Gestalt Process Workshop

Julian Silverman

To become a whole person, one must, to quote Fritz Perls in his autobiography, "center one's existence."

Centering one's existence means orienting in time and space. The methods for centering in time and centering in space are different and complementary. Centering one's existence has two major obstacles: one's unresolved past and one's faulty self-remembrance.

Centering oneself in space is a geometric process for achieving physical and psychological balance. Centering oneself in time is a psychological process for *dis-solving* obstacles which interfere with accomplishing your life goals

This workshop offers a way of projecting order onto the world which neutralizes the compelling influence of "how things appear to be." It is about rediscovering love and integrating the rediscovery into our lives in a more meaningful way.

C.E. credit is available for nurses; see page 67.
C.E. credit for MFCCs and LCSWs is pending.

$425

The Art of Conversation/ The Art of the Interview

Michael Krasny

Michael Krasny writes: "We will look at ways to create enlivening conversation that stimulates, enlightens, and excites us. Conversation—ideal conversation—has an aesthetic and can move us and take us well beyond the ordinary give and take or exchange of ideas. How and where do we find it and what methods are available that help us to create it?

"We will concern ourselves as well with the art of the interview, not only as a dynamic process but as an integral part of the art of conversation. The medium will be our message—both conversation and interview will be used as ways to enhance our understanding of the art of both." $425

Week of August 31–September 5

Waves

Gabrielle Roth & Jonathan Horan

Writes Gabrielle Roth: "In 'Waves' we explore the dynamic practice of the *Roth 5 Rhythms™*. This cathartic form of ecstatic dance is a workout for body and soul—a moving meditation—a spiritual practice where we 'sweat our prayers.' 'Waves' gives us a rhythmic map, a way to understand the cadence of our culture and the tempo of our relationships. 'Waves' is at once the most basic and the most advanced work, the place we always begin and the place we always return.

"In our hearts, we know that at our deepest level we are divine, spirit in flesh—unlimited, joyful, loving, ecstatic and free. But all too often, what's real day-to-day is not our freedom but our limitations. Not our joy, but our pain. For many of us what's real is what holds us back, not what sets us free.

"When you enter into the Roth 5 Rhythms, you embark on a pilgrimage of self-revelation rooted in action and movement. This happens because the 5 Rhythms are not a theory, but a practice. This work builds on its own momentum, leaping from the fertile landscape of the body through waves of emotional content toward our realization of spirit. This dynamic encounter with your own psyche has the power to transform, revealing your passion, power and presence." $795

Weekend of September 5-7

Weekend Massage Intensive

Deborah Anne Medow & Vicki Topp

Participants will be instructed in basic methods for giving a pleasurable and beneficial full-body massage. Fundamental elements of bodywork, such as breath awareness, grounding, movement, quality of touch, and stress reduction, will be introduced. Yoga will be incorporated to enhance body awareness and to help develop strength. The workshop is open to beginners as well as those who wish to brush up on their massage skills.

C.E. credit is available for nurses; see page 67.

$425

'Tis a Gift to Be Simple

David Schiffman

This weekend is intended as an offering for people who would like to return to the simplicity of the values we treasure most. Its aim is to create a climate of mutual support and encouragement for exploring how to best cultivate the spirit of real generosity and faith in dealing with ourselves and others. This will embrace the following elements:

- Sanctuary—the opportunity to step away and pause, to create a mood of peace and personal clearing without haste or interruption
- The company of kindred spirits—a chance to be met with honesty, empathy, and wisdom in an atmosphere of soulful, clear-eyed support
- The emotional freedom to be—the right to let down and be sad, glad, or mad in order to clear the air and move on, making room in our hearts for new possibilities
- The right to feel free and alive in our bodies—the use of innovative ways of moving and touching in order to restore the vitality of feeling truly alive and physically at ease

The methods will be drawn from a wide variety of practices, both traditional and nontraditional, all aimed at restoring our gratitude and appreciation for being alive. $425

The Subtle Self

Judy Blackstone

All spiritual traditions refer to an essential dimension of existence, calling it unity consciousness, emptiness, universal consciousness, and many other names. This dimension is not an abstract concept. It is the core of our own true nature and can be experienced by anyone who is willing to approach it with patience and openness. Unity consciousness is experienced as clear, mirror-like space, pervading our body and our environment, transcending the duality of self and object. It is deeper than the physical and energetic levels of our being and beyond our psychological defenses, projections, images, and archetypes. Subtle Self Work is a precise method of attuning to the clear space of unity consciousness.

In this workshop participants will explore how to: relate to others in this clear space, commune with nature, experience and live in the inner depths of the body, and integrate the body, authentic self, and unity consciousness. Participants will use the Subtle Self Work attunement exercises, daily sitting meditation, and sound, breath, and movement exercises to stimulate the channels in the vertical core of the body and expand the sense of unity consciousness. In this essential dimension of ourselves, we can find the source of our love, clarity, vitality, and peace.

Recommended reading: Blackstone, *The Subtle Self* and *The Enlightenment Process*.

C.E. credit is available for nurses, see page 67.

$425

The Home Within the Heart: Ojibwe Tribal Healings

Robert Palmer & Blackwolf Jones

The ancient healing ways of the Ojibwe tribe can profoundly change life patterns. This workshop offers these traditional ways to improve physical, emotional, mental, and spiritual well-being.

There will be presentations on healing, purification, and the energies of the natural elements and of the eagle, wolf, bison, and bear. The *mishomis* (grandfather stone), medicine wheel, medicine bundle, and prayer stick will be used to help resolve anger, shame, conflict, and pain. The preparation and burning of fear bundles will allow flames to devour fears. As Blackwolf says, "We master fear or fear masters us, but there will be a master."

As traditional Native American dancers, Blackwolf and Robert will teach tribal dances. Both men and women will experience the way of the Ojibwe warrior. Women will be honored as central to survival on Earth Mother. Throughout the workshop, the life principles of pride, dignity, honor, and respect (*namaji*) will help all come to "the home within the heart."

Blackwolf spent his formative years raised with traditional ways on an Ojibwe reservation and now combines these teachings with his experiences of teaching, counseling, and living in contemporary society. Robert Palmer is an Ojibwe descendant and traditional dancer.

C.E. credit is available for psychologists: see page 68.
C.E. credit for MFCCs and LCSWs is pending.

$425

Daughters of Saturn: From Father's Daughter to Creative Woman

Patricia Reis

In this workshop, based on her recent book *Daughters of Saturn: From Father's Daughter to Creative Woman*, Patrician Reis will explore the unmapped terrain of daughter-father relationships with a particular look at the influence of the daughter-father relationship on women's creative expression.

Participants will travel together through the sometimes difficult and culturally undefined

MARGARET LIVINGSTON

territory of daughter-father relationships. Through myths, dreams, and women's experiences, the group will create a map marking the journey from father's daughter to creative woman, seeking to answer the questions: What role does the personal, cultural, and spiritual father play in women's experience of creativity? How does a woman gain access to her creative life? What conditions drive her creative process? What kind of struggles does she undergo?

Using the structure from her book, Patricia Reis will act as guide for the journey from life in the Belly of the Father through the first Gate of Awakening. Participants will document their rebellions and resistances against the dominant culture of patriarchy, the treacherous Battlezone of Culture, and will learn how to locate the trails into the Women's Wildzone, a place that has existence outside the law of the fathers: a woman-centered ground of being and knowing and creating.

Please note: This workshop is for women only. Please bring a photo or memento of your father. $425

Week of September 7-12

Golf in the Kingdom: An Exploration of the Deeper Game

Stephen Cohen, Brian Bergstrom & Andy Nusbaum

For workshop description see May 18-23.

$795

(plus greens fees paid directly to leader)

The Transformative Power of Grief

Bruce Gregory

The experience of loss is often very painful, sometimes even devastating. The voyage across the vast ocean of grief contains storms of rage, depression, despair, and helplessness. The voyage, however, contains many opportunities for transformation in the midst of tragedy and pain. These opportunities can provide healing for disowned parts of the self, underdeveloped spirituality, and needs that have been forgotten, overlooked, or devalued.

The texture of grief has many underdeveloped layers. Within the grief are doorways to grace, compassion, forgiveness, comfort, and a new, expanded perspective of life. To cross these thresholds one must navigate the dark waters of the shadows of the ego, which rages at the loss of control in life, loss that we all must come to terms with.

By engaging the ego in the eye of the storm, disguised needs and dormant healing resources reveal themselves and can be activated to facilitate the transformation of the grief into healing.

This workshop will utilize Gestalt, role playing, and mind body processes to help participants explore and move through unresolved aspects of the grief process.

C.E. credit is available for nurses; see page 67.
C.E. credit is available for psychologists; see page 68.
C.E. credit for MFCCs and LCSWs is pending.

$795

Peruvian Shamanism: Heart of the Healer

Oscar Miro-Quesada

This workshop provides an in-depth initiation into the archetypal shamanic heritage of Peru and offers a practical hands-on approach to blend millennial native wisdom-teachings into our daily lives.

The workshop begins with a slide-illustrated interactive gathering tracing the evolution of South American indigenous healing practices. The use of sacred psychoactive plants and ceremonial healing rituals will be vividly depicted.

The focal point of the workshop lies in the reverent creation of a Peruvian curandero's *Mesa*, or "medicine wheel," which is an altar-like arrangement of sacred items and power objects ceremonially used to awaken deep states of individual and collective healing. Through the ritual of the Mesa—in combination with the use of sound in the form of primal rhythm and ancestral chants, *hampicamayoq* breathwork and movement, spirit journeys to shamanic realms, and *despachos* (consecrated Earth offerings)—the workshop will weave a tapestry that bridges our human and divine natures.

Participants will also be introduced to culture-specific diagnostic procedures and healing practices based on the development of visionary consciousness and the disciplined use of our imaginative faculties, including divination, soul retrieval, shape-shifting, and animal ally embodiment.

The workshop is beneficial and appropriate for people from all walks of life, including lay persons, students, educators, and truth seekers. $795

In Search of the Healing Self: Movement, Touch, and the Healing Process

Patrick Douce

Inside each of us, there is a part of the self that knows how to grow, to learn, to heal. For most of us this part operates without any conscious control. In this program participants will learn how to connect with this growing, learning, healing part of themselves.

Moshe Feldenkrais developed a method of moving and touching to connect to the healing potential of our bodies. The movements are based on the ways we learned to move as children and extend to the most complex movements possible. Many of the ways we have been taught to conceptualize and move our bodies are incorrect and contribute to physical difficulties. The workshop will enable participants to experience these misconceptions and learn alternative ways which help us to improve. The emphasis is on doing less with more awareness—learning to improve, rather than forcing ourselves to improve.

The Feldenkrais work will be combined with movements influenced by Indonesian Silat martial-arts-for-health movements. These movements stimulate the energy body, further enhancing our healing possibilities.

The workshop will introduce participants to the complexity and simplicity of the spinal column. The movement work will increase sensitivity for safe, noninvasive, hands-on explorations, used to stimulate this deeper part of the self to change. They will be of benefit to those beginning this type of work as well as professionals seeking new tools.

C.E. credit is available for nurses; see page 67.

$795

Recycled Catholics: Soul Journeys Toward Authentic Relationship with God

Janet Quinn

A "Recycled Catholic" is someone who was baptized as an infant and raised Catholic, who at some point departed from the church (often in search of a more authentically spiritual life), and who now finds her or himself drawn to the church through a variety of paths but with a radically different lived experience of what it means to be a follower of Jesus Christ, quite independent from the church as hierarchy and ultimate authority.

yet within the church as sacred vessel and holy community.

Everyone who is interested in exploring these ideas is welcome, including those from non-Roman Catholic denominations or Catholics not yet recycled but open to the possibility. This workshop will provide a safe, sacred space in which to share with each other about the paths which led away from the church as spiritual home, paths taken after leaving home, paths which led us back home, and life after recycling. Participants will explore and experience some of the contemplative practices which have always been a part of the Catholic tradition, including Lectio Divina and Centering Prayer, and will rediscover elements of the mystical tradition which lay hidden in Catholic rituals and beliefs. $795

Traditional Raku

Noel Mapstead & Keiko Suga

Raku in its simplest form is the getting together of friends for the purpose of drinking warm beverages and discussing the merits of the cups—how they feel in our hands, on our lips, and how they appear visually.

To arrive at this gathering of friends, Raku involves aspects different from other forms of ceramics. This includes making objects purely to be functional; a direct encounter with the firing of the pottery; and a constant involvement in creating that results in unexpected and stimulating results.

Participants will learn to gather and work with local Big Sur clay, fashion objects, and construct, load, and fire a wood-burning kiln. Once the kiln is fired up, the work will culminate with simple glaze techniques achieved by placing the pottery in the kiln and pulling them out—red-hot—with tongs to cool and instantly use and admire.

Noel and Keiko's many pottery workshops over the past five years have proven to be a time to have fun and cultivate creative experimentation, human transformation, and environmental awareness. And, as always, there will be a sweat lodge and hot clay mud baths with the help of assistant Dave Francis.

Come make Raku "pleasure" and drink as friends. There is no other secret.

You can e-mail Noel Mapstead at *mapstead@ix.netcom.com*

$795

Weekend of September 12-14

Releasing the Warrior: Assault Prevention for Women

André Salvage

Ancient warriors of old had it. Many great seers had it. Once in a while you'll see it in the eyes of a stranger, a woman in the market, or even in a child: There is no fear, no resentment, no paranoia. There is only a peaceful awareness that allows these people to walk anywhere with the confidence that they can defend themselves.

This type of power is accessible to us all. In this workshop André Salvage, a Master in the art of Kung Fu San Soo, will help you to: overcome your fears by developing reliance on your intuition to know when something feels wrong; assert yourself in a way that stops inappropriate behavior that may lead to harm; and learn the skills to physically stop an attacker.

This program was developed in response to Salvage's own experience of trauma and tragedy in the crime-ridden neighborhoods of South Central Los Angeles. He combines the practical knowledge and survival savvy of someone who grew up in the streets with the compassion and understanding of a teacher who can translate that knowledge into a holistic set of workable tools.

Note: This is a workshop for women only.

$425

Time Shifting: Creating Time for Your Life

Stephan Rechtschaffen

Time is a mysterious flow of which we are a natural part. Yet in our fast-paced, overscheduled lives, we have lost touch with living "in the flow of time." Caught up in the stress of running from work to home to recreation, no one seems to have the time to do the important things. Anxious about the future, regretful of the past, we miss the hidden fullness of each moment.

This workshop helps participants understand their own attitudes toward time and the effect those attitudes have on lifestyle, health, and longevity. Stephan Rechtschaffen, a medical doctor and cofounder of Omega Institute, will introduce practices to move perception away from societal time pressures into the unexplored territory and emotions of "freedom-within-time." Using meditation, visualization, and time evaluation and planning (not scheduling), participants can begin to experience their own natural rhythm in time and the simple power and pleasure of being "present" in each moment.

Participants will explore the effect of dysrhythmic, hurried schedules—on health, relationships, work, and creativity—and, using their expanded sense of time, explore what they really want and how to bring the freedom of "timelessness-within-time" into their everyday lives.

Recommended reading: Rechtschaffen, *Time Shifting: Creating More Time to Enjoy Your Life.*

C.E. credit is available for nurses, see page 67.
C.E. credit for psychologists is pending.
C.E. credit for MFCCs and LCSWs is pending.

$425

Journey on the Shining Path: African Shamanic Thought and Practice

Kykosa Kajangu

Rimba is the sacred name of the goddess of enlightenment of many African communities. Rimba is also the name for the creative blending of various meditative activities which can help truth-seekers searching to reclaim their godhood. Rimba uses sound, movement, and light as the basic fuel to generate the energy truth-seekers need to open up their inner channels and to empower their outer channels. Rimba is to African spiritual thought and practice what Yoga is to Indian spiritual thought and practice. This workshop will use the following "technologies of the sacred" to set the wheels of Rimba in motion:

- Deep talk—inspiring stories to help in training the "symbolic ear" to hear the music of the universe
- Divination system—the Dagara model of the African medicine wheel to help to find the "charm of life"
- Rituals—meditative activities to help achieve personal balance and harmony with all living things

"In this workshop," writes Kykosa, "you can learn practices to stop psychic toxins from robbing you of your health, rituals to enhance the quality of your life, step-by-step guidance to check the flow of energy within, and down-to-earth insights to make great strides on the Shining Path." $425

Council of All Beings

John Seed

The Council of All Beings is a series of rituals created to help individuals feel their connec-

BEST COPY AVAILABLE

tion with nature in their hearts and bodies. By rediscovering our interconnectedness with all beings, we see that the pain of the earth is our own pain and the fate of the earth is our own fate. The Council of All Beings empowers people to act on behalf of the earth and gives clarity and direction for the work ahead.

Participants will have the opportunity to review the human evolutionary journey and to shed their solely human identification in order to feel greater empathy for the myriad species and habitats of the Earth. Through personal sharing, meditation, and ritual, participants will explore the depths of their concern and love for the planet in this time of crisis. As many individuals have discovered, alignment with a larger identity clarifies, dignifies, and heals one's personal conflicts. In the same fashion, it clarifies and orders patterns of consumption, needs for intimacy and support, and priorities for action. This gathering provides tools for putting this into practice in daily life.

This work draws upon current scientific findings to expand our understanding of the ecological crisis that threatens the planet. The leader will discuss systems theory and the Gaia hypothesis to provide a solid, rational-conceptual foundation for the deep ecology movement, and will relate them to spiritual traditions thousands of years old that attune individuals to the Earth. $425

Therapeutic Touch: Healing for Everyone—Everyone a Healer

Janet Quinn

Therapeutic Touch (TT) is an approach to healing which derives from the ancient practice of laying on of hands but which need not take place within a religious framework. First developed by nursing professor Dr. Dolores Krieger and Dora Kunz, TT is a gentle but powerful tool for actualizing the natural capacity within each one of us for healing and wholeness. Increasing numbers of health-care professionals as well as family caregivers are learning that using TT is as helpful to the practitioner as it is to the recipient.

This workshop is designed to introduce TT as a complementary healing modality which might be used within the context of existing health-care practices and/or personal lives. The historical, philosophical, and theoretical foundations of TT will be reviewed. The course will explore basic assumptions related to human energy fields and there will be demonstration and actual practice of the method. The research on TT will be reviewed and issues related to the use of TT within existing and future health-care systems will be explored.

Anyone who wants to learn how to help or to heal through the use of focused intention and the human energy field is welcome.

C.E. credit is available for nurses; see page 67.

$425

MARGARET LIVINGSTON

Week of September 14-19

Continuum

Emilie Conrad-Da'oud

This workshop explores the idea that movement is something we *are* rather than something we *do*, that what we call a "body" is actually a nonlinear creative event.

"Awareness of ourselves as movement begins with developing our sensitivity to our intrinsic world," writes Emilie Conrad Da'oud. "We do this by exploring the mobile diversity of our breath, by discovering how our sound permeates connective tissue, and most of all by experiencing fluidity as our biological origin—the undulating waves of life that brought us here in the first place.

"As we enliven ourselves from the inside, our dynamic expressions in the world increase. This oscillation from intrinsic to extrinsic, from cell to action, urges itself into new creative channels. Released from convention, our movement vocabulary can include textures and dynamics that are the expression of what is current and alive."

As a movement specialist at UCLA, Conrad-Da'oud has contributed to a study demonstrating that enhancing fluid movement is essential to mediating disease and aging. Her work is incorporated into the fields of alternative medicine, physical therapy, and physical fitness.

This workshop can give participants a deeper awareness of the body as a process where change, growth, and innovation are possible. No dance or movement experience is necessary.

C.E. credit is available for nurses; see page 67.

$795

Healing Our Hearts

Julie Bowden & Richard Balaban

This workshop will be a journey into the tender part of the self that carries childhood trauma. Feeling and integrating the pain and gifts of our past allows us to live more fully in relationship with ourselves and others, and helps us to acknowledge and nurture our inner voice. Using guided imagery, music, metaphor, and dialogue with the historical child, this work is about melting the frozen tears and befriending the child within. Gaining compassion for the self and experiencing a supportive community are also a part of this work.

To help create an atmosphere of safety, care, and respect for core issues to emerge, participants are asked to forgo alcohol and other mood-altering, nonprescription drugs for these five days.

If you long to live beyond your past, discover your untapped strengths, and enhance your relationships, this workshop is designed for you.

C.E. credit is available for nurses; see page 67.

$795

Conscious Dreaming: The Path of the Shaman in Everyday Life

Robert Moss

"As we approach the new millennium," writes Robert Moss," we have the chance to participate in the emergence of a more gifted and generous version of our species, the Multidimensional Human. To accomplish this, we need to marry the best of contemporary science and scholarship to the techniques of "paleolithic psychology": conscious dreaming, hypersensory perception, soul recovery, and shamanic soul-flight to sources of insight and healing.

"In this adventure together, we will journey through inner and outer space with the aid of breathwork, sonics, visualization, shared dreaming, sacred story, and shamanic techniques for shifting consciousness. We will learn the anatomy and dynamics of *soul*, working with the energy body and the dreambody. We will experiment in 'folding time' in order to scout out challenges that lie in the now. We will embark on a visionary journey to Sirius B to gain experiential insight into the belief of the Dogon, the Maoris, and other indigenous peoples that human life on Earth was seeded from the white dwarf in the Sirius star system. We will investigate the paths of the spirit after physical death, and develop a personal geography of the afterlife."

What to bring to this workshop: your passion, your sense of adventure, your dream journal, and a drum or rattle (if you have one).

Recommended reading: Moss, *Conscious Dreaming*; Murphy, *The Future of the Body*.

$795

Creative Arts Center at Esalen

Arts Center Staff

Everyone has a drive to create—to be original, inventive, whimsical, resourceful. Located in The Barn at Esalen, the Creative Arts Center is a place for individuals to explore their imagination and their playfulness. It is a growing resource that is constantly evolving—a place that invites you to express your own creative instincts and become the artist that you've always imagined was hiding somewhere inside you.

This workshop invites you on a journey of reawakening. The Arts Center staff will provide a safe, supportive environment for you to rediscover the creator within. There will be a variety of art media available, which may include painting, pottery, silk dyeing, dance and movement, mask making, ritual, and group work. The leaders will offer exercises, as needed, to stimulate and liberate your creative expression, as they guide you deeper into the world of your own imagination and playfulness.

This will also be a wonderful opportunity to get messy. No previous art training is necessary.

$795

El Lenguaje de la Libertad (The Language of Freedom)

Gustavo Rabin & Sara Szpektor

This Spanish-speaking workshop is about obtaining the freedom of being who we really are. In a safe and nurturing environment, participants will learn this old/new language: The language of freedom.

Para evitar todo aquello que nos hiere, solemos levantar defensas. Este mecanismo, al mismo tiempo que nos protege, puede reducir nuestra libertad. Es triste, pero nos acostumbramos a una libertad empequeñecida. Para recuperaria en plenitud, debemos re-aprender su valor y su precio. Y en esa búsqueda descubriremos no sólo que la tarea depende de nosotros, sino que tambien somos el principal obstáculo para lograrlo.

Este workshop presentará los mapas que nos guiarán desde nuestro propio encierro hacia la expresión más libre de nuestro ser. A través de ejercicios gestálticos, trabajo grupal y proceso personal, crearemos un ambiente protegido en el cual se podrá recordar y hablar este nuevo-antiguo lenguaje: El lenguaje de la libertad.

Las actividades tendrán lugar totalmente en español. $795

Weekend of September 19-21

Massage Intensive for Couples

Brita Ostrom & David Streeter

This workshop is for partners who want to learn to massage each other. Emphasis will be on "hearing" with the hands, de-stressing the home, asking for what we need, and giving to those we love. Sessions will include demonstrations and hands-on guidance. Individual concerns will be addressed so participants can continue their practice at home. $425
per participant

Why Men Are the Way They Are

Warren Farrell

> *I've never had a couple come to me and say, "Warren I want a divorce; my partner understands me."*

This workshop is designed to help both sexes understand each other via role playing in which participants can experience the pressures that mold the other sex's psyche. Men can experience, for example, women's view of sexual harassment; women can experience men's fear of sexual rejection and the powerlessness it engenders.

In a safe yet boundary-pushing environment, Warren Farrell will introduce innovative perspectives—initially challenging, perhaps, because not only are they female-positive but also more male-positive than is currently in vogue. Group interactions will be allowed to become emotional enough to reflect how we communicate when we're defensive. Farrell will then facilitate work to demonstrate how both sexes can listen to criticism—including personal criticism—without becoming defensive, thus creating a model for expressing those "tough-to-hear" feelings, even to loved ones. The goal: to create more compassionate ways to relate to the other sex and to view ourselves.

This workshop offers insights on everything from male power and powerlessness to date rape and sexual harassment; from why men fear commitment to why they commit more suicide; from a new view of equality in the home to myths about equality in the workplace.

Recommended reading: Farrell, *The Myth of Male Power*.

C.E. credit is available for nurses; see page 67.
C.E. credit for psychologists is pending.
C.E. credit for MFCCs and LCSW's is pending.

$425

Singing Gestalt

Nancy Kaye Lunney

Singing can be an experience of great joy, poignant tenderness, or overwhelming fear. It can provide illuminating moments of pure expression or a persona to hide behind.

"Singing Gestalt" is singing about yourself, who you are, what you feel. It is about being yourself in front of other people without judging how well you sing. It is *not* about performance—it is about making contact, feeling, expressing, and being there, with and for yourself and others.

If the idea of getting up and singing in front of other people terrifies you more than anything you can think of, this workshop is for you. If you love to sing in front of other people and want to stretch yourself further, this workshop is for you. It is a chance to take your singing self out of the shower, out of the car—out of the closet.

Some guided imagery and Gestalt may be used. Bring lyrics to songs that express thoughts and feelings you'd like to explore. Accompaniment and lots of music are provided. $425

Week of September 21-26

The High-Performance Mind: Awakened Mind Brainwave Training

Anna Wise

For workshop description see May 4-9.

$795

Dzogchen—Awakening the Buddha Within: A Silent Meditation and Self-Inquiry Retreat

Surya Das

Buddhism teaches awareness techniques for awakening to inner freedom. Dzogchen introduces the inherent freedom, purity, and perfection of innate Buddha-Mind. Dzogchen—Tibetan for "the Natural Great Perfection"—is considered the summit of all Buddhist teachings: swift, easy, joyful, and direct.

This retreat will introduce the quintessential Vajrayana path, practiced according to the nonsectarian way of the Practice Lineage of Tibetan Buddhism, relying on authentic Tibetan texts, meditation manuals, oral tradition, and personal experience. Much of the day will be devoted to sitting practice, interspersed with both guided and walking meditations, chanting, self-inquiry, question-and-answer periods, and breath/energy relaxation exercises. Constant themes of this nondual awareness practice will include appreciating the true joy of meditation, the incredible lightness of being, and opening to effortlessness.

This retreat, conducted in silence, offers a unique opportunity for experienced meditation practitioners as well as beginners to better know themselves through the timeless wisdom of this ancient Tibetan teaching.

$795

Writing the Natural Way

Gabriele Rico

Writing well can be as natural as telling a story to a friend, as fluid as daydreaming. Using the new science of Chaos as a metaphor for the workings of the mind, the creative process, and ways of accessing it, Gabriele Rico can teach you to write freely and richly. Presenting a series of writing activities to free you from the restrictions imposed by a linear, judgmental, left-brain approach, she can help you to become receptive to your creative intuition—to express ideas, images, and feelings more authentically in a fresh, personal voice.

Once we understand something about the creative process, we can begin to glimpse answers to such questions as: Where do ideas come from? How can we best hold them? What is the role of the emotions in the creative process? In what way is all writing creative?

A few of the many writing activities include:

- Clustering—a nonlinear process that accesses seemingly random thoughts and feelings
- Improvisation and play with language
- Images—"strange attractors" which evoke visual, tactile, auditory, and gustatory memory patterns
- Metaphoric thought—moving beyond literal thinking

This workshop is appropriate for writers of all levels, from beginners to experts. Please bring colored felt-tip pens and a bound notebook.

Recommended reading: Rico, *Writing the Natural Way* and *Pain and Possibility: Writing Through Personal Crisis.* $795

Experiencing the Celestine Prophecy: Connecting to Your Life Purpose

Carol Adrienne & Sigrid Emerson

"You have a purpose," write the leaders, "and the universe is waiting to help you find and fulfill it. The purpose of this workshop is to take the ageless wisdom described in the Insights of *The Celestine Prophecy* and apply it to everyday life. Our goal is to work with these Insights to help you gain more satisfaction in work, be more open to adventure, understand more clearly your life purpose, as well as tap into the messages of synchronicity. We will use ancient intuitive tools, meditation, physical activity, journal writing, interactive exercises, and humor."

Carol Adrienne will take you inside the nine Insights and help you explore the positive qualities you were born to express. The sessions are designed to be a progressive, in-depth look at who you are and where you are going in life. You will also learn how to deal with specific obstacles in relationships and move beyond limitations. Sigrid Emerson will work with you to release stress and increase energy through gentle stretching and walking meditations. Personal evaluations of lifestyle and stress factors will integrate the four dimensions of health.

While it is helpful to have read either *The Celestine Prophecy* by James Redfield or *The Celestine Prophecy: An Experiential Guide* by Redfield and Adrienne, it is not mandatory.

$795

Five-Day Massage Intensive

Dean Marson & Laurie Lioness Parizek

Esalen massage is a nurturing practice that can feel almost as pleasurable to give as to receive. During this week of learning and relaxation, Esalen bodywork in its various forms will be demonstrated, practiced, and discussed.

The workshop will incorporate grounding, specific and integrative massage techniques, gentle manipulations, and energy work. The instructors will present a bodywork style that addresses individual needs, integrates the whole person, and honors the sacred and healing quality of touch. Special attention will be given to self-care, quality of contact, breath awareness, and stress release.

The workshop will also incorporate movement, dance, and rhythm to integrate the bodywork. Stretching and meditation will be used to encourage focus and serenity.

Participants will make full use of Esalen's beautiful grounds and facilities. Please bring warm, comfortable clothing and your favorite music or instrument. The workshop is open to all levels of experience.

C.E. credit is available for nurses; see page 67.

$795

Weekend of September 26-28

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 30-June 1.

$425

The Art of Living Consciously

Nathaniel Branden & Devers Branden

"Living consciously," write the Brandens, "involves maintaining respect for the facts, being present to what we are doing while we are doing it, and seeking and being eagerly open to any information, knowledge, or feedback that bears on our interest, values, and projects. This experiential/participatory workshop is designed to deepen our understanding of what it means to live consciously, to appreciate the many advantages of this practice (both in the personal sphere and in the workplace), and to explore obstacles within ourselves that obstruct consciousness. Specifically, we will explore what living consciously means in regard to (a) our beliefs and desires, (b) child-rearing practices, (c) romantic love, and (d) our behaviors and goals in the workplace. Finally, we will address the question of the relationship between living consciously and pursuing 'a spiritual life.'

"If you think the meaning of living consciously is obvious or if you think there is nothing about the practice that could be controversial—think again. Be prepared for some surprises."

Recommended reading: Branden, *The Art of Living Consciously*. $425

Communication and Partnership

Mary Goldenson (Devarani)

Underlying all our relationships—husband, wife, lover, friend, daughter, son, mother, and father—is the need to communicate. Often we learn to express our needs through control, power struggles, addictions, dependency, guilt, denial, and unreasonableness.

This workshop is about healing the soul-wounds sustained in our attempts at partnership. The focus will be on:

- Exploring the possibilities of equal soul partnership
- Learning new ways to express our fear, sadness, grief, and love for each other
- Defining what we need to change in our relationships
- Learning the different language styles we can use to better connect with our partners
- Learning ways to heal, forgive, and move on to a mutually beneficial relationship

Come alone or with a partner. The workshop will provide a safe, supportive environment to learn new practices of breathwork, dyadic communication skills, movement, and Gestalt, making it easier to express your truth and take responsibility for your feelings and issues.

C.E. credit for psychologists is pending.
C.E. credit for MFCCs and LCSWs is pending.

$425

The Sound of the Self

David Gordon &
Marcia Shantipriya Goldberg

Sound and music wisely applied can purify, heal, and awaken at every level, from the deepest physiological to the most sublime spiritual planes.

This experiential workshop is a fusion of meditation, sound vibration, and yoga. During the sessions, toning, auditory stimulation, guided listening, and movement to open and balance the body will be interwoven between intervals of quiet meditation. These alternating periods of sound and silence help to synchronize body and mind and form a bridge between internal communication and external self-expression. In this journey we can move toward the source of our own inner balance, creativity, well-being, and freedom.

This is an opportunity for novice meditators and newcomers to yoga to begin the inner journey, and also a chance for old friends of meditation to deepen their experience. The workshop offers diverse skills to enable participants to develop their own personal practice. No musical or vocal training or experience is needed; the only prerequisites are ears, heart, and a sense of adventure.

Please wear loose, comfortable clothing.

$425

Healing of Heart and Mind: Choosing to Change

Fred Luskin

Every human being has suffered rejection, mistreatment, and betrayal. Yet some people can maneuver through these painful experiences while others remain stuck. This workshop will examine why and how this happens. Through the sharing and processing of experience, participants will work toward understanding how the emotions of sadness, frustration, and anger arise—and how to change those feelings.

By demystifying the process of healing, we can accelerate this mysterious process. We can learn to begin to let go of old hurts and, in the process, become less likely to create new ones. Using cognitive approaches—lecture as well as guided practice in reframing, disputation, and existential understanding—the workshop will present forgiveness as a choice. The cognitive practices will be complemented by guided practice in mindfulness, imagery, and heart-centered practices designed to help us get in touch with our heart's restorative potential. Journal writing, dyadic exercises, and group discussion will also be used.

Uniting the mind and heart and letting go of old hurts is an expression of the soul's desire for connection and harmony. With insight and practice, it is possible to successfully work with the emotions that prevent us from moving forward in our lives. $425

Week of September 28-October 3

Turning On the Light: A Choice to Live Consciously

Laura DeNuccio (Ma Prita) & Guests

For workshop description see June 22-27.

$795

The Upledger Institute's CranioSacral II

Judith Bradley

This workshop further explores the CranioSacral System and its function in relationship to other patho-physiological body systems. The course will begin with the study of cranial base dysfunctions as perceived, diagnosed, and treated by Dr. William Sutherland, the father of cranial osteopathy. In this course students will learn how to integrate Sutherland's techniques for identifying and evaluating lesions into a ten-step protocol and how to apply individual correction treatments when needed.

Evaluation and treatment processes of the hard palate, the mandible, and temporomandibular joint will be presented and practiced to complete the exploration of the masticatory system. Emphasis will then be directed to whole body evaluation, as discussions will center on various "physiological phenomena" that occur within the body.

The SomatoEmotional Release process will also be introduced with discussion and demonstration of an "energy cyst." Participants must have completed the Upledger Institute's CranioSacral Therapy I, either at Esalen or elsewhere.

Please note: Registration for this workshop is done only through the Upledger Institute. Please call the Upledger Institute at 1-800-233-5880.

For further information see Special Programs, page 64.

C.E. credit is available for nurses; see page 67.

$795

The Way of Wilderness

Steven Harper

> *You didn't come into this world. You came out of it, like a wave from the ocean. You are not a stranger here.*
>
> — Alan Watts

Ever since the supposed "primordial soup," nature has been our teacher. We were born of this earth and throughout recorded time people have turned to wilderness to awaken and become whole again.

With wild nature as the primary teacher, participants will explore the ways of wilderness, discovering as "civilized" twentieth-century humans what it means to walk this ancient path that uncovers our relationship to nature and to ourselves. Charles Darwin wrote, "From so simple a beginning endless forms most beautiful and most wonderful have been and are being evolved." Perhaps through direct experience of nature we can continue this "most beautiful and most wonderful" evolution consciously—as nature aware of itself.

This workshop will include movement awareness exercises, meditation, and extended day-hikes (3-10 miles long) into the Big Sur backcountry. Most sessions will be outdoors, with a return to Esalen each evening. Special attention will be given to incorporating into everyday life what is learned from the wilds.

Previous wilderness experience is not necessary, although participants should be prepared for some vigorous physical activity.

Recommended reading: Harper, "The Way of Wilderness" from *Ecopsychology* (edited by Roszak, et al.). $795

Taoist Chi Kung: Enhancing Vitality

Master Share K. Lew

Traditional Taoist concepts of health, longevity, and harmony with nature will be introduced by Master Lew, a monastery-trained Taoist priest from southern China. The core of the workshop will be instruction in the *Shen*, a set of twelve Chi Kung exercises (six standing, six sitting) whose primary purpose is self-healing. These rare exercises can also help develop better concentration, increase visual and auditory acuity, and enhance sensitivity to oneself and others. Master Lew will also discuss the use of everyday foods and Chinese herbs in healing, and tell stories from his life in the monastery.

Master Lew, now seventy-nine, was among the first to openly teach Chi Kung (Taoist internal energy cultivation) to non-Chinese. His monastery style, Tao Ahn Pai, dates back 1300 years to Lui Dong Bin of the Tang Dynasty, who is one of the Eight Immortals of Taoism.

Recommended Reading: Porter, *Road to Heaven: Encounters with Chinese Hermits*; Deng Ming-Dao, *The Wandering Taoist*.

C.E. credit is available for nurses; see page 67.

$795

The Space of Creation

Charles Miedzinski

In numerous sacred traditions, Space is considered to be the ultimate and most subtle medium of creation. Taoism and Zen view it as the Void out of which all phenomena emerge. Sufism regards it as the active emptiness which generates all forms. These views challenge our typical belief that form is reality and, therefore, the ground of all creation.

"In this workshop," writes Charles Miedzinski, "we will shift our perspective of the ground of reality from that of form to that of Space. From this vantage point we will encounter the ways in which the emptiness of Space serves as the true support for our being and our creativity. Since our minds cannot rationally grasp that Space is the ultimate ground, fear as well as trusting of this invisible support will arise. By engaging our creative process and its expressions in color, music, poetry, movement, and performance, we will circumvent our rational minds and directly experience how Space, as the primary medium of creation, functions within ourselves. These media, along with meditation practices and the openness to the simplicity of just being, will guide us on our journey to the creative source. The poetry of Rilke and Rumi, the teachings and sacred arts of Taoism, Zen, Tibetan Buddhism, and Sufism, as well as the writings of A.H. Almaas will further support us."

MARGARET LIVINGSTON

This workshop is recommended for those whose souls long for more Space, relaxation, and creativity in all aspects of their lives.

$795

(plus $10 materials fee paid directly to the leader)

Weekend of October 3-5

Big Sur Wilderness Experience

Steven Harper

For workshop description see May 16-18.

$425

The Awakened Mind: Brainwave Training

Anna Wise

For workshop description see May 2-4.

$425

Imagination, Presence, and Joy

Tandy Beal

Presence is the gift that the performing arts can give us, whether we're bankers, teachers, naturalists, or just plain humans. Being present—in the body, in the moment, in the action—is the foundation of this workshop.

Tandy Beal submits:

Here's what you'll do—
Solo, duet, and group exercises about awareness and problem solving. The springboard is movement, the pool you'll dive into is the imagination.

Here are the skills you'll use or develop—
Focus. Trust. Intuition. Spontaneity. Alertness. And some mischief.

Here's what you may discover—
The imagination (and the body) as a friend and ally. A new level of awareness. A light heart.

Here's my background—
Thirty years in dance, theatre, circus, and film, as a performer, director, writer, choreographer, and dreamer.

$425

Pandora's Gifts: On Secrets, Health, and Healing

Dale Larson

We all have uncomfortable feelings, thoughts, and information about ourselves that we avoid telling others, perhaps self-doubts, feeling unloved, an illness, an inheritance, an affair, a childhood trauma. Although telling these secrets to the wrong people can be disastrous, recent research confirms that "what we don't say *can* hurt us," and that confiding in others can indeed be good for our health. Yet, how do we usually relate to the Pandora's Box of our personal secrets? Too often we keep the lid closed, or close it too soon. We forget that in the original myth of Pandora's Box, after the Furies escape, one entity remains: Hope. The lesson then and now is that if it is sustained by caring and empathy, hope can triumph, replacing denial and avoidance, and its gifts can heal the wounds of the Furies.

Through discussion, personal reflection, and a series of safe yet powerful experiential exercises, this workshop will explore secrets and secrecy, and how they affect our health. How can we access the healing power these secrets hold for us and achieve greater intimacy and wholeness in our lives? If we are professional counselors, how can we facilitate this healing process in the individuals and families we care for?

This workshop is designed for both professional caregivers and all those interested in the healing power of secrets.

Recommended reading: Larson, *The Helper's Journey* (especially Chapter 4, "Secrets: Concealment and Confiding in Helping").

C.E. credit is available for nurses; see page 67.

$425

Maps of the Jungle: Negotiating the Primitive Dimensions of the Workplace

Bruce Gregory

For many people, the workplace, the corporate world, is experienced as a dangerous and unsafe place, a jungle filled with, as Dorothy in *The Wizard of Oz* put it, "lions, and tigers, and bears, oh my!"

This workshop will provide participants with some useful maps for the journey through this jungle of mistrust, exploitation, intimidation, and lack of accountability. The workshop will provide participants with feedback on personal blind spots, unfinished business, and identification of different forms of support-needs through the use of role playing, Gestalt, and mind-body processes. Participants will also receive direction for building skills to develop accountability, resolve conflicts, and deal with abuse and manipulation.

C.E. credit is available for nurses; see page 67.
C.E. credit is available for psychologists; see page 68.
C.E. credit for MFCCs and LCSWs is pending.

$425

Week of October 5-10

Letting Go—Moving On

Mary Goldenson (Devarani)

Beliefs, fears, and emotions from the past can continue into present relationships and interfere with spontaneous feelings of trust, love, and joy. The goal of this workshop is to experience and let go of these defenses and create new ways to relate—in the moment—to ourselves, our work, and those we love.

The workshop includes periods of intense bodywork for those who want to let go of past anger, fear, and pain, which are reflected in the body as armor and tension. As armor softens, feelings held in since childhood can be released, and positive feelings can be experienced more fully. By also using dreamwork, massage, dance, and group process, a new capacity for loving can emerge.

$795

Intuition and the Dance of Attention

Anne Armstrong & Randy Cherner

> *At the still point of the turning world,*
> *Neither flesh nor fleshless;*
>
> *Neither from nor towards; at the still*
> *point, there the dance is,*
>
> *But neither arrest nor movement. And*
> *do not call it fixity,*
>
> *Where past and future are gathered.*
> *Neither movement from nor towards,*
>
> *Neither ascent nor decline. Except for*
> *the point, the still point,*
>
> *There would be no dance, and there is*
> *only the dance.*
>
> —T.S. ELIOT, *The Four Quartets*

Intuition is a gift that everyone possesses. It takes many forms. The foundation for intuitive practice is the process of shifting one's attention in very precise ways to lead to enhanced awareness. Anne Armstrong's intuitive opening came through the psychic intuitive process, Randy Cherner's through movement and touch.

The aim of this workshop is for participants to reclaim their intuitive powers in all areas of their lives—personal, professional, and spiritual. Group members will learn to develop their intuitive styles through meditations, sensing practices, refined touch, aikido, and Feldenkrais exercises. This workshop is unique in its attention to intuitive style in both its psychic and somatic dimensions.

C.E. credit is available for nurses; see page 67.

$795

MARGARET LIVINGSTON

Zen and the Art of Anything

Hal French & Melody Schaper

There is a reservoir of creativity in each of us that often lies unexplored. For the curious, it holds a compelling, intriguing appeal. How do we find this place? How do we tap into its power?

Zen, both in its traditional expressions and through other meditative practices, may offer promising access routes to this realm and link these depths to a variety of creative pursuits. Meditation, then, may turn these pursuits into art forms. To prepare for this workshop, you are asked to consider one or two activities which you would like to refine through this process: "Zen and the Art of ______." Fill in the blank, and seek in the workshop to apply lessons learned.

Sessions will involve zazen (sitting meditation) and other seated exercises, but a strong emphasis will be on moving zen, or zen choreographed. Movement improvisation, visualization, and other sensitizing exercises will be employed, using the total Esalen setting, to enhance our capacity to become alert, alive, aware, awake.

Zen is not merely an esoteric pursuit for cloistered Asians, but may be adopted by Western laypersons and adapted to various pursuits, rendering us more skillful in our practice of them.

Recommended reading: Suzuki, *Zen Mind, Beginner's Mind.*

$795

Reflexology—Then and Now

Deborah Ardell Hill

Reflexology is a method of applying pressure to areas or points on the feet and hands to stimulate the glands, organs, and other areas of the body in order to increase circulation, relax the nerves and body, and help to normalize body functions.

For thousands of years the relationship between reflex points and the organs has been understood by the Chinese, the Egyptians, East Indians, and North American Indians. Reflexology was introduced scientifically in the U.S. in 1913 by Dr. William Fitzgerald, who engaged other doctors and health care practitioners to keep records of their findings on their patients.

The first part of the workshop will focus on learning the corresponding organ points on your feet using the Zone Therapy technique subscribed to by Dr. Fitzgerald and Eunice Ingram. The workshop will further explore how each reflex feels using the concepts of intention, vibration, and depths. The latter part of the week will focus on the eleven systems of the body, how each organ reflex functions as a unit, and the concerns (symptoms) that arise when the organs are not functioning properly. There will also be discussion of traditional Chinese medicine (meridian therapy).

The workshop is designed for bodyworkers, medical practitioners, and nonprofessionals alike.

C.E. credit is available for nurses; see page 67.

$795

Managing Your Stress, Your Heart, and Your Life

Mel Lefer

Dr. Dean Ornish produced the first major study showing conclusive evidence that reversal of heart disease and other disorders, such as high blood pressure, diabetes, obesity, and high cholesterol, was possible without the use of drugs or surgical intervention. This workshop will apply the tools developed by Dr. Ornish to provide the direct experience of how powerful, comprehensive lifestyle changes can affect one's heart and overall sense of well-being.

The workshop will incorporate many approaches, including diet (special nonfat dishes will be available for participants), exercise, stretching, progressive relaxation, breathing practices, meditation, visualization, and group discussion. The goal will be for participants to transfer these good habits into every aspect of daily life, and to pave the way to the peace of mind that physical well-being can provide.

Recommended reading: Ornish, *Everyday Cooking with Dean Ornish, Eat More, Weigh Less: Stress, Diet, and Your Heart;* and *Dr. Dean Ornish's Program for Reversing Heart Disease.*

$795

Weekend of October 10-12

Relationship as a Spiritual Path

Harville Hendrix & Helen Hunt

Until the 18th century, generally, marriage was an economic and social contract arranged by parents. Although it existed under moral constraints, it had no psychological or spiritual value to the married partners. With the establishment of democracy and the attendant freedom to choose one's destiny, including one's marital partner, marriage became a means of psychological wholeness and spiritual evolution, joining religion and psychotherapy as a transformational modality. Freed from the constraints of authority but hampered by the absolutizing of individualism, the transcendent potential in marriage is just becoming conscious in our culture.

This workshop will interpret the romantic impulse that leads to marriage-by-choice as a unique creation of Nature in the service of Its self-repair and self-completion. Conscious cooperation with the unique unconscious forces that create the marital dyad leads to an altered state of awareness, personal and social transformation, and restoration to an experience of essential oneness. The workshop will include lectures, experiential processes, writing exercises, and guided imagery to help participants understand and participate in the process of personal and spiritual evolution through committed love.

Please note: This workshop has regularly drawn a very large enrollment. $425

Yom Kippur, 1997: A Holy Day, A Spiritual Renewal

William Cutter

Esalen is once again offering a workshop/service for the Jewish High Holidays. Yom Kippur will begin on Friday evening with special preparation and reflection, and continue through Saturday as the sun sets in the Pacific where we can almost touch it. A festive meal will conclude the day of praying and thinking.

Sunday morning's closing session will be devoted to the group's responses and reactions to Esalen's setting and fellowship on the prayers and thoughts of participants.

This year a special amount of time will be dedicated to reading spiritual treasures and poems—about forgiving and being forgiven. Participants are invited to observe the day in a manner consistent with their individual practice, and will also be encouraged both during the day itself and afterward to share stories of their own repentance experiences. $425

October 12-24

The Painting Experience

(In a unique format designed to accommodate the great interest in this workshop, two Painting Experience sessions have been scheduled back-to-back. The first is a five-day session, **October 12-17** *with* **Stewart Cubley**, *the second a seven-day session,* **October 17-24** *with* **Michell Cassou**. *This will give participants the opportunity to paint for five, seven, or twelve days.)*

It is rare for most people to use painting for its qualities of inner adventure and self-discovery, to paint purely for the process of exploration, not for the result.

The purpose of this workshop is to provide a setting to explore the self through painting—to discover in form and color a powerful tool for uncovering and dissolving blocks to emotional and spiritual expression. Participants will be given the support and stimulation to develop a natural way of painting based directly upon feeling. The work takes place in an authentic studio setting with large white surfaces to confront the creative void, along with a rich spectrum of colors and brushes. The workshop may be of interest to persons involved in a wide variety of disciplines, including art, education, counseling, and meditative practices. No prior experience in painting is necessary. Please bring a smock.

For further information about this workshop, contact: The Painting Experience Studio, 2101 20th Avenue, San Francisco, CA 94116; 415-564-8515.

Recommended reading: Cassou & Cubley, *Life, Paint & Passion*.

Week of October 12-17

The Painting Experience

Stewart Cubley

For workshop description see October 12-24.

$795

(plus $25 materials fee paid directly to the leader)

Heart of Big Sur: Journey into the Santa Lucia Mountains

Grandfather Fred Nason, Tom Little Bear Nason & Steve Kestrel Chambers

For workshop description see Wilderness Programs, page 72. $795

Finding Life Balance

Phillip Moffitt

Even for those who have achieved what our culture calls success, there is all too often a feeling that life is out of balance. We live outside of our own bodies. We are strangers to our own minds. Is it any wonder that restlessness, a subtle sense of dissatisfaction, and a nagging feeling of being less than our authentic selves is so prevalent despite our accomplishments?

This workshop offers you the opportunity to better experience the joys of your own body and to better know the subtle workings of your own mind. Best of all, it offers practical guidance toward achieving a healing balance in mind, body, heart, and soul. "Life Balance" is a newly developed program which integrates the idealism and insight of Eastern spiritual practices and the self-understanding of Jungian psychology into a practical application for achieving harmony in daily life.

In this journey toward balance and harmony, you will work with vipassana meditation, hatha yoga, subtle body movements, and the Integral Transformative Practice developed by George Leonard and Michael Murphy. You will also be exposed to methods which enhance self-understanding and help clarify personal and career challenges. The workshop will culminate in the creation of a life balance plan that can serve as a source for your ongoing practice. $795

The Practical Art of Creative Risk-Taking

David Schiffman

To make effective, creative choices, you need courage, imagination, and the willingness to know your heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set—the choice to move against the powerful grain of old fears, habits, and the constant pressure of other people's expectations. To foster this spirit means contacting the elemental-instinctual parts of our natures, befriending rather than suppressing or denying the sexuality and power out of which initiative and enthusiasm spring.

This workshop will focus on how to develop a more adventurous, resourceful, and buoyant way of living. In an atmosphere based on warmth and humor, group members will explore their capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as Gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as nontraditional innovative approaches in bodywork, kinesthetic retraining, music, and guided imagery.

$795

Life Beyond Death

William Roll

William Roll's exploration of psychic phenomena is a personal odyssey that began with out-of-body experiences (OBEs) when he was a teenager. Unable to tell whether his OBEs were stirrings of an immortal soul or minor hallucinations, he went to Oxford University for an answer and then to the Parapsychology Laboratory of Duke University. At Duke he explored the multifaceted phenomena attributed to survival, including communications with the departed by mediums, reincarnation memories, apparitions of the dead, near-death experiences, and poltergeists. The workshop will consider whether the findings can be reconciled, whether they are suggestive of life after death, and what form this life may take. The discussion will be illustrated with video segments.

In addition, Dr. Roll will guide participants in mediumistic readings, psi sessions, recall of previous lives, and the evocation of apparitions. The practices invite participants to discover their own psychic roots to better understand their circumstances and possibilities in this world.

Dr. Roll writes: "We will use the near-death experience as a map to full living. The journey starts when the tunnel vision of the ego gives way to a joyous merging with loved ones and with previous adversaries. From this confluence, other borders may fall so that we may recognize our self in the lights and shadows of the world, in its joys and pains, and in its livings and dyings."

Recommended reading: Duncan & Roll, *Psychic Connections: A Journey into the Mysterious World of Psi.* $795

Poems of Sacred Place: Writing and Telling

Erica Helm Meade

Poetry of sacred place is born from sites where myth and landscape meet, such as The Bones of Pele, the rock hill on West Maui where Pele was slain by her sister in a frenzied rivalry over love. This writing/telling workshop will celebrate early myths of place as well as W.B. Yeats, Mary Oliver, and other modern poets who listen to the spirit of place. The workshop will focus on listening to landscapes, including Esalen's, to invoke, write, and tell the essence of place. Drawing from ancestral traditions, it will incorporate rhythm, movement, invocation, and ritual to explore the living source of poetry and activate our link to the sacred. $795

October 17-24

The Painting Experience

Michell Cassou

For workshop description see October 12-24.

$1220

(plus $35 materials fee paid directly to the leader)

Weekend of October 17-19

A Weekend with Lama Tharchin Rinpoche

Tibetan Buddhism is unique in that, through historical and geographical circumstances, Tibetans have isolated themselves on the roof of the world, consciously disarming themselves and devoting their country's material and spiritual resources to the investigation of the mind.

In this weekend retreat, the Venerable Lama Tharchin Rinpoche will introduce the Tibetan Buddhist understanding of the ultimate true nature of our being, how we can walk the path toward revealing this quality through meditation, and finally, how we can carry this understanding into daily life through awareness. As both a recognized lineage holder of this tradition and a householder with two sons, Rinpoche has a wise and practical approach to integrating ancient wisdom into daily life.

In this workshop he will discuss:

- Healing and transforming the emotions
- Stabilizing happiness in daily life
- Meditation in action

Rinpoche embodies the living compassion and wisdom of the Buddhist teachings and exemplifies how each one of us can awaken to our true potential. $425

Story is the Entire World: A Writing Workshop

Deena Metzger

A story is a universe, a world of diverse and complex meanings. Each of our stories is as unique and diverse as the universe itself and each is ruled by the gods of beauty and necessity, of the particular and the universal. To know our stories is to know and live the complexity and particularities of our own astonishing lives, to bring the different parts of ourselves into dynamic and fluid harmony. Each one of us is living a story, a story that is rich and complex and has psychological, political, ecological, spiritual, and mythic implications. To discover its shape and essence is to live in balance, to find the common thread, to walk the one road that coexists in all dimensions.

As in the moment of creation of the cosmos, we begin with a small point and watch with awe and delight as it expands far beyond our hopes and expectations. Then we can come to know this story, its origins and its future, its terrors and possibilities. In the beginning is the word: Everything comes from that.

In this workshop, participants will be carefully guided through a series of writing exercises into the heart of the creative process, toward the discovery of the meaning and beauty of their own tale.

Nothing is required but paper and pen and the desire to enter the inner world for its treasures and revelations. Designed for writers and nonwriters alike, poets, dreamers, explorers, journal writers, therapists—all those interested in language, awareness, authenticity, and rigorous interchange with the true self.

$425

A Retreat for Women of Experience: Midlife and Beyond

Lenore Lefer & Anne Yeomans

"The gifts of woman are many," write the leaders. "They have been undervalued and made invisible until we cannot see them ourselves. Today, more than ever, the earth needs these gifts.

"This is an opportunity for women in midlife and beyond to come together to explore the issues that are on our minds and in our hearts. What are the challenges we each face? How can we support each other in reclaiming and honoring our passion, our tears, our outrage, our laughter, and our beauty? How can we express our deepest values at this time in our lives?

"The workshop will include time to speak and tell our stories, and time for silence, hatha yoga, walking meditation, and group process. Some themes to be explored include:

- The wisdom of the body
- Sexuality and intimacy
- Menopause
- Power and self-expression
- Self-care in the midst of responsibilities
- Spiritual questions of midlife

"It is our hope that these days together will strengthen our trust and renew our spirit, so that we can return to our lives with more joy, more tenderness toward ourselves and others, and more boldness in living all that is important to us." $425

Week of October 19-24

Gestalt Practice

Christine Stewart Price

> *The Way, when declared*
> *Seems so thin and flavorless.*
> *Nothing to look at, nothing to hear—*
> *And when used—is inexhaustible.*
>
> – Lao Tzu

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that awareness is made primary relative to action, Gestalt practice has a strong relationship to some forms of meditation and visualization. This form is similar to some Reichian work as well, in that emotional and energetic release and rebalancing are allowed and encouraged.

The emphasis is *intra*personal rather than *inter*personal. It is explicitly understood that participants are not patients but persons actively consenting to work (or play) in awareness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure, or accomplishment. Through group exercises, meditations, and discussion, this workshop will introduce participants to the Gestalt practice approach. The format will combine introductory group work with the open seat form in which each participant will have the opportunity to work with the leader in a group context.

Recommended reading: Perls, *Gestalt Therapy Verbatim*; Chodron, *The Wisdom of No Escape*.

C.E. credit is available for nurses; see page 67.

$795

Trigger Point Massage: A Sensitive Approach

Arthur Munyer

Trigger Point massage is the movement of myofascial tissue by means of soft, deep contact with pressure points. These points are actually an interrelated network which form a focus of pain and emotional discomfort in our bodies. Through awareness and skilled touch these points may be stimulated by applying pressure which releases the muscle tension. At the same time, the emotions stored in those tissues may be brought to awareness and given expression. As Arthur writes: "Some of these feelings are painful and some very loving. Learning to be present and sensitive to them all is the most important aspect of my work."

This workshop will combine Trigger Point release with the long, gentle strokes of Esalen massage to provide a nurturing context for this exploration. Where appropriate, craniosacral work, joint release, and deep tissue techniques may be employed, as well as grounding, sound, movement, meditation, and stretching to bring awareness and presence. The journey begins on the surface, then continues inward toward the core of the tensions that create the holding patterns which keep us closed.

This workshop is designed for bodyworkers, medical professionals, health-care practitioners, and individuals with massage experience who would like to be more comfortable working with touch and explore the connection between the spiritual, physical, and emotional. Some massage experience is especially helpful.

C.E. credit is available for nurses; see page 67.

$795
(plus $15 for the Trigger Point work manual)

Sufism: Human Completion and the Divine Names

Kabir Helminski

Sufism, the mystical school of Islam, is a spiritual path in which love is the means of progress. Through the power of love one can learn to attain a state of reliance on God and activate the qualities of a true and complete human being. The great Sufis, like Rumi, lived exemplary and creative lives within, not separate from, the human community. Sufism is a metaphysical awareness that manifests in relationship, in culture, and in a practical life.

At the heart of this teaching are the Divine Names, the qualities which lie behind visible reality and which are available for adoption by the human being. These names can be studied, chanted, and lived. They can manifest as poetry, as music, as movement. During this time together, participants will seek to enter a sacred reality deep within themselves, studying and experiencing such divine names as: The Enlightener, The Holy, The Generous, The All-Aware, the Shaper of Beauty, The Gatherer, The Subtle. $795

Vocal Awareness: Empowerment Through Voice

Arthur Samuel Joseph

In many traditions, the throat is the center of creative power. The voice represents this power, and thereby has the capacity to help access our full creative expression. This course combines the powerful techniques of Vocal Awareness with principles of creativity theory to help participants realize their creative potential.

Vocal Awareness introduces techniques which are integral to this development process. This approach—which views voice as a metaphor, representing an individual to the world—includes vocalizing, sound meditation, movement, song study, and development of the speaking voice as a means for deepening contact with the self. Participants will work

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individually and in groups exploring breathing, toning, and vocalizing.

Singing and speaking offer an immediate outlet for creative expression. In addition, the voice can become a springboard for other forms of creative expression, such as writing, drawing, movement, and problem solving. In this way, the voice becomes a symbol for the whole person as an integrated creative being. Consequently, this workshop can be not only a vocal training class but a step toward empowerment along life's path.

C.E. credit is available for nurses; see page 67.

$795

Weekend of October 24-26

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see May 30-June 1.

$425

The Tao of Practice

George Leonard

We've tried them all—the ten easy steps to power and prosperity, the programs offering instant enlightenment or total fitness in fifteen minutes a week—and we've discovered they simply don't work. More and more people are beginning to say no to the false and often destructive promises of the quick fix. Moreover, new research is showing the efficacy of patient, long-term practice, which, it turns out, is far more important than talent in achieving mastery.

In this workshop, human potential pioneer George Leonard introduces a path (*tao*) of practice that can bring pleasure and fulfillment, not just during this weekend but for months and years to come. Drawing on the Integral Transformative Practice (ITP) he cofounded with Michael Murphy, Leonard will offer the fundamentals of a long-term program for realizing the potential of mind, body, heart, and soul.

You will have a chance to learn a forty-minute series that includes physical movement, breathing practice, relaxation, transformative imaging, and meditation. You will practice balancing and centering, the use of *chi*, focused surrender, and the creation of effective affirmations. There will be discussions of the principles of human transformation as revealed in a two-year experiment Leonard and Murphy conducted.

This workshop involves physical movement but is not strenuous. All that's needed is a generous heart and a willingness to participate.

Recommended reading: Leonard & Murphy, *The Life We Are Given*; Leonard, *Mastery*; Murphy, *The Future of the Body*. $425

Taking Care of Yourself While Helping Others: Survival Tools for Service Professionals

Dennis Portnoy

Service professionals—nurses, counselors, educators, administrators, those in helping roles—are at great risk for burnout and decreased effectiveness. In addition to facing increased pressures in the workplace, they frequently perpetuate familiar self-defeating habits of relating such as overidentifying with their helper role, taking on too much responsibility for both work and the feelings of others, making everyone else's needs more important than their own, and deriving self-worth from being needed by others. This behavior limits effectiveness personally and professionally and leads to burnout. In this seminar, participants will be shown ways to:

- Deliver service excellence without becoming overextended
- Distinguish between healthy and unhealthy giving

IONE

- Minimize the negative effects of stress in a demanding work environment
- Learn how to protect themselves and recover from continual exposure to other people's suffering
- Identify and counteract dysfunctional helping styles

Nonprofessionals who are in a helping role or people involved in taking care of loved ones are also welcome to attend.

C.E. credit is available for nurses; see page 67.

$425

Rhythms of the World: Enhancing Your Rhythmic Vocabulary

Brian Melvin

This is a rhythm clinic—for all instruments—designed to make you more aware of the wide-ranging rhythmic vocabulary that can be used in any style of music. You will explore the rhythms of Africa, India, Brazil, as well as all the rhythms used in jazz improvisation. You will study how master drummers play on top of rhythmic collages and how the separate parts interact to form a whole sound. There will be extensive explorations into cross patterns.

Learning to relax and breathe is a key element for getting to the core of your own inner rhythm. Drawing from Tai Chi and martial arts, the workshop will incorporate the aspect of *chi* with drums, blending knowledge and energy.

There will be rhythm section sessions exploring the harmonic and melodic aspects of rhythm. As an added treat, after Sunday morning's class, Brian Melvin's group, "The Zoo," will present an electronic percussion concert.

Please bring hand drums, shakers, bells, claves, and all other rhythm instruments. Also bring notebook and pencil. The workshop is appropriate for all levels from beginner to advanced. $425

Joy, Inspiration, and Hope: A Retreat for Gay Men

Scott Wirth

"As gay men," writes Scott Wirth, "our psychological lives are too often defined in terms of deficit and injury: we are not 'real' men; we are 'sick and sinful'; our lives are being robbed from us by AIDS—the long, dark list goes on. Our gay male psyches are invariably overburdened with the images and emotional residue of victimization, oppression, and tragedy.

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"Without denying these dark aspects, we will emphasize the joyful, inspiring, and hopeful aspects of our lives—past, present, and future. We will visit five phases of life: infancy, boyhood, adolescence, young manhood, and midlife, and blend together memory, fantasy, and stories we have heard.

"In a series of guided experiential sessions, we will construct and journey through what Jungian analyst Verena Kast has called our 'biography of joy,' this time as gay males. We will discover ways in which our soul remained inwardly steadfast throughout the different phases of our lives, nurturing and protecting us in ways that no parent or caregiver ever did. We will also recall and honor those who supported us—usually unknowingly—in the formation of our gay identity."

If you wish, bring a cassette of music which you find joyous, inspiring, or hopeful (each piece five minutes or less).

Recommended reading: Kast, *Joy, Inspiration, and Hope.* $425

In celebration of Arts Week at Esalen, the following workshop has been scheduled.

Week of October 26-31

The Vein of Gold: A Journey to Your Creative Heart

Julia Cameron & Tim Wheater

In Julia Cameron's new book, *The Vein of Gold*, she again draws from her extensive artistic and teaching experience to lead anyone, at any stage of the creative process, toward ever-widening creative horizons. In this workshop she is joined by composer and flautist Tim Wheater. Together they will lead participants on a journey diving deep into our innermost creative source—our own "vein of gold."

"When I speak of a 'vein of gold,'" says Cameron, "many people think in terms of productivity: 'Once I find my vein of gold, I'll strike it rich.' It is more accurate to think of the vein of gold as a heart vessel, carrying the precious cargo of the flow of our true nature. Viewed this way, we don't need to 'get' rich. We already are rich. This workshop is about coming to that recognition."

Whether you are already actively engaged in a creative enterprise or are just beginning to nurture your creativity, this workshop provides innovative and practical tools for mining your vein of gold. The techniques and teaching extend to writers, actors, artists, musicians, dancers, and anyone longing to set free the creative spirit. Through movement, writing, sight, sound, silence, and play, the workshop will be a pilgrimage into "kingdoms of creativity." $795

SPECIAL PROGRAMS

The programs listed below are either longer than the standard Esalen workshop or part of an ongoing series. Prices quoted below for these programs are for standard accommodations as described in Reservation Information, page 4. Sometimes bunk bed space is available at a reduced rate. Scholarships are also available; please see Scholarship Information on page 5.

The Diamond Approach: A Spiritual Teaching for Our Times

An Introductory Series of Classes

Teachers of the Ridhwan School are offering an ongoing series of introductory workshops in the Diamond Approach (see Basic Trust and The Spiritual Path, **June 29-July 6**). The teaching bridges the traditional divisions between what is considered sacred and what is considered mundane.

The methodology of the Diamond Approach is open-ended inquiry into one's personal experience leading to an experiential understanding of it. The format includes meditation, awareness and movement practices, talks, exercises in self-inquiry, and personal processing within the group. As we inquire into and travel through our inner terrain, our identifications and beliefs shaped by our conditioning—the obscuring veils within—become more and more transparent, and we are able to contact dimensions of reality and the human potential traditionally accessible to only a few. As we gradually contact the depths of who we are, our lives progressively become embodiments and expressions of our true nature.

As in many schools of spiritual work, spiritual development in the Diamond Approach, while noninvasive and nonconfrontational, does lead to addressing the defenses of the ego and the dissolution of its structures, and so is not appropriate for everyone. It is especially suited to those who have done a lot of spiritual and/or psychological work, and who still feel that something within has not been touched. Reading one or both of the books below is recommended to see if you resonate with this approach. Prospective participants will be sent a questionnaire to ascertain whether the work may be of personal benefit.

While one Diamond Heart workshop may provide a foundation for the next, each is complete on its own and may be taken individually or as part of the series. For more information and to obtain a questionnaire contact Joyce Lyke at 408-375-9845.

Recommended reading: Almaas, *Essence* and *Diamond Heart—Book One*.

The Upledger Institute Series

The Upledger Institute was founded by John E. Upledger, who pioneered the field of CranioSacral Therapy nearly twenty-five years ago. Dr. Upledger is a Doctor of Science, an Academic Fellow of the British Society of Osteopathy, and a member of the Alternative

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Medicine Program Advisory Council of the National Institutes of Health.

From 1975 to 1983, Dr. Upledger served as clinical researcher and professor of biomechanics at Michigan State University. During those years he supervised a team of anatomists, physiologists, biophysicists, and bioengineers in experiments testing the existence and influence of the craniosacral system. The results of those studies explained the function of the craniosacral system and its use in treating malfunctions of the brain and spinal cord.

The Upledger Institute teaches noninvasive modalities such as CranioSacral Therapy to doctors and health care practitioners of all disciplines. Curricula range from the structural/functional anatomical perspective to approaches that explore the physical, emotional, mental, and spiritual origins of pain and dysfunction.

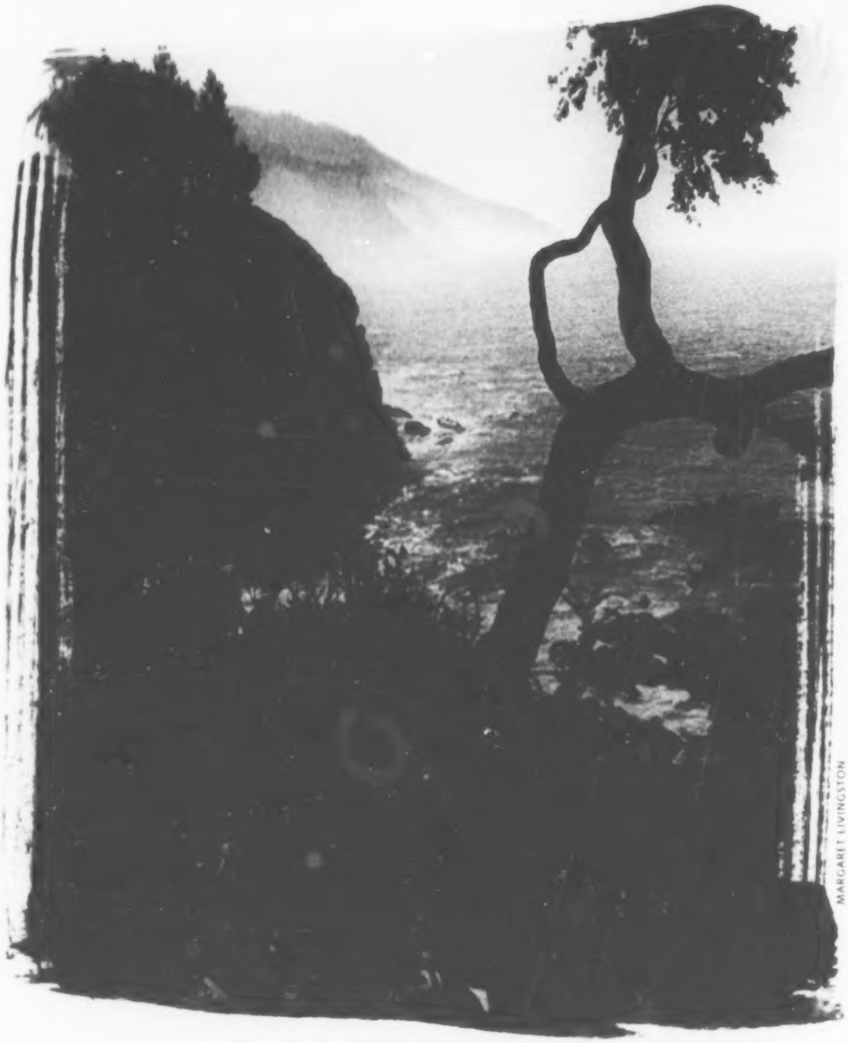
During this catalog period, Esalen will be offering CranioSacral II (**September 28-October 3**). This work is sequential and each workshop requires completion of the previous Upledger course, either at Esalen or elsewhere.

Healthspring Outreach and Education

The Healthspring Project extends Esalen's work in the healing arts and sciences to the outside world. It is an independent service-oriented program of Esalen teachers and their associates. Healthspring offers a global information network linking visitors to Esalen with centers, teachers, and health professionals in somatics and psychology located in their home area. (These listings are public information and are not meant to be an endorsement of any individual or institution.) Some of our practitioners and teachers travel in the United States and internationally and are available for private sessions and classes. If you are interested in being contacted, let us know.

The Healthspring library offers books on health and healing, somatic studies, psychology, bodywork, nutrition, and related studies, which may be borrowed by students while at Esalen. Donations of appropriate books are greatly appreciated.

For access to this program, write to Laurie Lioness Parizek at Esalen, c/o Healthspring.



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FUTURE PROGRAMS

Listed here are some of the special programs scheduled for the months ahead. This is not an invitation to register, but information to assist you in your long-range plans to participate in an Esalen workshop. Dates are subject to change; please call the Esalen Office or see the next catalog for more specific information.

November 1997

28-Day Massage Practitioner Certification Program

Ellen Watson & David Streeter

RECENT INVITATIONAL CONFERENCES

In its continuing commitment to the fields of education, religion, philosophy, and the physical and behavioral sciences, Esalen regularly sponsors invitational conferences that bring together experts who share their research and points of inquiry. As host, Esalen covers room and board expenses for participants as a way of advancing these particular studies. These are invitational conferences only and are not open to the public. Recently held programs and their conveners are listed here.

Pattern Perception and Pattern Thinking

November 10-12

This symposium was co-sponsored by The Ecological Design Institute (EDI), founded by writer, architect, and professor emeritus Sim Van der Ryn, and the Center for Ecoliteracy (CEL), founded by physicist and systems theorist Fritjof Capra.

The purpose of the retreat was to explore diverse perspectives on teaching pattern perception and pattern thinking in K-12 education, based on the realization that the ability to think and perceive systemically is at the heart of ecological understanding and practice.

The symposium was facilitated using an adaptation of a Native American council tradition, the Four Societies Process, which introduced a "pattern for interaction" among participants. The pattern of interaction ensured active contribution without confrontation and debate.

Participants included Sim Van der Ryn and Rebecca Coffman, EDI; chaos theorist Ralph Abraham, founder of the Visual Math Institute; writer, photographer, and organic farmer Michael Ableman, founder of Fairview Farm; organic farmer Steve Beck, Esalen; Zenobia Barlow and Deirdre Holmes, CEL; and a number of teachers and environmental educators experienced in teaching pattern perception and thinking in K-12 education.

Direct Mental and Healing Interactions with Living Systems

December 1-6

This meeting brought together for the fifth and final year a small group of scientists and colleagues who are exploring the effects of direct mental interactions with distant living systems. Researchers at the five-day meeting presented experimental work in progress, discussed issues affecting the interpretation of experimental data, considered ways to enhance the effect size, prepared a research agenda for coming years, and discussed ways to foster ongoing collaboration and support for this frontier science.

The work itself focused on such topics as distant effects of mental healing intention, presentiment (the unconscious awareness of an event before it enters consciousness), and the occurrence of mass-mind field effects as detected with appropriate electronic equipment. The group also held an open meeting for Esalen residents and guests where the research could be discussed and questions regarding it answered.

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CONTINUING EDUCATION PROGRAMS

FOR NURSES

The Board of Registered Nursing has approved Esalen as a provider of continuing education for registered nurses, provider number 01152. Only those programs listed below offer continuing education credit. Workshop leaders have final responsibility in applying for C.E.U. eligibility; therefore a workshop accredited in the past may not necessarily be accredited today. There is a $10 processing fee for C.E.U. certificates, payable at the end of the workshop when you turn in your evaluation form to the office. If you wish to receive a certificate, please notify the office at the time of registration.

Please note: *Two-day workshops offer 10 hours of C.E. credit and five-day or longer workshops offer 30 hours.*

If you need additional information on C.E. courses for nurses or future C.E. outreach programs, please contact Sherry Sanders Galloway, R.N., Continuing Education Coordinator, 408-667-3000.

May 2-4

- The Awakened Mind: Brainwave Training
- The Healing Power of the Dream

May 4-9

- The High-Performance Mind: Awakened Mind Brainwave Training

May 9-11

- Practical Herbology: An Esalen Garden Workshop
- Intuition and Perception: Extending the Boundaries

May 11-16

- Living with a Life-Threatening Illness: The Spiritual Journey

May 18-23

- From Conflict to Partnership

May 23-25

- OpenMind Training: Innovations in Meditation and Mind/Body Healing

May 25-June 1

- Cortical Reeducation® and the Feldenkrais Method®

May 25-30

- Healing Body Image and Sexuality
- The Core Self: Return to Innocence and Choice

May 30-June 1

- Core Holoenergetics®: The Art and Science of Conscious Healing

June 1-6

- Holoenergetics® Level One Training

June 6-8

- Introduction to Mindfulness Meditation
- Living with Breast Surgery: A Workshop for Women

June 13-15

- Weekend Massage Intensive
- Facing Death: Meeting Ourselves in the Care of the Dying
- The Visionary Life

June 15-20

- Soul Dramas: Past-Life Regression and Spiritual Healing for (Helping) Professionals

June 20-22

- Change Your Handwriting, Change Your Life

June 22-29

- Gestalt Practicum

June 22-27

- Turning On the Light: A Choice to Live Consciously

June 29-July 6

- Intermediate/Advanced Massage Intensive

July 11-13

- A Society of Souls: The Uses of Non-Ordinary Reality in Healing
- Psychosynthesis: Personal and Transpersonal Growth

July 13-18

- Facilitating Deep Process Using the Penniston Protocol Alpha/Theta Brainwave Training Technique

July 18-20

- Moving into Health: Feldenkrais® and Energetic Movement

July 20-25

- Chi Kung/Nei Gung
- Relationship Intensive

July 25-August 1

- Bonding: The Heart of Dialogue

July 25-27

- Lessons from Children with Cancer: A Healthier Way of Being Ill

August 1-3

- Intimate Connections

August 3-8

- To Be Ripe to Die, To Be Ready to Live
- Creating Exact Moments of Healing

August 8-10

- The Art of Leadership: Communication, Creativity, Vision
- The Subtle Art of Meditation

August 10-15

- Core Zero Balancing: Basic I and II
- Advanced Cortical Reeducation® and the Feldenkrais Method®

August 15-17

- Innovative Hypnotherapeutic Approaches to Mind-Body Healing
- Freeing Our Bodies/Our Selves Through Movement: A Feldenkrais® Approach

August 17-24

- Hypnotic Conversations: Psychotherapy in the Tradition of Milton Erickson

August 17-22

- Managing With Heart: Changing the Leadership Paradigm
- Five-Day Massage Intensive

August 22-24

- Breema Bodywork: The Nonjudgmental Treatment

August 24-29

- Spiritual Healing: Laying on of Hands
- A Course in Miracles

August 29-31

- Re-Solving Your Past, Remembering Who You Are: A Gestalt Process Workshop

September 5-7

- Weekend Massage Intensive
- The Subtle Self

September 7-12

- In Search of the Healing Self: Movement, Touch, and the Healing Process
- The Transformative Power of Grief

September 12-14

- Therapeutic Touch: Healing for Everyone-Everyone a Healer
- Time Shifting: Creating Time for Your Life

September 14-19

- Continuum
- Healing Our Hearts

September 19-21

- Why Men Are the Way They Are

September 21-26

- Five-Day Massage Intensive
- The High-Performance Mind: Awakened Mind Brainwave Training

September 28-October 3

- Taoist Chi Kung: Enhancing Vitality
- Turning On the Light: A Choice to Live Consciously
- The Upledger Institute's CranioSacral II

October 3-5

- Maps of the Jungle: Negotiating the Primitive Dimensions of the Workplace
- The Awakened Mind: Brainwave Training
- Pandora's Gifts: On Secrets, Health, and Healing

October 5-10

- Intuition and the Dance of Attention
- Reflexology-Then and Now

October 19-24

- Gestalt Practice
- Vocal Awareness: Empowerment Through Voice
- Trigger Point Massage: A Sensitive Approach

October 24-26

- Taking Care of Yourself While Helping Others: Survival Tools for Service Professionals

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FOR PSYCHOLOGISTS

Esalen has been approved as a provider of continuing education for psychologists in the State of California, accredited by the California Psychological Association, provider number ESA001. Workshops for which C.E.U. credit has been approved are listed here. Those workshops for which C.E.U. applications have been filed and approval is pending are noted in the Seminars section. For current status information, contact Brita Ostrom at 408-667-3040.

Please note: *Two-day workshops offer 10 hours of C.E. credit and five-day workshops offer 26 hours.*

May 4-9

- The High-Performance Mind: Awakened Mind Brainwave Training

May 18-23

- Completions and Transitions

May 23-25

- Night Poetry: A Workshop on Dreaming

May 25-30

- Group Process Training

May 30-June 1

- Core Holoenergetics®: The Art and Science of Conscious Healing

June 1-6

- Holoenergetics® Level One Training

July 13-18

- Facilitating Deep Process Using the Penniston Protocol Brainwave Training Technique

July 25-27

- A New Beginning: Courage and Heart

August 15-17

- Innovative Hypnotherapeutic Approaches to Mind-Body Healing

August 24-29

- Life Energy Process®

September 5-7

- The Home Within the Heart: Ojibwe Tribal Healings

September 7-12

- The Transformative Power of Grief

September 21-26

- The High-Performance Mind: Awakened Mind Brainwave Training

October 3-5

- Maps of the Jungle: Negotiating the Primitive Dimensions of the Workplace

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FOR MFCCs & LCSWs

Esalen has applied to become a provider of C.E.U. credit for MFCCs and LCSWs, accredited by the California Board of Behavioral Sciences. Those workshops submitted for accreditation and for which approval is pending are noted in the Seminars section. For any questions or current status information, contact Brita Ostrom at 408-667-3040.

WORK STUDY PROGRAM

THE WORK STUDY PROGRAM is for those interested in an intense and complete involvement with the Esalen environment. It is a work- and service-oriented program, emotionally and physically, and only rarely is it restful. Participants work thirty-two hours per week in one of Esalen's departments (kitchen, garden, farm, housekeeping, maintenance, or grounds) and participate, along with staff and long-term students, in that department's program.

During most evenings and one weekend intensive, work students are together in one of two groups (see below) exploring different practices and approaches available at Esalen, with specifically assigned leaders who are with the group throughout the month, coordinating the study schedule and facilitating many of the evening sessions.

The selection of work students is done by Bette Dingman and Dorothy Thomas, the Work Study Coordinators, in consultation with department supervisors. Since this is a work and service program, preference is given to applicants who are open and willing to learn about themselves within the work context as well as within the evening and weekend study/process groups. Applicants with particular skills or physically limiting conditions are urged to mention them on the application. It is necessary for applicants to be fluent in English.

First-month work students, in particular, are assigned to departments largely on the basis of community need. No work students will be assigned to the office until they have fulfilled a minimum of one month in one of the aforementioned departments, either during a current or a previous stay.

The study portion of the program is divided into two groups each month: each emphasizes one type of growth practice, such as Gestalt, meditation, creative arts, massage or somatics work, and so forth. Applicants must select one group and be prepared to stay at Esalen for the full duration designated for that particular program, assuming that they meet the standards of the Work Study Program.

Please note: This program is designed to explore and apply human values and potentials in both the evening groups and the workplace. It is not intended as a substitute for therapy or as a "cure."

It is sometimes possible to receive college unit credit for participating in the Work Study Program. Please check with your college or university for eligibility requirements.

Work Study Programs scheduled for this catalog period are:

May 25-June 22

Lenore & Mel Lefer will lead this program. Lenore will offer an exploration of the inner journey within the framework of psychosynthesis, using guided imagery, journal writing, dreams, ritual, storytelling, and nature to create a supportive environment in which healing and transformation can occur. Mel will teach all levels of Integral Yoga, including postures, progressive relaxation, breathing practices, meditation, and visualization.

The basis of a month with **Seymour Carter** will be the Gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, and aikido. Each participant's process of development will be honored, encouraged, and treated as unique.

June 22-July 20

Peter James Meyers will lead a month of exploration in theater arts designed to awaken the playful nature of creativity. Using movement, language, sound, improvisation, theater games, and music, the group will work together to reinvigorate the whole body as an instrument for communicating the poetic language of the spirit for the stage. All levels and abilities are welcome.

Eduardo Eizner & Guests will lead a month concentrating on emotional release work and self-awareness, incorporating Gestalt practice, group and individual process, rituals, movement, and bodywork.

July 20-August 17

In the tradition of Milton Erickson, **Nancy Winston & Paul Lounsbury** will use cybernetic principles and hypnotic techniques to help participants bring about new forms of spontaneous interaction, novel experience, and more satisfying outcomes in everyday life. The focus will be on mobilizing and utilizing unconscious capacities to increase variety and choice in the patterns that organize our ways of bringing forth our world. This will include formal and informal trance inductions, group interaction, and exploration of individual styles of organizing and communicating experience.

In a month with **Judith Cornell**, participants will learn how the mandala, used for thousands of years in Hindu and Tibetan Buddhist rituals, facilitates transformation in body, mind, and spirit. The program merges sacred art, transpersonal psychology, the psychology of subtle energy medicine, and science with perennial wisdom illuminating our wholeness and connectedness. Using an approach which synthesizes light, sound, and consciousness, participants will draw, meditate, and learn simple yoga movements and sound techniques for harmonizing the body/mind, releasing fear, and opening to higher states of creativity.

Please note: There will be a $35 materials fee paid directly to the leader.

August 17-September 14

Elaine Hughes will lead a program which uses writing as a process to deeply explore the nature of your own experience and to discover your own authentic voice. This is a program to cultivate freedom of expression and personal truth, not writing technique. The program offers evocative exercises which incorporate meditation, visualization, body awareness, sense perception, and movement. Expect to write intensely, to challenge and surprise yourself, and to open your imagination to new possibilities. Please bring a special writing journal and some favorite pens. Weekly Gestalt open seats will be scheduled.

Eric Erickson will lead a group devoted to the development of integral practices. Gestalt practice, meditation, movement exercises, and the experience of nature will be explored as complementary awareness practices which, when combined, integrate mind-body-spirit into a greater whole and enhance personal development and transformation.

September 14-October 12

Patrick Douce will share the essence of his work with Moshe Feldenkrais, Balinese healers, and Indonesian Silat martial-art-for-health systems. This program will focus on movement and touch to increase the sensitivity, flexibility, coordination, relaxation, and freedom of the body. Individual problem areas will be approached in order to improve chronic stiffness and pain. Group experience and interaction will help facilitate balance in the overall growth of each participant.

The focus of a month with **David Schiffman** will be on the theme of transition. It is geared for people facing major changes who would like an opportunity to create a time for sanctuary and a mood of mutual support. The intention will be to cultivate an individual style of approaching change that is heartfelt, open-minded, and resourceful in spirit. Traditional methods of self-inquiry (Gestalt practice, bioenergetics, psychosynthesis) will be combined with innovative methods using music, meditation, poetry, ritual, and prayer to foster this spirit.

October 12-November 9

Maria Lucia Sauer Holloman will lead a monthlong program teaching spiritual massage and healing, the laying on of hands. This practice incorporates both hands-on and energetic work. Yoga, meditation, artwork, and Tibetan and bioenergetic exercises will be incorporated to complement this energy work and to help bring participants in tune with their bodies.

A month with **John Soper** will center on ways to improve the quality of one's life. Gestalt practice will be the vehicle for personal growth in a group setting. The work will create a safe environment from which to experiment and take risks. As new and unfamiliar ways of behavior and expression emerge, group members can begin to see themselves and others with more acceptance, empathy, and compassion for the suffering which has caused so much distortion of human behavior. Each individual's personal journey will be respected.

Inasmuch as the Work Study Program is a complete program in itself, please do not plan to take regularly scheduled catalog workshops during your stay. Professional services, such as massage, are available at staff rates.

Fees: A deposit of $400 in U.S. currency is required with your application. The work scholar fee is $750 for the first month, $700 for the second month, and $650 for the third month. Work students may be invited to remain for a second or third month depending on space available and community needs. Occasionally it is possible to stay for a longer period as an Extended Student. There are no scholarships available for the Work Study Program.

Housing: Accommodations are shared (occasionally co-ed), with up to four people to a room, usually at South Coast Center, a staff complex located 1.5 miles north of Esalen.

For more information contact Bette Dingman or Dorothy Thomas: 408-667-3010.

Please note: Application is not registration in the program. Registration is made only after approval of application and upon receipt of deposit. The balance of the fee is due on arrival and is nonrefundable thereafter.

Of the original deposit, you will be refunded the following amount if you choose to cancel: 14+ days prior to start, $300; 8-13 days, $200; 2-7 days, $100; 0-2 days, $50. Please return the application form (see next page) with your deposit to:

Work Study Program
Esalen Institute
Big Sur, CA 93920

Institute of Transpersonal Psychology Offers External Master's Degrees

WORK STUDENTS have the opportunity to integrate their work study experience at Esalen with the external degree program of the Institute of Transpersonal Psychology. The external degree format enables students to study at any location. Work students will be able to continue the dynamics of personal growth fostered at Esalen while earning master's degrees in either transpersonal studies or transpersonal psychology or a one-year certificate in transpersonal studies.

Inquiries and applications should be made directly to ITP. Contact:

Dianne Jenett
Global Program
Institute of Transpersonal Psychology
744 San Antonio Road
Palo Alto, CA 94303
415-493-4430

WORK STUDY PROGRAM APPLICATION

Name ______________________ ☐ Male ☐ Female

Date of Birth ______________________ Occupation ______________________

Place of Employment ______________________

Daytime Phone (____) ______________________ Home Address ______________________

Evening Phone (____) ______________________ City/State/Zip code ______________________

Date of Application ______________________ Country ______________________

Do you have any physically limiting conditions which might affect your full participation in this program? ☐ Yes ☐ No

If yes, please be specific ______________________

____

Are you currently taking any medications? ☐ Yes ☐ No If yes, please specify ______________________

Which program(s) are you interested in? Please list the leader's name ______________________

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Please note: When focused programs continue with the same leader for more than one month, participants must be prepared to stay at Esalen for the full duration of that particular program.

The Work Study Program is for 28 days, beginning and ending on Sunday. Please list the dates of your choice, listing two alternative dates as well.

1st: ________ to ________ 2nd: ________ to ________ 3rd: ________ to ________

Work students may be invited to remain for a second or third month, depending on space available and the needs of the Esalen community. Please indicate your availability for such an invitation.

☐ No extension ☐ One-month extension ☐ Two-month extension

Assignments to departments are made according to community labor needs. However, if you have particular skills that you're willing to use, especially in food preparation, gardening, maintenance, mechanics, construction, or housecare, please mention them here.

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☐ Please check here if you have emergency medical skills (M.D., R.N., or E.M.T.) and are willing to use them during your stay.

Attach a personal statement about your interest in the Work Study Program and why you'd like to participate.

All applicants are required to sign a standard release from liability and assumption of risk form as a condition of participation in the Work Study Program.
Please Note: No pets allowed.

WILDERNESS PROGRAMS

Week of May 4-9

Apprenticeship to the Earth—Return to Sacred Ground

David Schiffman & Tom Little Bear Nason

"This wilderness adventure is for people who value the restorative and inspirational power of the natural world," writes David Schiffman. "We will journey on foot and/or horseback toward a simpler mode of being. Our destination: Pine Valley, deep in the woods of Big Sur's most pristine backcountry, a convergence of earth, sky, and mountains, filled with centuries-old towering pines, sparkling streams and waterfalls, surrounded by high granite cliffs and secret caves inscribed with petroglyphs. It is an ancient, sacred gathering-place for the Esselen Indians, used for countless generations as a tribal sanctuary for new visions, purification, celebration, and community.

"It will be a time to share the elemental realities of outdoor living and travel: sleeping under starry skies in the fragrance of the forest, immersed in the music of creek and wind, sharing meals around blazing fires in an unhurried mood of common support.

"Our time together will also be used for self-realization and personal mastery. We will employ a variety of practices for uncluttering our minds and hearts and freeing our spirits. Our tools will combine the ancient and the modern, including:

- Music and ceremony as spirit medicine
- Native American prayer and purification practices
- Opportunities for individual initiation into dreamtime
- Healing and kinship through the sensitive use of touch
- Free-form adventures in the heart of the forest

This trip is suitable for newcomers as well as old hands."

Participants can either hike or ride.* All gear and food will be packed in on mules. Be prepared for some physical exertion. Further details will be sent upon registration. $795

*($840 if you choose to ride)

Week of August 3-8

Spirit Dance: A Shamanic Wilderness Journey

David Schiffman & Tom Little Bear Nason

"In nature," writes David Schiffman, "there exist simple elemental realities. Timeless and perennial, they are the ancient sources from which all life can be discerned and understood. Our aims for this week are simple: to be rooted deeply in the shamanic realities of the natural world, to feel the powerful rhythms of Big Sur's sky and mountains in our every breath, to rediscover the inner resources of our own soulful connection to the world.

"Traveling together on foot and/or horseback, we will journey to Pine Valley, a sacred gathering-place in the heart of the Ventana Wilderness used by generations of Native Esselen people for seasonal gatherings and shamanic celebrations and healing rituals.

"Living simply and communally under the stars, we will return to a timeless mood of tribal gathering. Our home for the week: a magnificent confluence of sky and mountains, tall pines, flowing streams, and waterfalls surrounded by high granite cliffs concealing secret caves and petroglyphs.

"Earth-based rituals of initiation and purification will be used to clear our minds and hearts and free our spirits. It will be a time to be met by kindred spirits who share a single interest in mastering further the basic tools and practices which are the true foundation for a shamanic apprenticeship to the earth."

Participants can elect to ride* or hike. All gear and food will be packed in on mules. Further details will be sent upon registration. $795

*($840 if you choose to ride)

October 12-17

Heart of Big Sur: Journey into the Santa Lucia Mountains

Grandfather Fred Nason, Tom Little Bear Nason & Steve Kestrel Chambers

This wilderness journey seeks to reawaken the spirit of the wild, to expand and deepen your connection to yourself, to the earth, and to nature. With wilderness as the primary teacher, you will work with local Native California Indian traditions and contemporary awareness practices to enhance your contact with nature.

You will journey directly into the heart of Big Sur's Santa Lucia Mountains to Pine Valley, the ancestral summer home of the Esselen Indians, whose village sites, stone tools, and sacred rock paintings are still found among the sandstone caves and boulders.

Guide Grandfather Fred Nason will provide mules and horses to carry in food and equipment, allowing you to hike the six miles from the trailhead to base camp with only a light day-pack. From base camp, there will be optional day-hikes and trail rides (6-10 miles) that lead to caves with Indian petroglyphs, along mountain streams to inspiring waterfalls, through valleys and canyons of oak and pine, and to sacred mountaintops for breathtaking views.

Little Bear will share his love of the land and the teachings passed down from his ancestors who have danced, prayed, and sung among these mountains for countless generations. You will be guided to sacred healing sites to join in ceremonies that can help you come into balance with yourself and all of the web of life on Mother Earth. Steve Chambers will offer hikes to introduce local areas of natural history, including the geology, plants, and animals of the Ventana Wilderness.

All meals are vegetarian and of exceptional quality. No previous wilderness or horseback riding experience is necessary, although you should be ready for vigorous physical activities.

A complete information packet will be sent upon registration. $795

(or $950 to ride a gentle saddle-horse)

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The Esalen Wilderness Program refund policy reflects the fact that few of these expenses can be recovered.

To reserve a space in a wilderness workshop, a nonrefundable deposit of $200 is required. The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your nonrefundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your deposit is forfeited.

AUDIO RECORDINGS

The Dolphin Tape Series

Each new tape list has a somewhat different emphasis in its selection of titles and speakers. In addition to the many well-known titles from familiar speakers included for the special attention of new customers, there are several additional tapes from some old favorites, the most recent recordings from others, and a few entirely new speakers, events, and subjects.

Dolphin Tapes has no complete catalog, just overlapping tape lists. When you place an order, let us know your field of interest or your favorite speakers. We may have more information on some of them. Many tapes are in stereo. Tape length is normally 1 to 1 1/2 hours.

Single-tape titles are $10:

Abraham/McKenna/Sheldrake: TRIALOGUES: Preview and Sampler, 1989-90
Abraham/Thompson: *Eccentric Sunday Morning: Chaos and Order*, 1993
Anne Armstrong: *On Being a Psychic*, 1971
Gregory Bateson: *The Limits of Science*, 1978
Robert Bly: *Six Powers of Poetry*, 1983
David Brower: *Breaking the Species Barrier*, 1971
Barry Commoner: *Human Meaning of Environmental Crisis*, 1971
David Darling & Al Huang: *Dancing Cello, Dancing Tao*, 1989
Ram Dass: *Yoga of Daily Life*, 1970
Big Sur Drums: *The Sky Children*, 1968
James Fadiman: *Guided Fantasy and Fairy Tales*, 1972
David Finkelstein: *A New Quantum Logic*, 1976
Stanislav Grof: *A New Paradigm for Psychotherapy*, 1980
Willis Harman: *Origin of the Psychedelic 1960s*, 1977
Arthur Hastings: *Transpersonal Realities*, 1979
Gerald Heard: *The Power of Wonder*, 1954
John Heider: *Living in the Tao*, 1987
Albert Hofmann: *LSD and the Nature of Reality*, 1978
Aldous Huxley: *Human Potentialities* (MIT Cambridge), 1961
Laura Huxley: *Recipes for Living and Loving* (Guided Imagery), 1963
Robert Johnson: *The Roots of Modern Masculinity*, 1990
Stanley Keleman: *Biological Roots of Consciousness*, 1970
Jack Kornfield: *The Simplicity of Spiritual Practice*, 1982
Jack Kornfield: *On Buddhism: A Personal Story*, 1983
Timothy Leary: *American Culture: 1945-1985* (College of Marin), 1977
Janet Lederman: *Early Childhood Experience* (Gazebo), 1987
John C. Lilly: *The Dolphin Experience*, 1969
John & Toni Lilly: *Integrating Science and Mysticism*, 1981
Abraham Maslow: *Self-Actualization*, 1966
Terence McKenna: *Surfing on Finnegan's Wake*, 1993
Terence McKenna: *Hot Concepts and Melting Edges*, 1994
Terence McKenna: *Laws and Freedom, Habits and Novelty*, 1994
Terence McKenna: *Personal Update, Complexity and Meaning*, 1996
Humphrey Osmond: *Early Psychedelic History*, 1967
Joseph Chilton Pearce: *Intelligence of the Heart*, 1992
Joseph Chilton Pearce: *Unconflicted Behavior*, 1994
Fritz Perls: *Gestalt Therapy and How It Works*, 1966
Carl Rogers: *My Philosophy and How It Grew*, 1972
Rogers/Bateson: *Dialogue on Thinking, Feeling, Learning*, 1975
Will Schutz: *Principles and Philosophy of Encounter*, 1970
Daniel Sheehan: *Philosophy of Christic Institute*, 1991
Rupert Sheldrake: *Morphic Resonance and Memory*, 1985
Sheldrake/Pearce: *Resonant Fields of Heart and Brain*, 1993
John "Jay" Shelfer: *Taoist Chi Energy Breath Movement*, 1993
Julian Silverman: *A Lighthearted Course in Miracles*
Huston Smith: *The Nature of Reality* (Boston), 1979
David Steindl-Rast: *The Body, Sensuousness, and Spirituality*, 1990
Richard Tarnas: *The Passion of the Western Mind*, 1993
Charles Tart: *On the Paranormal*, 1971
Wilson Van Dusen: *The Nature of Humanness*, 1969
Alan Watts: *Divine Madness*, 1968
Carl Whitaker: *On Becoming a Professional Therapist*, 1989
Arthur M. Young: *The Reflexive Universe*, 1973

Two-tape titles are $16:

Walt Anderson & Ted Roszak: (2) *The Upstart Spring* (Esalen), 1984
Angeles Arrien: (2) *Cross-Cultural Shamanic Practice*, 1991
Gregory Bateson: (2) *Balinese Culture and Shamanism*, 1976
Ram Dass: (2) *One Man's Journey to the East*, 1969
David Finkelstein: (2) *Ancient, Medieval, and Classical Physics*, 1984
Bruce Kumar Frantzis: (2) *Taoist Philosophy and Practice*, 1994
Buckminster Fuller: (2) *The Critical Path* (Maui), 1982
Stanislav Grof: (2) *The Birth Trauma*, 1981
Stanislav Grof: (2) *The Cosmic Game*, 1987
Jean Houston: (2) *The Possible Human* (Boston), 1979
Robinson Jeffers's Poetry: (2) *A Dramatic Celebration* (Carmel), 1972
Timothy Leary: (2) *The Power of Imprinting*, 1982
Terence McKenna: (2) *The Magical Mystery Tour*, 1989
Sogyal Rinpoche: (2) *Training for the Moment of Death*, 1982
Daniel Sheehan: (2) *Christic Institute Update and JFK*, 1992
Daniel Sheehan & Sara Nelson: (2) *Politics and Natural Law*, 1995
Frederic Spiegelberg: (2) *India and the Saints*, 1964
Alan Watts: (2) *Eastern Religion and Western Therapy*, 1971
Watts/Grof/Silverman: (2) *The Science of Madness*, 1968
Janet Zuckerman: (2) *The Feeling Process*, 1987

Four-tape titles are $34:

Ralph Abraham: (4) *The Chaos Revolution*, 1994
James Fadiman: (4) *A Weekend of Stories*, 1984
David Finkelstein: (4) *Indeterminacy and Undecidability*, 1978
Roland Fischer: (4) *Creative, Psychotic, and Ecstatic States*, 1969
Buckminster Fuller: (4) *Integrity Day* (Marin), 1983
Abraham Maslow: (4) *An Informal Weekend in Big Sur*, 1966
Terence McKenna: (4) *Conversation at the Edge of Magic*, 1994
Terence McKenna: (4) *Eros, Chaos, and Meaning's Edge*, 1994
Terence McKenna: (4) *Deeper and Broader Questions*, 1994
Rupert Sheldrake: (4) *Resonance and the Habits of Nature*, 1987
Rupert Sheldrake: (4) *Rebirth of Nature: Revival of Animism*, 1990
David Steindl-Rast: (4) *Mysticism as a Frontier Experience*, 1985
David Steindl-Rast: (4) *Living in the Now*, 1988
David Steindl-Rast: (4) *Enjoying Poetry*, 1992
Andrew Weil: (4) *New Insights into Addiction*, 1987
Colin Wilson: (4) *Human Evolution and a New Psychology*, 1968
Arthur M. Young: (4) *The Reflexive Universe Interviews*, 1983

The Dolphin Vinyl Album Tape Sets:

Angeles Arrien & Robert Bly: (6) *Love in the Western World*, 1984	$56
Gregory Bateson: (6) *Steps to an Ecology of Mind*, 1980	$56
John C. Lilly: (6) *Ego, Self, and Essence*, 1971	$56
John C. Lilly: (6) *The East Coast Workshop*, 1973	$56
Abraham Maslow: (6) *The Eupsychian Ethic*, 1969	$56
Joseph Chilton Pearce: (6) *Journey to the Heart*, 1990	$56
Rupert Sheldrake: (6) *Resonance and Presence of the Past*, 1985	$56
Andrew Weil: (6) *All You Wanted to Know About Drugs*, 1993	$56
Robert Anton Wilson: (6) *The "Coincidance" of Joyce*, 1985	$56
Ruthy Alon: (6) *Lessons in the Feldenkrais Method* (Series I or II)	$60
Terence McKenna: (8) *Collected Talks: Series I* (1982-83) or II (1983-86)	$66
Terence McKenna: (8) *The Esalen Scholar-In-Residence Series*, 1989	$66
Julian Silverman: (8) Commentaries on *A Course in Miracles*, 1980	$66
Colin Wilson: (8) *The New Analytic Philosophy*, 1967	$66
Colin Wilson: (8) *New Pathways in Human Evolution*, 1990	$66
Buckminster Fuller: (8) *The Pajaro Dunes Tapes*, 1977	$72
Moshe Feldenkrais: (6) *Awareness Through Movement Lessons* (Series I)	$72
Terence McKenna: (8) *True Hallucinations* (A Talking Book), 1984	$72
Abraham/McKenna/Sheldrake: (10) TRIALOGUES *at the Edge*, 1989-90	$84
Virginia Satir: (10) *Conjoint Family Therapy*, 1968	$84
Esalen Symposium: (12) *Wilhelm Reich: His Life and Work*, 1974	$96
Gregory Bateson: (12) *Informal Esalen Lectures*, 1975-1980 (Archives)	$96

Please add $3.00 to your complete order for handling and mailing (add $3.00 more if you wish priority mail). Overseas orders add $1.00 per tape for mailing. California residents include 7.25% tax. Institutional purchase orders please add 10% to tape cost for invoicing and deferred payment. Allow 4 to 6 weeks for delivery (most orders are mailed within two weeks).

Please mail your order and your check payable to:
DOLPHIN TAPES, P.O. Box 71, Big Sur, CA 93920

Advertisement: Dolphin Tapes is a private company independent of Esalen.

BIOGRAPHICAL INFORMATION

A

Ralph Abraham has been a professor of mathematics, chaos pioneer, and author since 1960. His most recent books are: Dynamics–the Geometry of Behavior; Trialogues at the Edge of the West; Chaos, Gaia, Eros; and The Web Empowerment Book. p. 24

Jeremiah Abrams is a Jungian therapist and writer. His books include The Shadow in America and Meeting the Shadow. As director of the Mt. Vision Institute in Sausalito, Calif., he conducts a certification program in soul-centered psychology and psycho-spiritual integration. p. 31

Sarah Abukutsa is a professional singer and dancer who trained in her native Kenya before working in Europe and the U.S. She has worked with Babatunde Olatunji and Quincy Jones. p. 19

Carol Adrienne is the coauthor (with James Redfield) of The Celestine Prophecy: An Experiential Guide, and author of The Numerology Kit and Your Child's Destiny. She has been an intuitive counselor, teacher, and lecturer since 1976. p. 54

Mandy Aftel is a Berkeley psychotherapist who has specialized in working with artists and writers for twenty years. She is the author of The Story of Your Life: Becoming the Author of Your Experience and Death of a Rolling Stone: The Brian Jones Story. p. 27

Hanno Ahrens is a sculptor living in New York whose work, built from discarded materials found locally, is concerned with myth and nature. He has exhibited nationally and has received a grant from the National Endowment for the Arts. p. 24

Ronald Alexander, a mind/body psychotherapist in Santa Monica and core faculty member at Ryokan College, has explored Buddhist meditation and healing disciplines for twenty-six years. Consultant to the entertainment industry, he specializes in leadership skills and creativity. p. 19, 21, 42, 43

Tsultrim Allione, formerly a Tibetan Buddhist nun, is a thirty-year student of Buddhism and the author of Women of Wisdom. p. 25

Anne Armstrong has been doing transpersonal counseling for over thirty years and has trained professionals to use their intuitive abilities. p. 57

B

Nancy Bacal is a lyricist, screenwriter, and aikido black-belt. She edited Leonard Cohen's Stranger Music and Raga, a film starring Ravi Shankar. She leads ongoing writing workshops in Los Angeles and West Marin. p. 43

Oliver Bailey is a practitioner and instructor of Esalen massage. His background includes training in Gestalt practice, neurolinguistic programming, intuitive work, and meditation. p. 31

Richard Balaban is a clinical psychologist in private practice in Bloomington, Ind. His focus is on joyfulness and the creation of a sense of self and community. p. 52

James Baraz has taught vipassana insight meditation retreats since 1977 and is cofounder of Spirit Rock Meditation Center in Marin County, Calif. A licensed psychologist, he has a counseling practice in Berkeley. p. 23

Edmundo Barbosa is a body-oriented psychotherapist from Sao Paulo, Brazil, and the founder and director of Revida, a center for work with cancer patients, and Inanativa Gaia, an institute for human growth in Brazil. p. 41

Ysaye Barnwell has since 1979 performed, composed, and recorded with the internationally renowned a cappella quintet Sweet Honey In The Rock. She leads workshops throughout the U.S., in Great Britain, and Australia. p. 14

Ellen Bass has supported, encouraged, and inspired writing for over twenty years. She has published a dozen books, including poetry, nonfiction, and children's stories. p. 46

Tandy Beal, dancer, choreographer, actress, comedienne, and dreamer, has performed as a solo artist and with her own ensemble in major cities and festivals throughout the world. She was recently appointed director of the New Pickle Circus. p. 57

David Bearison is head of the Ph.D. Program in Developmental Psychology at the Graduate School and University Center of the City University of New York and adjunct professor of pediatrics at the Mount Sinai Medical Center and School of Medicine. p. 38

Brian Bergstrom is a structural bodywork practitioner and yoga instructor with over fifteen years' experience. He has a private practice in Palm Springs, Calif. p. 18, 34, 50

Jeff Berner has photographed internationally, received two awards from Life magazine, and photo-illustrated Uncarved Block, Unbleached Silk: The Mystery of Life, by Alan Watts. He has written twelve books, including The Photographic Experience. p. 25

Judith Blackstone is a meditation teacher, psychotherapist, dancer, and founder of Subtle Self Work, a method of realizing the integration of the body, authentic self, and spiritual consciousness. She is co-director of Realization Center in Woodstock, N.Y. p. 48

Robert Blaisdell is a master martial artist holding multiple black belts in Aikido, Taiji, and Pa Kua Chang. Founder of the Chung Lien school of Nei Chia Gung Fu, his teaching integrates his studies of consciousness, meditation, and healing. p. 37

Charlie Bloom is a teacher, consultant, and therapist specializing in relationship issues. He has designed and facilitated experiential seminars since 1982, and co-directs The Empowerment Network with his wife Linda. p. 32

Linda Bloom is a psychotherapist, seminar leader, and co-director of The Empowerment Network. She has facilitated relationship workshops throughout the U.S. as well as in Japan. p. 32

Julie Bowden, pioneer in the children of alcoholics (COA) field, is cofounder of the National Association of COAs. She coauthored Recovery: A Guide for Adult COAs and Genesis: Spirituality in Recovery. p. 22, 52

Daniel Boynton is founder and president of Bay Cove Human Services, a Boston-area nonprofit agency which provides treatment for over 7000 children and adults who have had problems with mental illness or substance abuse. p. 33

Carolyn Braddock is a body-centered therapist and consultant in private practice in Lakewood, Colo. She authored Body Voices and trains professionals in post-traumatic stress disorder. p. 20, 37

Judith Bradley is a physical therapist who has been an instructor with The Upledger Institute since its inception in 1985. She has broad experience in manual therapy, with a special interest in the treatment of babies and children. p. 55

Devers Branden is coauthor, with her husband Nathaniel, of What Love Asks of Us. She also works as a business consultant. p. 55

Nathaniel Branden is a practicing psychologist in Los Angeles who does phone therapy with clients nationwide. He is a psychological theorist who has authored sixteen books, including The Art of Living Consciously, The Six Pillars of Self-Esteem, and Taking Responsibility. p. 55

George Brandon has been playing music professionally for most of his life and has performed with Jimmy McGriff's Big Band, Sun Ra and his Arkestra, and The Mighty Sparrow. He is an NEA grant recipient to study theory and composition. p. 24

Jessica Moore Britt is a teacher of the Ridhwan School. A Gestaltist at Esalen for seven years, she presently teaches the Diamond Approach in the Bay Area, Santa Fe, Seattle, and Europe. p. 31

Lee Brown is a classically trained art maker and jeweler who now applies his creativity to the medium of polymer clay. His focus is exploring healing through teaching. p. 25, 34

Sophy Burnham is the author of ten books on angels, creativity, and the spiritual awakening. Her latest work, Rowing Toward God, is on mystical experiences and she is currently working on a book about mystical ecstasies. p. 15

C

Julia Cameron, author of the bestseller The Artist's Way, is a published songwriter, poet, and award-winning playwright. She has also had an extensive journalism career writing for such diverse publications as The New York Times and Rolling Stone. p. 63

Don Campbell is a musician, composer, and writer who for fifteen years has researched psychoacoustics, the science of how sound and rhythm affect the brain and consciousness. He is founder/director of the Institute for Music, Health, and Education. p. 39

Christina Carmines has published articles on Western alchemy, astrology, and practical kabbalah. Her book, The Celluloid Warrior, considers the application and misapplication of magic in film. She is president of Raven's Wolf Films. p. 26

Seymour Carter, longtime Gestalt teacher at Esalen and in Europe, combines studies in family systems theory with Zen Buddhism, sensory awareness, aikido, and other body-oriented practices. p. 15, 17, 33, 43, 46, 69

Michell Cassou is the founder of an original approach to painting as a tool for self-discovery. Cofounder of the Painting Experience Studio in San Francisco, she is recognized for her work exploring the spirituality of the creative process. p. 60

Billy Cauley is a musician and percussionist committed to opening new horizons through music. Over the past twenty-five years he has collaborated with such artists as Al Jarreau, Grover Washington, Airto, and Flora Purim. p. 40

Steve Kestrel Chambers is an expert wilderness guide with a deep respect and love for the Big Sur Mountains which he feels privileged to share with those who hike with him. p. 59, 72

Dorothy Charles is a Gestalt practitioner and the assistant director of Esalen's Gazebo School. p. 23

Randy Cherner conducts a three-year apprenticeship training program for practitioners in the field of somatic education. He is founder of a somatics center in Corte Madera, Calif. p. 57

Stephen Cohen, Gestalt practitioner and longtime golf hacker, is founder and president of The Shivas Irons Society, a nonprofit organization dedicated to enhancing golf's beauties and virtues. p. 18, 34, 50

Emilie Conrad-Da'oud is the founder of Continuum. Her innovative approach to movement has enhanced the creativity of artists in many fields and has led to new insights on the healing process. p. 52

Judith Cornell is an award-winning author and a pioneer in the synthesis of sacred art with psychology, science, holistic health, and ancient wisdom. She is an international seminar leader in transpersonal psychology. p. 36, 69

Linda Crompton is president and chief executive officer of Citizens Trust Company in Vancouver, Canada. Her focus is on corporate social responsibility, ethical investment, and the development of an ecologically and socially relevant global economy. p. 16

Stewart Cubley, originally trained as a scientist and engineer, painted for the first time in 1974 and soon thereafter began a second career as a painter. He is cofounder of the Painting Experience Studio in San Francisco. p. 59

Rabbi William Cutter was trained in the Ford-Esalen project in confluent education. He is a professor of modern literature and education at Hebrew Union College in Los Angeles. p. 59

D

Bhagavan Das is a master of the sound current known as Nada Brahma. He wandered India for six years as a student of yoga and Indian music, acquired fame when Ram Dass wrote about him in Be Here Now, and toured extensively on the American "guru circuit." p. 29

Lama Surya Das is a Buddhist scholar, poet, and translator of Tibetan texts. He is founder of the Dzogchen Foundation of America and author of The Snow Lion's Turquoise Mane: 150 Wisdom Tales from Tibet. p. 54

Ritch Davidson, Senior Vice-Emperor of Playfair, is an innovator of programs that focus on the value of humor in team building, stress management, and living a healthier worklife. His clients have included Nike, the U.S. Air Force, and DuPont. p. 13

Laura Day has been a practicing intuitive for over a decade in the U.S. and Europe. She teaches intuitive skills for use in business and daily life and is the author of the New York Times best-selling Practical Intuition. p. 34

Ialorixa Baby de Iansa, Shaman of Temple Guaracy in Sao Paulo, Brazil, is a world-renowned Umbanda priestess. p. 38

Laura DeNuccio (Ma Prita), longtime Esalen group leader, has twenty-five years' experience guiding people internationally in breathwork, Gestalt, vision improvement, movement, and meditation. Her current interest is swimming with wild dolphins in Hawaii. p. 29, 55

Patrick Douce, one of Moshe Feldenkrais's first American students, has lived at Esalen since 1972. Since 1986 he has lived half of each year in Bali where he is developing programs with Indonesian Silat martial-arts-for-health schools. p. 36, 44, 50, 70

E

Eduardo Eizner, a licensed psychologist from Belgrano University in Argentina, is an Esalen staff member and director of Gazebo School Park. p. 64

Sigrid Emerson has been a certified personal trainer since 1989 and has worked internationally. Her training and experience include aerobics, weight training, yoga, and Alexander technique. p. 54

Renée Emunah is the founder/director of the Drama Therapy Program at CIIS. She is a past president of the National Association for Drama Therapy and was among the first four drama therapists officially registered in the U.S. p. 16

Eric Erickson is a long-term student of Gestalt and Eastern philosophical traditions. p. 70

Maty Ezraty is a founder and director of Yoga Works in Santa Monica, Calif. She has been teaching and promoting yoga for the past ten years. p. 27

F

Warren Farrell, author of Why Men Are The Way They Are and The Liberated Man, has been a pioneer in both the women's and men's movements, and has appeared on over 1,000 television and radio shows. p. 53

Andrew Feldmar is a registered psychologist, practicing psychotherapy for the past thirty years in Vancouver, Canada. He was a friend and associate of R.D. Laing, the controversial Scottish psychiatrist, and works internationally as a consultant and teacher. p. 17

Patricia Fields is a psychologist and psychoenergetic practitioner working at the interface of psychology and spirituality. She utilizes brainwave biofeedback in her private practice in San Rafael, Calif., and regularly conducts professional trainings. p. 34

Peter Finkelstein is a psychiatrist in Woodside, Calif. He has taught Stanford psychiatric residents and writes and lectures about psychological aspects of medical training. He currently studies human development under Jonah and Tory Peterschild, ages 6 and 8. p. 45

John Firman, a psychotherapist in Palo Alto, trained in psychosynthesis with its founder Roberto Assagioli. He is an adjunct faculty member at the Institute of Transpersonal Psychology and coauthor of The Primal Wound. p. 33

Lilias Folan continues to share yoga through her PBS series "Lilias!", her books, and award-winning videos and audio tapes. She conducts seminars internationally and has taught yoga and meditation in Russia. p. 17

Thomas Michael Fortel, longtime yoga practitioner and teacher, has been a frequent guest teacher of the Esalen Movement Program. He teaches in the San Francisco Bay Area and leads retreats and workshops nationally. p. 47

John Fox is a poet and poetry therapist who teaches in the Graduate School of Psychology at John F. Kennedy University in Orinda, Calif. He is the author of the forthcoming Poetic Medicine: The Healing Art of Poem-Making. p. 47

Gregory Franta is principal architect of ENSAR Group, an international design firm specializing in environmentally sustainable architecture. He has helped building owners and designers produce green buildings throughout the world. p. 20

Joyce Frazee, a Gestalt practitioner in private practice, is the senior supervisor of the Gestalt Training Institute of Vancouver, Canada. She leads workshops in the U.S., Canada, and Europe. p. 13, 15

Hal French has received multiple teaching awards at the University of South Carolina, and has authored several books on Asian religion. He lectures and leads study tours internationally. p. 58

G

Sherry Sanders Galloway is an Esalen massage staff practitioner and teacher whose focus is sports massage, balanced with Esalen bodywork. A practicing RN, she specializes in emergency medicine and psychiatric intervention. p. 45

Ann Gila is a psychotherapist in Palo Alto who has been a psychosynthesis teacher and trainer for twenty years. She is an adjunct faculty member at the Institute of Transpersonal Psychology and coauthor of The Primal Wound. p. 33

Mariah Fenton Gladis, longtime Gestalt practitioner and trainer, founded and has for fourteen years directed the Bucks County Institute. She is director of the Pennsylvania Gestalt Center for Psychotherapy and Training. p. 40, 41, 42

Marcia Shantipriya Goldberg has taught yoga, meditation, and psychospiritual evolution throughout North America for twenty years. From 1988-95 she was spiritual director of the Kripalu Community and Retreat Center in Pennsylvania. p. 55

Mary Goldenson (Devarani) is a clinical psychologist, chiropractor, and certified Radix® teacher in Los Angeles. She has a private practice specializing in relationship therapy and transitions. p. 18, 20, 24, 38, 45, 47, 55, 57

David Gordon has been a concert and opera soloist for twenty-five years, in thousands of performances on four continents. He is a master teacher of vocal expression in both Eastern and Western traditions. p. 55

Harriet Goslins is the originator of Cortical Reeducation®. She is a Feldenkrais® practitioner with a background in psychosynthesis, applied kinesiology, craniosacral work, and social anthropology. p. 20, 42

Lynda Greenberg is an exhibiting sculptor who has been teaching drawing nationally since 1981. She has been a colleague of the center for the Educational Applications of Brain Hemisphere Research since its founding in 1985. p. 45

Bruce Gregory is a psychologist in private practice who specializes in mind-body healing and health psychology. He works with corporate executives who are experiencing difficulties with leadership skills. p. 50, 57

Pierre Grimes is a philosopher who founded the Noetic Society for the Study and Exploration of Platonic and Neo-Platonic Works. Author of The Art of Delivering False Beliefs, he has developed the art of philosophical midwifery. p. 32

Stanislav Grof is a psychiatrist, author, and researcher of psychotherapy and nonordinary states of consciousness. He is co-developer of Holotropic Breathwork, and conducts workshops and trainings worldwide. p. 22

H

Anna Halprin, cofounder of Tamalpa Institute, is a seminal figure in the world of dance, a pioneer and innovator of the "new theatre." She is one of the first people in the Western world to use dance as a healing and a performing art. p. 40

Keith Harary is research director of the Institute for Advanced Psychology in San Francisco and coauthor of eight books. He has over twenty-five years' experience in advanced perceptual research. p. 16

Steven Harper coordinates Esalen's Wilderness Programs. He has led both traditional and experimental expeditions internationally for over twenty years. His work focuses on wild nature as a vehicle for awakening. p. 17, 22, 27, 42, 46, 56, 57

Susan Harper teaches Continuum Dance Meditation workshops in Los Angeles and San Francisco, leads Dance the River trips on wild rivers, and has presented at the Joy-Spangler Asilomar Conference. p. 27

David Hawkins, a psychiatrist in private practice, has trained group therapists at Duke University and throughout the U.S. He is past president of the American Academy of Psychotherapists. p. 19

Robert Helm is a senior member of the Esalen massage/bodywork staff. p. 45

Kabir Helminski is a Shaikh of the Mevlevi Order, which traces back to Rumi. He has been teaching within the Sufi tradition for more than twenty years and is the author of Living Presence: A Sufi Way to Mindfulness and the Essential Self. p. 61

Harville Hendrix is founder/president of the Institute for Relationship in New York and author of Getting the Love You Want: A Guide for Couples and Keeping the Love You Find: A Guide for Singles. He is the originator of Imago Relationship Therapy. p. 58

Gina O'Connell Higgins is a licensed psychologist in private practice in Salem, Mass., and a clinical instructor at Harvard Medical School. She has worked with disturbed children and their families as well as traumatized adults and couples since 1980. p. 33

Deborah Ardell Hill is a licensed massage therapist and reflexologist experienced in a variety of modalities, including shiatsu and craniosacral. She also incorporates the chakras and meridians as a framework for looking at the body. p. 58

Maria Lucia Sauer Holloman has practiced spiritual healing in Brazil and the U.S. since 1962. She has been a resident student and teacher at Esalen and conducts trainings and seminars internationally. p. 47, 70

Jonathan Horan is a professional actor, certified massage practitioner, and currently on the teaching faculty of the Moving Center. p. 48

Peggy Horan has been practicing and teaching massage at Esalen for twenty-six years. She is a student of childbirth, dance, and movement. p. 32

Lawrence Hudetz is both artist and scientist. From electrical engineering he moved into photography emphasizing science and art in synergy. His work is exhibited at the International Center of Photography and the Art Institute of Chicago. p. 10

Elaine Hughes, author of Writing from the Inner Self and several other books on writing, has been combining meditation with writing exercises in her teaching for over twenty years. p. 24, 70

Dorothy Hunt, founder of the San Francisco Center for Meditation and Psychotherapy, has been practicing psychotherapy since 1967. She is editor of Love: A Fruit Always in Season. p. 37

Helen Hunt is the founder of the New York Women's Foundation and the Dallas Women's Foundation. She is also founder and president of the Sister Fund and a board member of the MS Foundation. p. 58

I

Ione is a writer, director, playwright, and author of the memoir Pride of Family: Four Generations of American Women of Color. She is also a psychotherapist who facilitates access to dreams, myths, and ancestral memories. p. 23

Julian Isaacs is a faculty member of two Bay Area graduate schools and is clinical director of the EEG Spectrum brainwave biofeedback training facility in Corte Madera, Calif. He regularly conducts professional seminars in the use of alpha/theta brainwave training. p. 34

Haruyoshi Fugaku Ito participated in the creation of Shintaido during the 1960s. He founded Shintaido of America in 1975 and has introduced and led Shintaido workshops throughout Japan, North America, and Europe. p. 43

J

Eli Jaxon-Bear was a keynote speaker at the First International Enneagram Conference at Stanford in August, 1994. His most recent book is The Enneagram and Self-Realization. p. 35

Alia Johnson has been a teacher of the Diamond Approach in the Ridhwan School for twelve years. She is the principal editor of the books of A.H. Almaas. p. 14

Alan Jones trained for the priesthood in England, taught the Christian mystical tradition in New York for twelve years, and in 1985 became dean of Grace Cathedral, San Francisco. He is the author of Soul Making and The Soul's Journey. p. 34

Blackwolf Jones is an Ojibwe elder who received the teachings of the Ojibwe traditions for forty-five years. He is a teacher, psychotherapist, and coauthor of Listen to the Drum, The Healing Drum, and Earth Dance Drum. p. 29

Constance Jones is an MFCC in private practice in Palm Springs and developed and instructed human sexuality courses at Mt. San Jacinto College. She is also a single mother. p. 17

Arthur Samuel Joseph is a teacher and professor of voice and is the creator of Vocal Awareness, a method that integrates mind/body/spirit through the vocal arts. p. 61

Loren Judaken specializes in facilitating workshops in personal growth, leadership, and public speaking. She studied speech communications and drama at the Trinity College of London and at UCLA. p. 14

K

Henry Kaiser is one of the most recorded and respected improvising musicians playing today. He has appeared on more than 120 CDs and LPs, including collaborations with Fred Frith, Terry Riley, John Zorn, Jerry Garcia, and Herbie Hancock. p. 43

Kykosa Kajangu is the spiritual child of the great Zulu shaman, Vusamazulu Credo Mutwa. He is a seeker of visions from the Bashi community of memory, a scholar of African cosmology, and the author of African Prophetic Poems. p. 51

Lynne Kaufman is a nationally award-winning playwright and short-story writer whose plays have premiered at the Magic Theatre, Actors Theatre of Louisville, and Theatreworks. Her stories have appeared in Redbook, Cosmopolitan, and McCalls. p. 22

George Kohlrieser, a psychologist with an international practice, researches and applies attachment and separation theory to organizations, relationships, psychosomatic illness, violence prevention, and hostage negotiations. p. 35, 38

Michael Krasny, professor of English at San Francisco State University, is host and producer of the award-winning Northern California radio program "FORUM." He is also a prize-winning teacher, journalist, scholar, and fiction writer. p. 48

Igor Kungurtsev (Ati Akarta) is a meditation teacher in the tradition of Advaita-Vedanta. He has an MD in psychiatry and is an adjunct professor at the California Institute of Integral Studies and John F. Kennedy University. p. 18

Susan Kuftner is a marketing and communications consultant, both in business and the healing arts. She assists her clients in becoming more effective, more powerful, more heartful, and more successful in their efforts. p. 26

L

Dale Larson, associate professor and director of the Graduate Health Psychology Program at Santa Clara University, is a clinician, researcher, former Fulbright Scholar, international lecturer, and author of The Helper's Journey. p. 57

Leonard Laskow is a Fellow of the American College of Obstetrics and Gynecology and former chief of OB-GYN at Community Hospital of the Monterey Peninsula. He teaches internationally at medical centers, universities, and holistic institutes. p. 22, 23

Barbara Lee is a circlemaker who has worked with groups for the past fifteen years. She focuses on "heart-centered" remembrance of the Divine. p. 21

Lenore Lefer facilitates retreats for women of all ages, people with heart disease, and people with cancer. A former psychotherapist, she works in Northern California and conducts professional psychosynthesis training groups in the U.S. and Russia. p. 60, 69

Mel Lefer has been a research participant and teacher at Dr. Dean Ornish's Preventive Medicine Research Institute for twelve years, and has shown reversal of his own heart disease without surgery. He has practiced and taught Integral Yoga for twelve years. p. 58, 69

George Leonard is the author of Mastery, The Silent Pulse, and The Transformation. He is a fourth-degree black belt in aikido and founder of Leonard Energy Training (LET). p. 30, 40, 62

Master Share K. Lew, a youthful 74, is a healer and Taoist priest from Wong Lung monastery in Southern China with over half a century's experience teaching Taoist health practices such as Chi Kung. p. 56

Ron Loeb is a corporate lawyer who focuses on corporate governance and responsibility. He is a member of The Jefferson Circle, a learning group for senior corporate executives drawn to the issues of individual and corporate renewal. p. 16

George Lough is a licensed psychologist who has taught psychology and counseling at universities for the past twenty years. He is the coauthor of What Men Are Like and is in private practice in Sherman Oaks, Calif. p. 24

Paul Lounsbury, a founding member of the New York Forum for Psychotherapy Cybernetics, studied hypnosis and psychotherapy with Milton Erickson. He is in private practice in New York and specializes in the innovative use of hypnosis. p. 44, 69

Francis Lu is a clinical professor of psychiatry at the University of California, San Francisco. Since 1991 he has led annual seminars at Esalen on film and transpersonal psychology. p. 17

Olga Luchakova is a spiritual teacher in the tradition of Kundalini Yoga, Vedanta, and Hesychasm. A former medical doctor, she is an adjunct professor at the California Institute of Integral Studies, Institute of Transpersonal Psychology, and JFK University. p. 18

Nancy Kaye Lunney, formerly a vocal coach and accompanist, is the originator of Singing Gestalt, which utilizes lyrics and songs as a means of self-expression. She is director of programming at Esalen. p. 54

Fred Luskin is a fellow at the Complementary and Alternative Medicine Program at Stanford where he researches the spiritual aspects of care for heart disease. He was coordinator of Stanford's Health Psychology Masters program and is a licensed therapist. p. 55

Ron Luyet is a psychotherapist, group facilitator, and organizational development consultant. His work is based on openness, responsibility, and compassion, as detailed in his recent book, Where Freedom Begins (coauthored with Marion Paster). p. 18

Joyce Lyke is a teacher in the Ridhwan Work School, which is dedicated to understanding the relationship between personality and being. She has been part of the Esalen Gestalt staff for many years. p. 31

M

Helen Jerene Malcolm, artist, consultant, and teacher, works with a visionary consulting team designing long-range vision paintings for individual clients and Fortune 500 corporations. p. 27

Noel Mapstead is a local fine artist and potter. He has studied and exhibited extensively in New York and is now at home with Big Sur clays using traditional firing techniques. p. 27, 51

Bonnie Mark is a psychotherapist specializing in child, adolescent, and family therapy. Author of The Handbook of Infant, Child, and Adolescent Therapy (Volumes I and II), she consults and supervises at the Reiss-Davis Child Study Center and teaches at UCLA extension. p. 14

Dean Marson is a practitioner and instructor of Esalen massage who uses self-care techniques as a means of introducing people to the pleasure and potential of human touch. p. 54

Robert Maurer teaches writing classes in creativity, storytelling, and character development at UCLA and USC. He is Director of Behavioral Sciences for the Family Practice Residency Program at Santa Monica-UCLA Medical Center. p. 26

Fritz Mautsch is a German organizational consultant who specializes in organizational development, management consulting, and consultant training. His research interests are organizational cultures and changes of complex systems. p. 35

Ivy Mayer *is a dancer born and raised in Big Sur. Her work has included facilitating internationally for Youth for Environmental Sanity (YES!), dance tours for Gabrielle Roth, and ongoing production of her own choreography.* p. 32, 33, 35

Terence McKenna *has spent twenty-five years studying ontological foundations of shamanism and the ethnopharmacology of spiritual transformation. He is the author of* Food of the Gods, True Hallucinations, *and, with his brother Dennis,* The Invisible Landscape. p. 42

Erica Helm Meade *has used myth and poetry to invoke the sacred in ritual and healing for over twenty years. She is a psychotherapist in private practice in Seattle and the author of* Tell it by Heart: Women and the Healing Power of Story. p. 60

Deborah Anne Medow, *Esalen workshop leader and bodywork practitioner since 1964, teaches ashtanga yoga, massage, creative movement, Gestalt awareness, and related healing disciplines throughout the U.S. and Europe.* p. 48

Brian Melvin *is a drummer and percussionist who has recorded seven albums and appeared with musical giants such as Herbie Hancock, Jaco Pastorius, Wayne Shorter, Bob Weir, Joe Henderson, and Roy Hargrove. His most recent recording is* Live in Vegas. p. 63

Deena Metzger *is a novelist, poet, playwright, and essayist. Her most recent books are* Writing For Your Life, *the novel* Looking For the Faces of God, *and a book of poetry,* A Sabbath Among the Ruins. p. 60

Peter James Meyers, *an actor and director, has performed Off-Broadway in New York and in San Francisco's A.C.T., where he is currently on the directing staff. He is the artistic director of the Vector Theater Company, where also teaches acting and movement.* p. 69

Charles Miedzinski *is a cofounder of the Arts and Consciousness program at JFK University. He has taught his transformative arts approaches integrating sacred arts, psychology, and spiritual practices, at numerous universities for twenty-five years.* p. 24, 56

Chuck Miller *has been practicing yoga for twenty-one years and is an advanced Ashtanga student and teacher. His teaching reflects his deep commitment to yoga as a way of life.* p. 27

Sukie Miller, *former director of education at Esalen, founded the Institute for the Study of the Afterdeath. She is the author of* After Death: Mapping the Journey. p. 41

Oscar Miro-Quesada *is a Peruvian-born transpersonal psychologist and teacher of cross-cultural shamanism who apprenticed with two renowned Peruvian curanderos. He is a Fellow in Ethnopsychology with the OAS and leads sacred tours to Peru and Bolivia.* p. 50

Phillip Moffitt, *an aikido black belt, somatic educator, and twenty-year practitioner and teacher of yoga, is coauthor of* The Power to Heal. *As editor-in-chief and co-owner of* Esquire, *he was named one of the fifty top entrepreneurs of the 1980s.* p. 59

Darlene Moore *is a research associate at the Institute for Advanced Psychology in San Francisco. She has conducted special projects and taught extended perception workshops for the Institute throughout the U.S., Canada, and Europe.* p. 16

Robert Moss *is a shamanic counselor, former professor of ancient history and philosophy, and student of the Western mystery traditions. Australian-born, he first encountered the ways of a dreaming people through his friendship with Aborigines.* p. 53

Arthur Munyer *is a Trigger Point specialist who has been a student and practitioner of various bodywork and emotional release disciplines for over twenty-five years, most of them at Esalen. He has a private practice in Carmel, Calif.* p. 61

Michael Murphy *founded Esalen Institute (with Richard Price) in 1962 and helped initiate Esalen's Soviet American Exchange Program. He is the author of* Golf in the Kingdom, Jacob Atabet, *and* The Future of the Body. p. 40

N

Steve Napolitano *is the lead instructor at PCS Learning Center in Corte Madera, Calif. He has taught tropical marine biology in Florida and led environmental trips throughout the western U.S. and the Virgin Islands.* p. 39

Grandfather Fred Nason *is an elder of the Esselen Tribe who has spent his whole life guiding people into the Santa Lucia Mountains of Big Sur. His forte is his love, knowledge, and stories of life in the Wilderness.* p. 59, 72

Tom Little Bear Nason *is a seventh generation spiritual leader of the Esselen Tribe of Big Sur and a wilderness guide who is dedicated to helping others to mend the sacred hoop of life.* p. 14, 40, 59, 72

Maria Nemeth, *a clinical psychologist, has been leading seminars for twenty-four years emphasizing successful communication and the development of excellence with ease.* p. 22

MARGARET LIVINGSTON

Andy Nusbaum is a twenty-five year member of the P.G.A., a longtime teacher, and a founding board member of The Shivas Irons Society. He is committed to the mysteries, beauties, and transformative capabilities of the game of golf. p. 18, 34, 50

O

Babatunde Olatunji, master percussionist from Nigeria, has performed and recorded internationally for over thirty-five years and is known for his album Drums of Passion. He is an authority on African religion. p. 31

Brian O'Leary was a NASA scientist during the Apollo program, has served on the faculties of Cornell and Princeton, and cofounded the International Association for New Science. He has written ten books and 100 peer-reviewed scientific papers. p. 46

Kathleen O'Shaughnessy has an extensive background in Soto Zen, the major psychotherapies, movement therapy, nutritional healing, shamanic states, bodywork, and the practicalities of transpersonal crisis. p. 31

Frank Ostaseski is founding director of the Zen Hospice Project and Spiritual Teacher in Residence at Esalen. His work is inspired by years at the bedsides of people with AIDS and cancer, a counseling practice focusing on grief and loss, and fifteen years of Buddhist practice. p. 26

Brita Ostrom, a licensed MFCC, has led massage and other workshops at Esalen for twenty-two years. She is trained in Gestalt awareness work and participated in Esalen's two-year somatics education project. p. 32, 53

P

Robert Palmer is an Ojibwe descendant, steeped in tribal traditions, who is certified in child psychiatry, Gestalt, and Radix. He is clinical faculty at the Stanford Department of Psychiatry and leads workshops nationally. p. 49

Eileen Paris, coauthor of "I'll Never Do to My Kids What My Parents Did to Me!", grew up on Neill, Reich, and Jung. Her focus is giving parents new self-abilities they can hand on to their children. p. 35

Laurie Lioness Parizek blends traditional and innovative ways of healing and works with the chakras and the energy body. She pilots the Healthspring Project, extending Esalen's work in the healing arts and sciences to the rest of the world. p. 54

Ayala Pines is a couples therapist and the author of Romantic Jealousy: The Shadow of Love and Keeping the Spark Alive: Preventing Burnout in Love and Marriage. She has coauthored Career Burnout and Experiencing Social Psychology. p. 37

Jeanine Pollak is the founder of Botanic Adventures, a wilderness adventure-travel company. She has eighteen years' experience lecturing, consulting, and formulating herbal products, and teaches at UC Santa Cruz and throughout Northern California. p. 15

Dennis Portnoy is a licensed counselor specializing in burnout prevention and codependency in the workplace. He conducts trainings for organizations, medical groups, and schools, and is the author of Overextended and Undernourished: A Self-Care Guide for People in Helping Roles. p. 62

Steven Post, a Feng Shui practitioner for twenty-five years, is a business and residential consultant who works internationally with architects and developers. He is on the boards of Sacred Sites International Foundation and the Institute of Integrated Sciences. p. 16

Christine Stewart Price is a teacher and ongoing student of Gestalt practice and other approaches to developing awareness. p. 29, 61

Cheryl Purdue is a licensed counselor specializing in personal life journeys. She has a doctorate in psychology and is in private practice in Sherman Oaks, Calif. p. 23

Johanna Putnoi, a somatic educator and communications consultant, teaches the Enneagram to bodyworkers, screenwriters, women inmates, and in corporations throughout the U.S. and Europe. She is a senior associate of the Lomi School. p. 14

Q

Janet Quinn is a contemplative, a writer, a professor of nursing, a teacher, researcher, and practitioner of Therapeutic Touch, an international lecturer on healing, and a Recycled Catholic. p. 50, 52

R

Gustavo Rabin is a clinical psychologist who focuses on relationships, life's transitions, and spiritual creativity. He has a private practice in Los Angeles. p. 53

Stephan Rechtschaffen, founder/president of Omega Institute, is a physician concerned with holistic approaches to wellness and longevity. He uses concepts of time as the focus for developing optimal health. p. 51

Patricia Reis has an MFA from UCLA and a degree in depth psychology from Pacifica Graduate Institute. Author of Through the Goddess: A Woman's Way of Healing, she has a private psychotherapy practice for women in Yarmouth, Maine. p. 48

Tracey Rich has earned the title of "Yoga Acharya" and is the associate director of the White Lotus Foundation in Santa Barbara, Calif. She trains teachers and students and leads seminars nationally. p. 16

Gabriele Rico, professor of English, creative arts, and humanities at San Jose State University, lectures widely on the application of brain research to the creative process. She is the developer of the ground-breaking clustering process. p. 54

Linda Ringer is a psychologist and instructor who specializes in working with creative professionals. She founded Artist of the Self Institute and teaches creative development courses at UCLA Extension. p. 39

Lama Tharchin Rinpoche is a high lama fully trained in Tibet. He has accomplished long-term solitary retreat (eight years) and is the tenth lineage holder of the Repkong tantric yogis of Tibet. p. 60

Jane Marla Robbins, a professional actress, teacher, and writer for twenty-five years, has acted in movies, in television, and on Broadway. Her plays have been produced in New York, London, Copenhagen, and Spoleto. p. 44

Vimala Rodgers, master graphotherapist and author, trains health professionals, psychotherapists, and persons committed to personal transformation. She is director of The Institute of Integral Handwriting Studies. p. 28

William Roll is professor of psychology and psychical research at the State University of West Georgia and a lay Zen monk. He is the author of the classic The Poltergeist and more than 100 research articles. p. 59

Ernest Rossi is a hypnotherapist, teacher, and author who has pioneered innovative approaches to mind-body healing and the optimization of human consciousness. p. 44

Gabrielle Roth is an artist, healer, and philosopher. She is the author of Maps to Ecstasy: Teachings of an Urban Shaman and is musical director of The Mirrors. p. 48

Ilana Rubenfeld, thirty-year pioneer in the integration of body-mind-spirit and originator of the Rubenfeld Synergy® Method, is a certified teacher of Alexander Technique, Feldenkrais Method®, and trained with Fritz and Laura Perls in Gestalt practice. p. 40, 42

Gordy Ryan has written and recorded music for film, theater, TV, and record albums with artists such as David Sanborn, Carlos Santana, Mickey Hart, Airto, and Spike Lee. He is a founding member of Arica Institute. p. 32

S

Stephano Sabetti, founder of the Life Energy Process®, has a doctorate in psychology and trains therapists internationally. He is also an organizational consultant. p. 47

André Salvage has been teaching self-defense for over eighteen years. A consultant to Park Grove Hospital and the L.A. Commission on Assaults Against Women, he has developed nationwide assault prevention seminars. p. 51

Terry Sand, Vice-Empress of Playfair, is a motivational speaker presenting programs on humor in the workplace, team building, and humor and healing. She has taught improvisational comedy for over fifteen years. p. 13

Irene Sanders is author of Chaos, Complexity, and Change: A Context for Strategic Thinking, which explains the dynamics of change and how to link one's intuitive sense with one's intellectual understanding by learning to think in pictures. p. 30

Robert Sanoff is a Lomi somatic therapist, twenty years in private practice, and a teacher leading personal growth groups and workshops since 1960, most recently at Esalen Institute. p. 14

Melody Schaper is a movement artist and teacher. A Laban Movement Analyst and teacher of the Alexander Technique, she focuses on awakening, clarifying, and enhancing expression through the body. p. 58

Howard Schechter focuses his work on spiritual and emotional growth. His teaching integrates the insights and practices of a variety of Eastern and Western psychological and spiritual traditions. He is the author of Rekindling the Spirit in Work. p. 21

David Schiffman is a longtime group leader at Esalen. His primary interest is in facilitating people who are in transition toward a more heartful, unstrained existence. p. 14, 26, 39, 40, 44, 48, 59, 70, 72

Jon Schreiber has been teaching and practicing Breema Bodywork worldwide since 1980. He directs the Institute for Health Improvement, the center for teaching Breema, and has a private chiropractic practice in Oakland, Calif. p. 46

Max Schuepbach has studied and worked with Arnold Mindell for twenty-five years. He works worldwide with a variety of groups including the Findhorn community, multinational corporations, and indigenous groups in Australia and Canada. p. 30

Bill Sechrest, a past board member of Esalen, is Vice Chairman (U.S.) of the World Business Academy and president of CDAC, a Dallas-based charitable corporation that focuses on neighborhoods, communities, and cities as organic systems. p. 26

John Seed is founder and director of the Rainforest Information Center in Australia. He has worked to protect the Australian rainforests since 1979. p. 51

Maggie Seeley is an organizational consultant to business (UNICEF and GE) as well as state and local governments. She teaches organizational change and ethics at the University of New Mexico. p. 45

Phyllis Shankman is a licensed counselor in Santa Monica and a longtime Esalen group leader. She is founder and director of The Mountains AIDS Foundation, which offers retreats and groups for people living with HIV/AIDS. p. 17

Paula Shaw, a professional actress and acting teacher for over twenty years, conducts workshops in expanding self-expression, well-being, and creativity for non-actors across the United States and Canada. p. 24, 26

Jason Shulman *is a psychic healer, minister, and longtime student and teacher of many healing modalities. Former senior-class teacher at the Barbara Brennan School of Healing, he directs* A Society of Souls, *a three-year professional healing training program in Millington, N.J.* p. 33

Julian Silverman *is a psychologist and educator. He harmonizes a spiritual vision with the theory and methods of both Gestalt psychotherapy and community psychology.* p. 46, 48

Fritz Smith *is a physician, cranial osteopath, certified acupuncturist, and founder of Zero Balancing. He is the author of* Inner Bridges: A Guide to Energy Movement and Body Structure. p. 43

Gerald Smith *is a licensed psychologist in private practice in San Mateo, Calif. He has authored two books on relationships,* Couple Therapy *and* Hidden Meanings, *and has led workshops at Esalen for twenty-nine years.* p. 28

Ray Gwyn Smith *is a poet and painter from the mountains of North Wales. She unites her bardic heritage with insights from her ongoing solo experience with the wild.* p. 24

Fran Solomon, *Senior Vice-Empress of Playfair, is an educational speaker who focuses on the use of humor, teamwork, and play to promote innovation, cooperation, and maximum profits. She is also an RN and a professional singer and songwriter.* p. 13

Titos Sompa *is a dancer, choreographer, and percussionist who specializes in the cultural arts of the Congo and Zaire. He is the Artistic Director of Mbongi Dance Theatre Project in Santa Cruz, and teaches and performs worldwide.* p. 23

John Soper *is a Gestalt practitioner with a background in international business. He is deeply aware of the need to improve the environment.* p. 70

Cary Sparks *has been a Holotropic Breathwork facilitator since 1988. She lives in Mill Valley, Calif., and is a mother, wife, director of the Grof Transpersonal Training program, writer, and equestrian.* p. 22

Tav Sparks *teaches internationally with the Grof Transpersonal Training program for certification in Holotropic Breathwork. He is the author of* The Wide Open Door: The Twelve Steps, Spiritual Tradition, and the New Psychology. p. 22

Angelina Spector *is the developer of* Mindbody Rhythms. *Her expertise unites Eastern and Western dance, a twenty-six year Buddhist practice, and mind-body fitness. Presently she co-owns* Mind-Body Connection *in Oakland, Calif.* p. 14

Kathleen Riordan Speeth *is a psychologist trained in Buddhist, Sufi, and Hindu methods who emphasizes Western existential philosophy. Author of* The Gurdjieff Work, *she is devoted to the beauty found in Bach, Debussy, Rilke, Monet, roses, and dreams.* p. 20

David Streeter, *a certified sports massage practitioner on the Esalen massage staff, has taught yoga and anatomy and worked as an athletic trainer. Before joining the Esalen faculty, he lived as a Camaldolese monk.* p. 26, 42, 53

Rod Stryker, *an initiate of Kriya and* Tantric-Hatha Yoga *and a Yogiraj (master) in the* ISHTA *lineage, has taught yoga and meditation since 1980. He is based at* Yoga Works *in Santa Monica, Calif., where he leads teacher trainings.* p. 30

Keiko Suga *is a ceramic artist whose focus is on traditional pottery-making techniques using local clays.* p. 27, 51

Holly Sumner *is a painter living and working in New York. Her paintings, which explore nature and its depiction in art and science, have been exhibited nationally. She participated in Esalen's invitational conference on Art and the Environment.* p. 14

Jacqueline Lapa Sussman *is founding director of The Learning Center in Weston, Conn., and in New York City. She was trained by Dr. Akhter Ahsen, the pioneer in the field of Eidetics, with whom she has worked closely for twenty years.* p. 34

Sara Szpektor *has a doctorate in clinical psychology and has been in private practice for twenty years. Working with couples, families, and groups, she combines Gestalt practices, strategic counseling, and spiritual development.* p. 53

T

Yao Tamakloe *studied African dance, music, and literature at the University of Ghana and at UCLA. He dances with the Drums of Passion Dancers.* p. 19

Jim Tamm *is an administrative law judge dealing with labor-management disputes. Over the past twenty-five years he has conducted over 1000 settlement conferences, many involving highly emotional strike situations.* p. 18

Jeremy Taylor *has taught dreamwork for over twenty-five years. He is president of the Association for the Study of Dreams and author of* Dream Work *and* Where People Fly and Water Runs Uphill. p. 24

Paul Temple *is a management consultant for New England businesses and hospitals. A member of the Social Venture Network, he has written for* Business Ethics Magazine *and is a spokesman for new paradigm business strategies.* p. 45

Lia Thompson-Clark *apprenticed for ten years with Janet Lederman at Esalen's Gazebo School, and currently directs the Gazebo School Park at Kenyon College. She has developed and taught children's workshops throughout the U.S.* p. 32, 33, 35

Vicki Topp *has been part of the Esalen massage staff and community since 1968. She currently teaches workshops and training groups internationally and is a student of Body-Mind-Centering®.* p. 48

W

Ellen Watson *practices and teaches massage and movement at Esalen where she has studied since 1984. She coordinates the Esalen Movement Arts Program. She loves her work.* p. 24, 26

Matt Weinstein *is the founder and Emperor of Playfair, Inc., an international management consulting and team-building organization based in Berkeley, Calif. He is the author of* Managing to Have Fun. p. 13

Hank Wesselman *teaches anthropology at American River College and Sierra College in northern California. His book,* Spiritwalker: Messages from the Future, *describes both his scientific and his very personal investigations into shamanic practices.* p. 25

Tim Wheater *studied flute under James Galway and was one of the original members of The Eurythmics. A performer and composer with more than fourteen albums to his credit, his focus is on the potential of music to heal and inspire.* p. 63

Ganga White, *Yogi, author, and teacher, has practiced and taught internationally for thirty years. Founder of the White Lotus Foundation in Santa Barbara, Calif., he trains teachers and holds the titles of "Yoga Acharya" and "Yogiraj."* p. 16

Nancy Winston *is a counselor in New York City who has studied with Milton Erickson and has taught and trained clinicians in the use of hypnosis and counseling.* p. 44, 60

Scott Wirth *is a San Francisco Jungian analyst/psychologist specializing in work with gay men. He coedited and contributed to* Same Sex Love and the Path to Wholeness. p. 63

Anna Wise *has been training brainwaves for high performance and meditative states for over twenty years. A member of the Academy of Certified Neurotherapists, she is the author of* The High-Performance Mind: Mastering Brainwaves for Insight, Healing, and Creativity. p. 13, 15, 54, 57

Nina Wise *is a performance artist whose provocative and original works have been honored with seven Bay Area Critics' Circle awards and three National Endowment for the Arts fellowships. Her written pieces have appeared in numerous magazines.* p. 34

Roger Woolger *is a Jungian analyst who brings Buddhist meditation and body release work to his regression process and spiritual healing. Author of* Other Lives, Other Selves, *and* The Goddess Within, *he trains therapists in Europe and America.* p. 27

Y

Anne Yeomans, *a psychotherapist in Concord, Mass., has used psychosynthesis as the central framework for her work for over twenty years. She has worked with women's groups in the U.S., Canada, Russia, and Lithuania.* p. 60

Z

Jeffrey Zeig, *director of The Milton H. Erickson Foundation, has authored, edited, and coedited numerous books on Ericksonian psychotherapy, hypnosis, and eclectic psychotherapy. He has conducted workshops in more than twenty-five countries.* p. 36

Mira Zussman *is associate professor of comparative religion and coordinator of Middle East studies at San Jose State University. She is currently working on her second book,* The Feminine Roots of Kabbalah. p. 28

ESALEN INSTITUTE RESERVATION FORM

This form is for your convenience in reserving a space in Esalen workshops. If you wish to make reservations for more than one person, please photocopy this form so that each registrant has his/her own form, unless you are registering as a couple with the same address and phone number. A nonrefundable deposit for each person registering and each workshop applied for must accompany this form. (Please see Reservation Information, page 4, under Fees and Reservations, Making Contact with Us, and Cancellation and Refund Policy.)

Name of Registrant ______________________________ Sex: M ☐ F ☐ Couple ☐
PLEASE PRINT

Address ______________________________

City ____________________ State ____________________ Zip ____________

Home Phone: (______) ____________________ Work Phone: (______) ____________________

☐ Check if you have previously been to Esalen and this is a new address.

Occasionally there are unexpected situations that require us to contact you immediately before your stay here. If you will not be at the above numbers during the two weeks prior to the workshop, where may we reach you?

____

Please mark your first and second choices for housing after referring to page 4 for accommodation descriptions and rates. Total cost includes workshop fees, lodging, and meals.

☐ Check for standard accommodations, if available.

☐ Check for bunk bed room, if available.

☐ Check for sleeping bag space, if available.

☐ Check if you wish to room as a couple.

Write here the name(s) of any person(s) with whom you wish to room.

____

All workshop reservations require a nonrefundable deposit. Balance is due at time of check-in. (See page 4.)

Workshop Date	**Leader's Name**	**Fee**

Workshop Deposits Enclosed: ____________

Tax-deductible contribution to Esalen (Optional): ____________

$5 Catalog Contribution (Optional): ____________

Subtotal: ____________

Total Amount Enclosed: ____________

☐ Check here for $10 prepay discount (see page 5).

☐ Check here if this is your first visit to Esalen.

☐ Check here if you need directions to Esalen.

☐ Check here if you are a senior.

FOR OFFICE USE ONLY

DATE REC.	RES INITIALS	CIRCLE DEPOSIT CC CK CA SUS
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DATE TYPED	TYPED INITIALS	PP SCHOL LIMO SENIOR

Passenger Van Service:
I want transportation from (check one):

☐ Monterey Airport at approximately 4:00 PM on ____________
(date of arrival, Fridays and Sundays only).

☐ Monterey Transit Plaza at approximately 4:20 PM
(corner of Pearl and Alvarado, next to Ordway Drug)

The $30-per-person charge (subject to change) is payable on arrival at Esalen. Please prepare to arrive at the airport well before 4:00PM so you do not miss our van. Esalen cannot be responsible for taxi fare or other transportation costs. **If your plans for use of the passenger van service change after you have made your reservation, please notify us.** The only departing van service from Esalen is on Fridays and Sundays at approximately 6:30 PM. If you plan on taking this limo please make sure that your plane reservations are after 8:00 PM. Passenger van service is not available at any other time.

Other Notes:
All of our rooms are non-smoking. If you smoke, please plan to do so outside.

No pets allowed.

We are unable to act as a banking service for our guests. Please bring adequate funds for your stay.

☐ We occasionally make our mailing list available to other organizations who have services, information, or events that might be of interest to our subscribers. Please check here if you prefer that your name be used for Esalen mailings only.

☐ Check here if you do not want your phone number given out for ride-sharing.

Please make checks payable to Esalen Institute, in U.S. currency only. (There will be a $15 fee for returned checks.) Overseas residents must pay by checks drawn on U.S. banks or with one of the charge cards below. Checks or credit card information must accompany the reservations form. Or, you may **fax** this form to us at **408-667-2724.** If you do so, *you must include payment via one of the credit cards below.*

Your reservation can be charged to:

☐ MasterCard ☐ Visa ☐ American Express

Card No ______________________________

Expiration Date ______________________________

Authorizing Signature ______________________________

Thank you for your reservation. As soon as it is processed you will receive by return mail a receipt for your deposit and a notice of confirmation. Please review your confirmation for accuracy.

Esalen Institute is a center to encourage work in the humanities and sciences that promotes human values and potentials. Its activities consist of public seminars, residential work-study programs, invitational conferences, research, and semi-autonomous projects.

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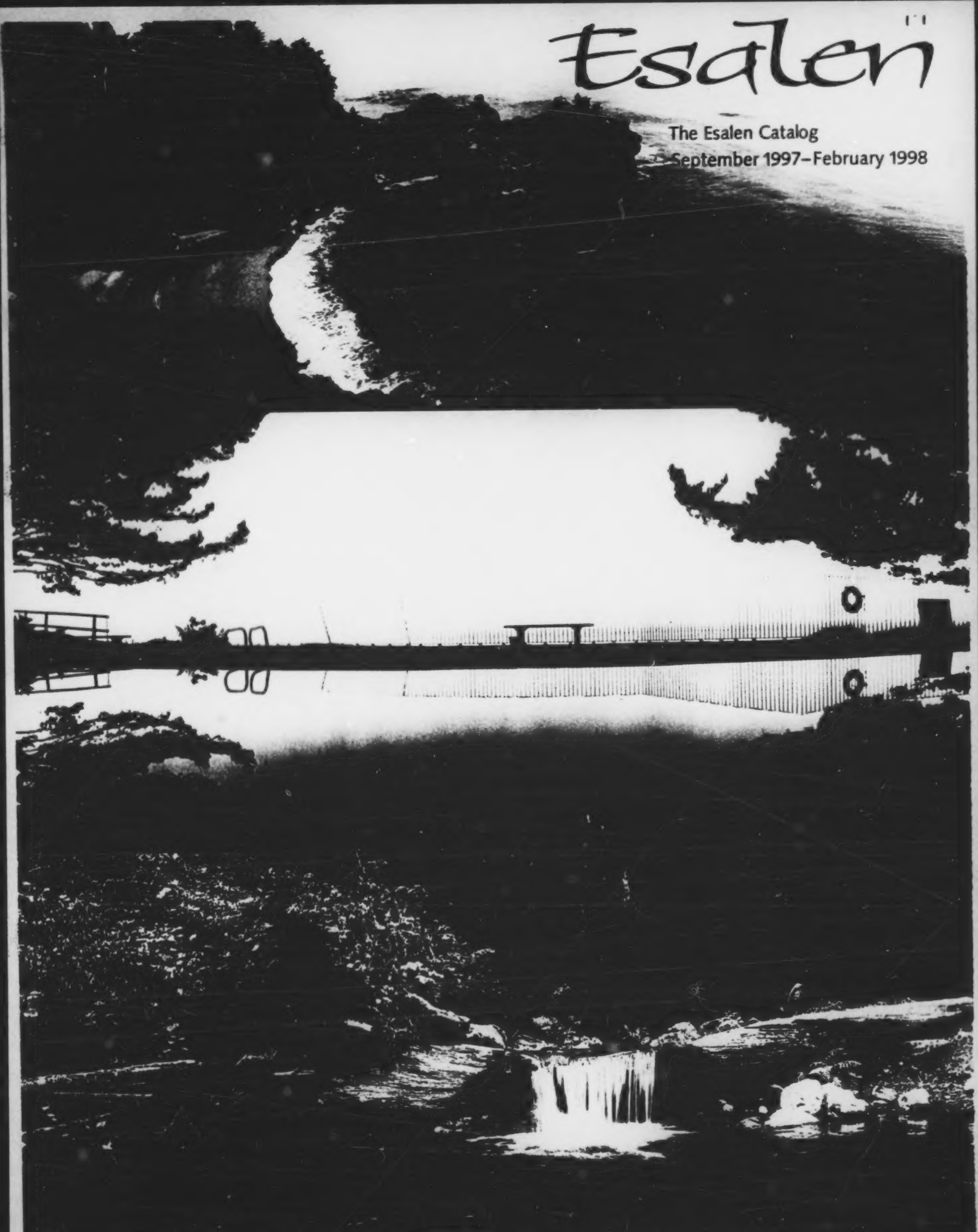
The Esalen Catalog
September 1997–February 1998



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Esalen

MARGARET LIVINGSTON

Esalen Institute is a center to explore work in the humanities and sciences that promotes human values and potentials. The Institute exists to sponsor, encourage, and attempt evaluation of work in these areas, both inside and outside our own organizational framework. Esalen's activities consist of public seminars, residential work-study programs, invitational conferences, research, and semi-autonomous projects.

Since Esalen is a center for experimental education, we ask that persons come to our programs out of an educational interest. We do not offer "cures" or assurances of change. As a center designed to foster personal and social transformation, Esalen offers those who join us the chance to explore more deeply the world and themselves.

Welcome to Esalen.

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The Esalen Catalog is published triannually by the Esalen Institute, Big Sur, California 93920-9616. Printed on recycled paper.
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ISSN 1088-2782

Subscription Information:
Subscription cost for one year is $15 for the United States, $17 for Canada and Mexico, $22 for Europe and South America, and $25 for all other countries.

Although we're delighted to provide you with this issue of the catalog, if you are not currently a subscriber we would appreciate a $5 contribution to defray postage and production costs.

COVER PHOTOGRAPHS BY MACIEK BURY

GENERAL INFORMATION

ESALEN was founded in 1962 as an educational center devoted to the exploration of unrealized human capacities. It became known for its blend of East/West philosophies, its experiential/didactic workshops, the steady influx of philosophers, psychologists, artists, and religious thinkers, and its breathtaking grounds blessed with natural hot springs. Once home to a Native American tribe known as the Esselen, Esalen is situated on 27 acres of spectacular Big Sur coastline with the Santa Lucia Mountains rising sharply behind.

There are various ways to experience Esalen, ranging from an overnight visit to a long-term stay as a seminarian. The weekend and five-day workshops described throughout the catalog are the standard route for coming to Esalen. The "Experiencing Esalen" workshops, scheduled periodically, offer an introduction to practices such as Gestalt, massage, sensory awareness, and meditation. From such a sampling, participants can then choose those approaches they are most attracted to and pursue them in subsequent seminars.

Another way of being at Esalen which allows a greater involvement at a lower expense is the Work Study Program, an intensive twenty-eight day work-oriented program for individuals who want to make a directed, personal commitment to self-exploration and growth, and a contribution to the Esalen community. For a full description of the Work Study Program, please turn to page 69.

For those who wish an extended stay, there are periodic long-term programs which involve didactic seminars or professional trainings as well as experiential workshops. Please see Special Programs.

Finally, there are other events that enrich life at Esalen. There are occasional forums in which writers and thinkers, both visiting and resident, share their ideas with the community. On Wednesday nights there may be lectures, films, dance performances, or other events. Bodywork of various kinds is available by appointment with individual practitioners. There is also a community event schedule offered. Please check the bulletin board when you arrive.

Esalen is a 45-mile drive south from Monterey, 11 miles south of Nepenthe, on Coast Route 1. From the south, we are 50 miles north of San Simeon. A lighted sign on the ocean side of the highway reads: Esalen Institute, By Reservation Only.

Catalog Subscriptions

If you would like to receive the Esalen Catalog, please refer to page 2 for subscription rates and send your check or money order (U.S. currency) in the enclosed subscription envelope, or mail it to: *Subscriptions*, Esalen Institute, Big Sur, CA 93920.

The Hot Springs at Esalen

We would like those people who are planning their first visit to Esalen to know that swimsuits are optional, and nudity common, in the hot springs, massage area, and swimming pool. We encourage each individual to choose what is most comfortable, either wearing a swimsuit or not, and emphasize that the environment we strive for at Esalen is one of personal sanctuary and respect for the human body.

In addition to around-the-clock availability for Esalen guests, the hot springs are open to the general public, by reservation only, from 1 AM to 3 AM. There is a $10 fee. To make a reservation, please call 408-667-3047.

Accreditation

Many formal educational institutions recognize the time spent at Esalen as being worthy of credit in their own curricula; check with your university or college for further information. We would be glad to supply information to your school regarding any of our programs or series of programs. Please submit a written request to the office supervisor.

Continuing Education at Esalen

Esalen is a provider of continuing education credits for nurses, psychologists, MFCCs, and LCSWs.

Approved workshops are noted in the Seminars section of this catalog as well as listed separately in the Continuing Education section, page 67. Those workshops for which approval is still pending are noted in the Seminars section only.

Disabled Access

Esalen provides a means of transportation to the baths for those with physical limitations which prevent them from walking. A vehicle was purchased, in part, through the generosity of Dr. John W. Harris, who believes, as we do, that those among us who are aged, infirm, or handicapped should also be able to enjoy the hot springs.

If you are disabled and would like to plan a visit to Esalen or participate in a workshop, please give the office as much advance notice as possible. While disabled access to some parts of the property is difficult, with enough planning, arrangements can be made for access to most of our facilities.

Recommended Reading and Mail Order Merchandise

Most books listed as recommended reading for workshops are available through Esalen's bookstore. All other bookstore items are also available via mail order. For ordering information please call 408-667-3049.

Ongoing Residence Program

Offered beginning mid-September and ending mid-June, the Ongoing Residence Program is designed for those who would like to have time and space in the Esalen environment for an intensive workshop program over a long term. A Residence Program stay is 26 days (four "weeks" and three weekends).

Participants may select any of the five-day workshops offered during their stay with weekends free to enjoy room and board. Occasionally workshops are cancelled, so second choices are advised.

The specially discounted cost is $3435 per 26-day period for standard accommodations and $2710 for bunk bed rooms.

RESERVATION INFORMATION

Making Contact with Us

Mail or Fax: The most efficient way to register for a workshop at Esalen is to fax or mail your reservation. If you fax your reservation, be sure to include accurate credit card information.

Esalen's Fax: 408-667-2724
(Our fax line is exclusively for reservations—no personal correspondence, please.)

Phone: If you prefer to make your reservation by phone, please be prepared with your completed reservation form, workshop dates and leaders, and your credit card. We know that all calls to Esalen are long-distance and will try to be as efficient as possible.

General Information: 408-667-3000

Express Reservations: 408-644-8477
(This is only for those who have previously taken a workshop at Esalen and know the workshop, date, and leader of the workshop for which they are registering.)

All Other Reservations: 408-667-3005

Catalog Requests: 408-644-8476

Phone Reservation Hours:*

Mon., Tues., Thur.:	10 AM to 7 PM
Wednesday:	10 AM to 12 NOON
Friday:	10 AM to 5 PM
Saturday:	10 AM to 3 PM
Sunday:	12 NOON to 5 PM

**The reservation office is closed on Christmas and New Year's Day.*

World Wide Web: http://www.esalen.org

Fees

Fees and Reservations: Preregistration, by fax, mail, or phone, is required prior to arrival. A registration form is provided on page 80. Since workshops fill quickly, it is advisable to sign up as early as possible. In order to reserve a space in any workshop, we require full payment or the following deposits:

Weekend:	$150	19 to 21 days:	$450
5 to 7 days:	$300	More than 21 days:	$600
12 to 14 days:	$400		

Deposits are payable in U.S. currency only. Overseas residents must pay by checks drawn on U.S. banks or use a credit card. Balance of payment is due on arrival. (Please see page 5 for information on discounts and reduced rate options.)

Please indicate your second choice for a workshop in case your first choice is cancelled and we are unable to reach you.

Esalen Institute reserves the right to cancel any program at any time.

Workshop Accommodations

Please Note: Workshop fees cover tuition, food, and lodging. Fees are subject to change without notice.

All accommodations are shared. We cannot guarantee requests for singles.

Standard Accommodations: This is shared housing with two or three persons per room. In some cases, bathrooms are shared. Couples will always be housed together. The rates listed with the workshop descriptions throughout the catalog refer to these shared standard accommodations.

7-Day Rate, per person	5-Day Rate, per person	Weekend Rate, per person
$1220	$795	$425

Bunk Bed Rooms: Bunk beds are available for seminar participants who are willing to share a room with three or more persons. There are a limited number of these spaces, which are reserved on a first-come, first-served basis.

$920	$595	$325

Sleeping Bags: Meeting rooms are sometimes used as shared sleeping bag space and may be available for workshop participants with limited financial means. Sleeping bag spaces are for sleeping only, as meeting rooms are frequently in use and therefore inaccessible between 10 AM and 10 PM.

$625	$415	$220

Own Accommodations: If you are staying off the property the following rates apply:

$715	$460	$255

Camping on the grounds, either in tents or campers, is prohibited. We do not have parking space to accommodate RVs.

We would like to remind you that scholarship assistance is available; refer to Scholarship Information as well as Reduced Rate Options and Discounts for other economical ways of staying at Esalen.

Room and Board

Occasionally, when beds aren't needed for seminarians, room and board is available. This gives visitors the opportunity to enjoy the grounds, the baths, and massage without participating in a workshop. Accommodations are standard (2 or 3 per room) or bunk bed (4 or more per room). Not all rooms have private baths. Room and board rates include dinner on the day of arrival and breakfast and lunch on the following day. We require full payment at the time of reservation. This payment is nonrefundable and nontransferable.

Note: Room and Board reservations must be made with a reservation specialist by phone, not by fax machine.

For a room and board stay between Sunday and Thursday, please call us no earlier than the Thursday before for room availability. For a Friday or Saturday night stay, please call no earlier than the Sunday before. The following rates are per person, per day.*

Weekend (Friday and Saturday nights)	Weekday (Sunday through Thursday nights)
Standard Accommodations (2 or 3 per room):	
$125	$105
Bunk Bed (4 or more per room):	
$85	$80

**Off-season rates are in effect from October 1 through March 31, holidays excepted.*

Cancellation Policy

Cancellation and Refund Policy: Cancellations must be made by phone with one of our reservation staff. If you cancel or change any part of your reservation at least five full days before the start of your workshop(s), your nonrefundable deposit, less a $30-per-workshop processing fee, will be transferred to a credit account to be used within one year. ("Five full days" means by Tuesday before a Sunday workshop and by Sunday before a Friday workshop.) If you cancel with less than five days' notice, you forfeit your entire deposit. If you have prepaid your entire reservation fee, we will retain the deposit, as above, less the $30 processing fee, and return the balance to you. (*Please note:* Wilderness Programs has a different cancellation and refund policy.)

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Scholarship Information

Standard and Bunk Bed Accommodations: Esalen is able to provide some scholarship assistance to workshop participants in exchange for a work commitment (usually in the kitchen). Approved scholarship recipients will receive their work schedules upon arrival at Esalen.

	Assistance	Work
Weekend	$ 50	4 hours
5-9 days	$100	8 hours
12-14 days	$200	16 hours
14+ days	$300	24 hours

If additional scholarship assistance is required, please send a letter of explanation to: Scholarships at Esalen. Due to the number of requests we receive, we can only provide one scholarship per person per year.

Reduced Rate Options and Discounts

If you pay in full at the time you make your reservation, you will receive a $10 prepayment discount per workshop and be eligible for express check-in upon arrival. This discount does not apply to scholarship recipients, sleeping bag accommodations, or the Ongoing Residence Program.

Senior Citizen Discount: Esalen offers a special discount to individuals over 65 years of age. The discount for a weekend workshop is $25; for a five-day or longer program, it's $50. Please request this discount at the time of registration. When you complete the reservation form on page 80, please indicate the discounts for which you qualify. If you qualify, and you make your reservation by phone, be sure to ask for this discount. (Please note: Senior discounts are not available for the Work Study Program.)

Accommodations for Families: Two full-paying adults housed in standard accommodations may have their children in the room for a meal charge of $20 per child per day ($10 for children under six). **Note:** If children are enrolled in Gazebo School Park or an Esalen workshop, additional fees are required. Contact the Gazebo, 408-667-3026, for information regarding their fees.

The Gazebo School Park Early Childhood Program

The Gazebo School Park is a unique educational experience for children one to six years. It is open year-round and has an average of 15 to 20 children in attendance each day.

The Early Childhood Program is available to seminarians who would like child care at Esalen. Child care is provided during workshop hours only. Daytime activities for the children include gardening, pony rides, learning about animal care, exploring nature, a real boat, the magic castle, and an Indian tepee. Evenings are spent with a teacher in the Gazebo Farmhouse, engaged in activities that are age appropriate, such as reading, learning and playing with the computer, baking, arts and crafts, or building-block play.

Reservations should be made at least a month in advance. Call the Gazebo Farmhouse, 408-667-3026, for more information and reservations.

Weekend: $200 Week: $400

Internship Program: This is a three-month program for those who wish to have intense exposure to life at the Gazebo School Park and its unique educational resources. The Internship Program offers experience with children, the Gazebo environment, and its teaching philosophy. Applicants must have completed at least three work scholar months at Esalen before being considered for this program.

Call the Gazebo Farmhouse, 408-667-3026, for more information or reservations.

First month	$400
Second month	$350
Third month	$300

Seminarians as Volunteers

Seminarians in residence at Esalen are invited to contribute one or two hours per week to work with the staff, usually in the kitchen. Your help enables us to meet the pressures of peak working times and enables you to experience Esalen from the inside out.

Transportation to Esalen

Van Service: On Fridays and Sundays we have van service from the Monterey Airport at approximately 4 PM and from the Monterey Transit Plaza (corner of Pearl and Alvarado, next to Ordway Drug) at approximately 4:20 PM. If you plan to use this service, please inform the Esalen office at least 24 hours prior to your arrival. The $30 one-way fee (subject to change) is payable to the Esalen office when you check in. Return reservations may be made at that time. The only departing van service from Esalen is on Fridays and Sundays at approximately 6:30 PM. If you plan to use this departure service, please make sure that your plane reservations are after 8 PM.

Checking In

Check-in and Meals: Rooms become available at 4 PM; however, guests are welcome to arrive anytime after 2 PM. Weekend programs begin with dinner on Friday and end with brunch on Sunday. Five-day and longer programs begin with dinner on Friday or Sunday and end with lunch on Friday or Sunday. Check-out time is noon on departure day.

F. Y. I.

Health Services: There are no medical services or pharmaceutical supplies available at Esalen. If you will require medical attention or supplies during your stay, please come prepared to administer to your own needs. Esalen is 45 miles from the nearest medical facility or pharmacy.

Snoring: All of our accommodations are shared. You or your roommate may snore. Please come prepared (nose guards, ear plugs, etc.) for this possibility.

For Your Safety: Please bring a flashlight for use at night while walking on the grounds.

Illegal Drugs: In accordance with state and federal laws, the possession or use of illegal drugs on Esalen grounds is strictly prohibited.

Lost and Found: To inquire about items left behind from your Esalen visit, call 408-667-3019.

Guests: Seminarians are not allowed guests on the property during their stay.

Pets: No pets are allowed on the property.

Smoking: Smoking is not permitted in any of our accommodations or meeting rooms.

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The Kingdom of Shivas Irons

The Kingdom of Shivas Irons *is Michael Murphy's long-awaited sequel to* Golf in the Kingdom, *the classic tale of sport and mysticism published twenty-five years ago.*

Golf in the Kingdom *introduced Shivas Irons, a golf pro/philosopher with whom Murphy played a mythic round of golf in Scotland that profoundly altered his game – and his vision.* The Kingdom of Shivas Irons *is the story of Murphy's journey back to Scotland to investigate reports of further visitations by Shivas. This quest is both a physical and a metaphysical journey, and an investigation of human potential.*

Here is an excerpt from The Kingdom of Shivas Irons, *now available in bookstores.*

IT WAS ALMOST TEN O'CLOCK, and the rolling hills glistened in the morning light. Stepping out from under the overhang, I was surprised how warm it was. Plumes of steam rose from MacDuff's old house, giving it a golden halo. In the breeze that followed the storm, there was a fragrance of sycamore, wet grass, and oak, and a faint whistling in the roof above me. The entire property seemed reborn.

With my clubs and practice balls, I found the stretch of ground from which I'd hit drives during my previous visit. After removing my windbreaker and slipping a golf glove on my left hand, I smoothed a patch of stubble and grass, and surveyed the field between me and the abandoned first green. It didn't matter that the rain-soaked ground wouldn't afford much roll. I would not begin by hitting for distance. My intention instead was to make as complete a surrender as possible to the presence I'd felt here before. Everything else, such as hitting balls four hundred yards, would have to give way to the comprehensive intelligence that seemed to inhabit this place.

When I'd hit about thirty balls, I realized that they were clustered in three rings around the target. Had a subconscious guidance done this? Three rings, three orbits; maybe they signified that my practice was aimed toward the Earth, the third planet from the sun. Or that this simple exercise was showing me separate spheres of my mind. But such speculation seemed too far-fetched. With a sense of relief, I gave up my questions about the pattern. If there was any meaning in it, that would eventually become apparent. With my driver, I took some practice swings. There was new elasticity in my arms and legs, something beyond my ordinary range of movement. After adjusting my cap to screen out the sun, I hit a driver toward the abandoned first green.

FOR THE NEXT SIX HOURS, with just a pause to eat a sandwich, I played shots on six of the seven holes. Here are some highlights of my experience:

☾ Nearly every hole presented illusions that caused me to make frequent readjustments of my alignment and swing. Recognizing them one by one caused the entire place to have a provisional, shifting, even transparent quality that has carried over into my perception of other golf courses.

☾ Each hole had peculiar frustrations that forced me back to that choiceless awareness, emptiness, or "mindfulness," I'd practiced while hitting chip shots. Again and again I remembered the words of Shivas Irons. "It's always waitin'," he'd said. "Aye one field afore ye e'er swung. It's our best center because it's everywhere." In letting go of feelings and thoughts, of images and particular sensations, I discovered new freedom and energy, as well as a self-renewing pleasure. The practice reminded me of Gregorian chants and similar religious music. There was a regenerative power in its plain repetitions, a movement toward something timeless. "Perfect music contains the maximum amount of monotony that is bearable," wrote Simone Weil. Her sentence made more and more sense to me as the day unfolded.

☾ Every hole provided opportunities for shots that were specially shaped, including fades and draws, slices and punch hooks, and airplane shots that fly low before rising to clear an obstacle. Practicing these hour by hour, my connection with the ball in flight grew steadier, closer, and stronger, stretching the mysterious envelope that passes beyond our flesh. My round with Shivas Irons had shown me the power of this extrasomatic reach, and letters from readers had confirmed it. Drawing on Native American lore, the parapsychologist William Roll had called it an aspect of the "long body."

With each curving journey of the ball, this "inner body," "long body," or "subtle flesh" came into higher definition. Toward the end of the day, as it became more dense and elastic at once, I remembered Shivas Irons saying that when it "locked in" one could hit ball after ball not twenty feet from the pin as ordinary shot-mastery would dictate but "three feet, one foot, two inches away on hole after hole beyond all probabilities, beyond the ordinary powers of the brain and the ordinary laws o'physics. Someday, ye'll see it on television, and the whole world'll go 'Aha!'" On this day I vividly saw what he meant. More than ever before, I learned that golf is an exercise of "imagination with hands."

☾ And with this stretching of the "inner" or "long body" there was a subtler process still. At first it resembled a bubble bath in something like ginger ale; later, it felt like actual nourishment from my body's secret reserves; but by the time the round was done, it seemed more than anything else as if some invisible substance was forming inside me. In certain schools of Taoism, Sufism, and other sacred traditions, it is said that humans can give birth to a body of "spirit-matter." At certain moments, especially when my focus held for every part of my swing, it seemed that the process was starting in me.

* * *

WITH MY BAG ON MY SHOULDER I started down the hill toward the fifth tee. It was liberating to leave my ball there. Perhaps like a seed it was buried in the canyon's little spring, and would be found one day by another pilgrim to Irons and MacDuff. Then I stopped. It wasn't a woman on the rise. The person standing there was a man, and the thing I'd taken to be a cape was a kite that was trailing behind him. Golden and mandorla-shaped, it rose slowly in the gusting wind, swooping playfully every few seconds. When I reached the fifth tee, it was still visible though its owner had vanished. It bobbed and circled a few seconds more, then dropped beneath the rim of the hill.

The Kingdom of Shivas Irons

Looking down the fifth fairway, I felt a streaming effervescence. It had occasionally come to awareness since I'd started hitting shots, but my shot on the previous hole had increased it. Shielding my eyes against the sun, I studied the field that confronted me. It was covered with high yellow grass, all the way to what remained of the green nearly four hundred yards away. To my right, the hill on which MacDuff's house and the abandoned distillery stood rose steeply for some thirty or forty feet.

The effervescence was stronger now, streaming as if from invisible springs. I'd collected reports of such experience. Distance runners had talked about it. Several readers had described it to me. One golfer had said it felt as if she were sitting in a tub of champagne. I decided not to hit a drive into the overgrown fairway. It was better to sit here for a while, and let the state develop. What seemed to be tiny points of light were rising to pervade my entire body.

I thought about Nadia's "spirit-matter." Was this the thing she'd tried to picture in her drawings the day before? She and I had talked about such a phenomenon reported in the sacred traditions. The Roman Catholics' "glorified body," the Sufis' "man of light," the Tibetan Buddhists' "diamond body," the Taoists' "spirit child", each in its own way represents a set of experiences that suggests we can radically alter our flesh, and prominent among these is the perception of particles, "sparks," or scintillae that revitalize mind and body. Everything now seemed charged with the radiance that rose in my cells. The clouds, the grass, the rolling fields were filled with the same aliveness. This effervescence, in which the whole world sat, was available to everyone. For a few moments I sat on the tee to enjoy it.

Then, on a sudden impulse, I picked up my clubs and carried them along the edge of the field to a mound constructed with human hands which must have been MacDuff's sixth tee.

THE HOLE HAD BEEN A DOGLEG RIGHT, with an undulating fairway from which one could hit all sorts of shots. For perhaps an hour I hit long and shorts irons to the abandoned green. Standing back from each shot to note the particular mental events and strengths or flaws in my swing that produced it then clearing my mind to extend my attention span and imagine my next shot, comprised a discipline that was its own reward. Though my legs were sore and my hands were blistering, something in me knew that the pleasure and embracing awareness I experienced now had existed before I'd ever hit a golf shot. Their rediscovery was the greatest reward of practice.

It occurred to me that this was the game's greatest secret, and the reason so many people continued to play though their score did not improve. In its journey around the course, golf is a place to let go of misfortune, to start again, to return to this ever-present awareness and delight. Perhaps the worldwide embrace of the "inner game," which some commentators criticize because it threatens to interfere with the sport's simple enjoyments, was like the shift of the martial arts from killing to ways of enlightenment. I thought of my friend Glen Albaugh teaching his University of the Pacific golfers to clear their mind before each shot, to learn from each failure and success, to bring kinesthetic imagination to their swing, and to constantly reclaim the purity of the moment. He and other sport psychologists are agents of an approach to the game not unlike the one I learned from Shivas Irons.

AT ABOUT FOUR O'CLOCK I walked along the seventh hole, absorbing its contours for future reference, then climbed the hill where the buildings stood. There I surveyed the course as a whole, imagining various shot-making experiments Shivas Irons might have tried. Conceivably he'd hit MacDuff's house more than once. Did he ever break a window? Did his formidable mentor ever reprimand him?

Shadows were lengthening now on the easterly side of the abandoned distillery. In spite of the afterglow produced by this day of contemplative golf, I felt a tinge of sadness. What a privilege to have seen Shivas Irons hit shots here. What amazement to hear his conversations with Seamus MacDuff. For a while I walked around the house and pictured the two men talking. More of the property's physical and spiritual contours than I could estimate were imprinted in my muscles and subliminal mind. It would take weeks and months, perhaps years, to assimilate what the place could teach me.

BUT PART OF THAT TEACHING crystallized sooner than I expected. As I put my clubs into the car, experiences from different parts of the day cohered into a pattern. However tenuous some of these had been, all had arisen from a common ground of latent capacity. For periods ranging from a few minutes to several hours, vision, hearing, taste, and smell, as well as extrasensory perception, had grown more acute; kinesthetic awareness, balance, and dexterity had improved; volition had grown more efficient; new powers of mind over matter had appeared; and my vitality had increased. Through most of the day these separate powers and epiphanies had been supported by the unitive awareness Shivas Irons had celebrated, that sense of "one field before ye e'er swung," and by a self-renewing pleasure that seemed to rise from something primordial. Again and again, both my body's structures and sense of self had shifted to accommodate these enhancements of functioning. Perhaps the best way to say it is that I seemed more body and soul at once.

The pattern was evident now. Every one of our parts could be transformed. Every human capacity is rooted in a greater life waiting to be born in us. This day of golf, this mysterious place, had briefly evoked that simultaneity of extraordinary attributes Shivas Irons was cultivating, providing a massive premonition of what he and his mentor called "the life to come." ☾

Michael Murphy is the co-founder of Esalen Institute.

ESALEN NOTES

Scheduling Private Conferences at Esalen

It is possible to arrange for your group or organization to hold its conferences at Esalen. We can accommodate large groups (up to 100) on a space-available basis.

Smaller groups may schedule private conferences in our renovated Big House. This facility is available for individuals who work together and would like to design their own Esalen program, drawing on our leaders and other resources. Ten bedrooms, nine bathrooms, a kitchen, dining room, and meeting room make it possible to house group members together, thereby enhancing the retreat environment.

We schedule all conferences a year in advance. To schedule or discuss possible formats, please contact conference coordinator Kasia Zajac at 408-667-3038.

The Esalen Massage and Bodywork Association

The Esalen Massage Crew has organized a professional association known as the Esalen Massage and Bodywork Association (EMBA). Its purpose is to ensure the continuing quality of Esalen massage by establishing and maintaining education and certification standards for practitioners and teachers of Esalen massage. The EMBA will also publish and distribute newsletters and practitioner directories. The organization will support Esalen's community of students, practitioners, and teachers.

The EMBA's intention is to support research and continuing evolution in the fields of massage, bodywork, and somatics, to network with other professional associations, and to foster the worldwide teaching of Esalen massage.

You can contact the EMBA by phone, 408-667-3018; fax, 408-667-3048; e-mail, *emba@esalen.org*; or write to EMBA at Esalen.

The Esalen Catalog via Internet

The Esalen Catalog is available on-line. In addition to updated workshop availability and information on ways of being at Esalen, the new World Wide Web site also includes announcements of upcoming special events as well as history and feature stories from Esalen. To access the site, set your Web browser to:

http://www.esalen.org

For more information or comments on the Esalen site, send e-mail to:

catguy@esalen.org

The Esalen Catalog (1962-1992) Available via the Educational Resources Information Center (ERIC)

Anyone interested in *The Esalen Catalog* as human potential movement historical source material for research purposes can now obtain the complete thirty-one-year set from ERIC's document delivery arm, the ERIC Document Reproduction Service (EDRS, 7420 Fullerton Road, Suite 110, Springfield, Virginia 22153-2852; phone 1-800-443-3742). When ordering either microfiche or reproduced paper copy, please refer to the catalog's ERIC accession number ED 347 118.

THE FRIENDS OF ESALEN

DONATIONS TO THE FRIENDS OF ESALEN support the scholarship fund and provide financial aid for those who wish to attend our workshops but cannot otherwise afford them. Donations also provide additional funding for our pioneering projects in health, education, the environment, and the humanities. With their annual donation, Friends of Esalen receive the Esalen Catalog as well as a special newsletter.

Donors at the Supporting level or above receive an autographed copy of Michael Murphy's book *The Future of the Body*. At the Sustaining Donor level, gifts are also acknowledged in the newsletter (unless the donor wishes to remain anonymous). Benefactors receive all of the aforementioned along with an individual gift from Esalen.

The Group 2000 is composed of individuals committed to helping Esalen fulfill its mission by building its long-term financial base into the year 2000 and beyond. The Group 2000 meets together with staff members at Esalen every year.

We deeply appreciate the generosity and interest of the Friends of Esalen. You are invited to join us in extending the experience of Esalen into the lives of more people. For more information, or if you would like us to call you to discuss your gift, please contact us at 408-667-3032.

☐ Basic Donor	$35	☐ Sustaining Donor	$500-950
☐ Student/Senior	$25	☐ Benefactor	$1000
☐ Joint Donor	$50	☐ Group 2000	$2000
☐ Supporting Donor	$100-450	☐ Founders Circle	$5000

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Please make checks payable to Esalen Institute, in U.S. currency only, or use one of the charge cards listed below:

☐ MasterCard ☐ Visa ☐ American Express

Card No. ____________________ Exp. __________

Authorizing signature ____________________

Please complete this form or the inside flap of the envelope insert included in the catalog and return with your gift. Check the box on the outside of the envelope marked "Friends of Esalen." Thank you for your support.

Esalen Institute is a nonprofit public charity corporation, exempt from income tax under IRC section 501(c)(3). Contributions are tax-deductible to the extent allowable by law.

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GUIDE TO WORKSHOPS

This is a guide to the workshops offered in this catalog. Although many of them could be cross-referenced—and some resist easy categorization—most are listed only in their main subject area. If you have never been to Esalen or taken an Esalen workshop, you might want to consider the "Experiencing Esalen" workshop scheduled throughout the catalog and listed in the Integral Practices section of this directory. Please call the Esalen office if you have questions concerning a workshop.

THE ARTS / CREATIVITY

August 31-September 5 • Waves
September 5-7 • Daughters of Saturn: From Father's Daughter to Creative Woman
September 7-12 • The Simple Pleasure of Traditional Raku
September 14-19 • Creative Arts Center at Esalen
September 19-21 • Singing Gestalt
September 21-26 • Writing the Natural Way
September 28-October 3 • The Space of Creation
October 3-5 • Imagination, Presence, and Joy
October 12-17 • The Painting Experience
October 12-17 • Poems of Sacred Place: Writing and Telling
October 17-24 • The Painting Experience
October 17-19 • Story is the Entire World: A Writing Workshop
October 19-24 • Vocal Awareness: Empowerment Through Voice
October 24-26 • Rhythms of the World: Enhancing Your Rhythmic Vocabulary
October 26-31 • The Vein of Gold: A Journey to Your Creative Heart
November 2-7 • When the Drummers Were Women: Invoking the Sacred Feminine through Ritual and Rhythm
November 14-16 • A Workshop for Poets
November 21-23 • The 21 Praises of Tara: A Sacred Dance Practice
November 23-30 • Drawing and Painting Intensive
November 30-December 5 • Circle of Song—Body and Soul
December 5-7 • Writing about Self and Family: A Personal Investigation
December 7-12 • Big Sur Ceramic Alchemy
December 12-14 • Living from the Soma: Awakening the Joy of Embodied Being through the Arts
December 19-21 • Spontaneous Fiber Design
December 21-28 • Painting the Soulscape
December 21-26 • Play, Spontaneity, and Performance Art
December 26-28 • Baking at the Big House
December 28-January 2 • Blow on the Coal of the Heart: A Writing Workshop
January 2-4 • Creative Arts Center at Esalen
January 2-4 • Music for Everyone: Finding Your Long-Lost Musician
January 4-9 • Tao Mentoring in Music and Tai Ji Dance
January 4-9 • Feeling and Creativity: Reinvigorating (Ad)ventures in Life
January 4-9 • Touched by Beauty: Photography in Big Sur
January 9-11 • New Poems: By Ear
January 11-16 • Big Sur Clay Miniatures
January 23-25 • Writing About Our Lives
January 25-30 • The MAX: Stretching the Limits of Your Self-Expression
January 30-February 1 • Improvisational Wisdom: Finding the Robin Williams Within
February 1-8 • The Painting Experience
February 1-6 • The Writer's Way: Opening to Change
February 8-13 • Freeing the Artist: Intuitive Watercolors
February 8-13 • Proprioceptive Writing®: Clearing the Mind
February 22-27 • Creative Arts Center at Esalen
February 22-27 • Hypnosis and Creativity
February 27-March 1 • Cooking as Spiritual Practice: Finding Your Way in the Kitchen
February 27-March 1 • Ageless Vitality: The Body is Living Music

BIOFEEDBACK / HYPNOSIS / INTUITIVE DEVELOPMENT

September 21-26 • The High-Performance Mind: Awakened Mind Brainwave Training
October 3-5 • The Awakened Mind: Brainwave Training
October 5-10 • Intuition and the Dance of Attention
January 9-11 • Discovering Your Psychic Gifts
January 11-16 • The High-Performance Mind: Awakened Mind Brainwave Training
January 16-18 • Intuition and the Dance of Attention
February 22-27 • Hypnosis and Creativity

BUSINESS / WORKPLACE/ SOCIAL RESPONSIBILITY

October 3-5 • Maps of the Jungle: Negotiating the Primitive Dimensions of the Workplace
December 5-7 • The Art of Leadership: Communication, Creativity, Vision
January 4-9 • Feeling and Creativity: Reinvigorating (Ad)ventures in Life
January 30-February 1 • Rekindling the Spirit in Work

CHILDREN / FAMILIES / EDUCATION

November 23-28 • Spanish: A Whole-Brain Accelerated Learning Approach
December 12-14 • On Being with Children and Adolescents
February 13-15 • The Path of Parenting: A Spiritual Approach

CONTEMPLATIVE / SPIRITUAL & RELIGIOUS STUDIES

September 5-7 • The Subtle Self
September 7-12 • Recycled Catholics: Soul Journeys Toward Authentic Relationship with God
September 21-26 • Dzogchen—Awakening the Buddha Within: A Silent Meditation and Self-Inquiry Retreat
September 26-28 • The Sound of the Self
October 5-10 • Zen and the Art of Anything
October 10-12 • Yom Kippur, 1997: A Holy Day, A Spiritual Renewal
October 17-19 • A Weekend with Lama Tharchin Rinpoche

October 19-24 • Sufism: Human Completion and the Divine Names

November 9-14 • Finding Your Spiritual Compass: Rediscovering the Labyrinth as a Spiritual Tool

November 28-30 • The Continuum of Awareness—Gestalt Practice, Meditation Practice

December 7-12 • Living a Spiritual Life in a Practical World

December 12-14 • Mindfulness Meditation: An Introductory Weekend

December 21-26 • Kabbalah, Consciousness, and Life Process

December 28-January 2 • Fire and Soul: Living Your Purpose and Passion

January 2-4 • Applied Wisdom: Universal Truths of the World's Religions

January 23-25 • Kundalini Yoga

January 25-30 • The Subtle Art of Meditation

February 8-13 • Gestalt Process and *A Course in Miracles*: A Synthesis

February 15-20 • Integrating Spiritually Transforming Experiences

February 22-27 • The Subtle Self

February 27-March 1 • Celtic Mysticism: Awakening the Soul to Friendship

DREAMS

September 14-19 • Conscious Dreaming: The Path of the Shaman in Everyday Life

December 19-21 • Exploring the World of Lucid Dreaming

January 4-9 • Entering the Dreamtime, Body and Soul

February 1-6 • Life As A Waking Dream

HEALTH / HEALING

September 12-14 • Therapeutic Touch: Healing for Everyone—Everyone a Healer

September 28-October 3 • Taoist Chi Kung: Enhancing Vitality

October 5-10 • Managing Your Stress, Your Heart, and Your Life

October 31-November 2 • Healthy Back, Healthy Mind: User-Friendly Yoga for Backs and Stress

November 9-14 • Healing Without Medicines/Healing With Medicines: Qigong and the Medical Knowledge of Yin-Style Bagua

November 21-23 • Stress Reduction: An East/West Approach

December 5-7 • Self-Healing Through Bodywork and Movement

December 7-12 • SIKE: Healing and Health through Ki Energy

December 12-14 • Taking Better Care of Yourself: An Eclectic Physician's Guide

December 21-26 • Spiritual Healing: Laying On of Hands

January 2-4 • Acupressure Energy Workshop

January 11-16 • Chakra Integration: A Dynamic Approach to Health and Healing

February 6-8 • Drugs, the Brain, and the Body

February 15-20 • Qigong and PNI: An East/West Healing System, A Daily Practice

INTEGRAL PRACTICES

September 26-28 • Experiencing Esalen

September 28-October 3 • Turning On the Light: A Choice to Live Consciously

October 12-17 • Finding Life Balance

October 24-26 • Experiencing Esalen

October 24-26 • The Tao of Practice

November 7-9 • Experiencing Esalen

December 12-14 • Experiencing Esalen

December 19-21 • A Solstice Celebration: A Christmas Gift to Yourself

December 26-28 • The Healing Power of Humor, Compassion, and Gentle Touch: The Rubenfeld Synergy® Method

December 28-January 2 • Healing the Emotional/Spiritual Body: The Rubenfeld Synergy® Method

January 9-11 • Experiencing Esalen

January 18-23 • Life Energy Process®

February 6-8 • The Life We Are Given

February 20-22 • Experiencing Esalen

MARTIAL ARTS / YOGA / SPORT

September 7-12 • Golf in the Kingdom: An Exploration of the Deeper Game

September 12-14 • Releasing the Warrior: Assault Prevention for Women

September 28-October 3 • Taoist Chi Kung: Enhancing Vitality

October 31-November 2 • Healthy Back, Healthy Mind: User-Friendly Yoga for Backs and Stress

November 9-14 • Healing Without Medicines/Healing With Medicines: Qigong and the Medical Knowledge of Yin-Style Bagua

November 28-30 • Working Out, Working Within: TaoSports for the Game of Life

November 30-December 5 • Intermediate Yoga: Deepening Practice

January 4-9 • Tao Mentoring in Music and Tai Ji Dance

January 9-11 • The Tao of Saging

January 11-16 • The Monkey in the Mirror: Skill, Poise, and the Use of the Self

January 23-25 • Kundalini Yoga

February 15-20 • Qigong and PNI: An East/West Healing System, A Daily Practice

February 20-27 • Yoga... and a Little Bit More

MYTH / RITUAL / SHAMANISM / ANTHROPOLOGY

September 5-7 • The Home Within the Heart: Ojibwe Tribal Healings

September 7-12 • Peruvian Shamanism: Heart of the Healer

September 12-14,• Journey on the Shining Path: African Shamanic Thought and Practice

September 14-19 • Conscious Dreaming: The Path of the Shaman in Everyday Life

November 30-December 5 • Soul Dramas: Past-Life Regression and Spiritual Healing for (Helping) Professionals

December 28-January 2 • Clearing Our Vision for the New Year

January 4-9 • Entering the Dreamtime, Body and Soul

January 4-9 • To Be Ripe to Die, To Be Ready to Live

January 16-18 • Gender, Relationship, and Ritual Transformation: The Dance of the Sun and Moon

January 18-23 • Cross-Cultural Shamanic Practices

January 25-30 • The Spirits of Esalen: Shamanism and the Powers Within the Land

February 20-22 • Waking to the Power of a New Myth

PHILOSOPHICAL INQUIRY / INTELLECTUAL PLAY

October 12-17 • Life Beyond Death
December 19-21 • The Sly Winks of Fate
December 21-26 • Kabbalah, Consciousness, and Life Process
January 4-9 • To Be Ripe to Die, To Be Ready to Live
February 6-8 • The Life We Are Given
February 15-20 • Lexis: Principles and Education for Life
February 27-March 1 • A Weekend with Claudio Naranjo

PROFESSIONAL GROWTH / TRAINING

October 3-5 • Pandora's Gifts: On Secrets, Health, and Healing
October 24-26 • Taking Care of Yourself While Helping Others: Survival Tools for Service Professionals
November 2-30 • 28-Day Massage Practitioner Certification Program
November 14-16 • Narcissism and Intimacy: Love That Wounds—Love That Heals
January 16-18 • Mixed Matches: Working with Cross-Cultural Couples, Families, and Organizations
January 18-23 • Nourishing Ourselves as Caregivers—Rediscovering Intention in Service
January 25-30 • Why Is Psychotherapy So Damn Slow and What in the World Can We Do About It

PSYCHOLOGICAL / TRANSPERSONAL PROCESS

September 5-7 • 'Tis a Gift to Be Simple
September 7-12 • The Transformative Power of Grief
September 12-14 • Time Shifting: Creating Time for Your Life
September 14-19 • Healing Our Hearts
September 14-19 • El Lenguaje de la Libertad (The Language of Freedom)
September 21-26 • Experiencing the Celestine Prophecy: Connecting to Your Life Purpose
September 26-28 • The Art of Living Consciously
September 26-28 • Healing of Heart and Mind: Choosing to Change
October 3-5 • Pandora's Gifts: On Secrets, Health, and Healing
October 5-10 • Letting Go—Moving On
October 12-17 • The Practical Art of Creative Risk-Taking
October 19-24 • Gestalt Practice
October 31-November 2 • The Core Self: Return to Innocence and Choice
October 31-November 2 • Roots and Wings
November 2-7 • Opening to Ourselves and Others
November 7-9 • Grace Under Pressure
November 16-21 • The Courage to Be You
November 23-30 • Healing from Trauma: A Seven-Day Intensive
November 23-28 • Giving Thanks: A Time for Simple Gratitude
November 28-30 • The Continuum of Awareness—Gestalt Practice, Meditation Practice
November 30-December 5 • Courage
December 5-7 • Introduction to Gestalt Practice
December 5-7 • The Art of Leadership: Communication, Creativity, Vision
December 7-12 • Gestalt Practice
December 7-12 • Dropping the Facade: Cultivating Love in Action
December 7-12 • Playing the Edge
December 21-26 • The Road Best Traveled: Reinspiring Life Purpose and Direction
December 26-28 • The Sources of Growth

MARGARET LIVINGSTON

January 4-9 • Feeling and Creativity: Reinvigorating (Ad)ventures in Life
January 11-16 • Completions and Transitions
January 16-18 • 'Tis a Gift to Be Simple
January 16-18 • Grief: A Path to Wholeness
January 16-18 • Gender, Relationship, and Ritual Transformation: The Dance of the Sun and Moon
January 23-25 • Creating a Balanced Life: Finding Your Personal Path
January 25-30 • The Practical Art of Creative Risk-Taking
January 25-30 • The MAX: Stretching the Limits of Your Self-Expression
January 30-February 1 • The Body: Doorway to Self-Discovery—The Gestalt Practice Approach
January 31-February 2 • The Journey from Hopelessness to Faith
February 1-6 • Gestalt Practice
February 1-6 • Life As A Waking Dream
February 6-8 • Remembering Who You Are: A Gestalt Process Workshop
February 8-13 • The Power of Growth
February 8-13 • Gestalt Process and A *Course in Miracles*: A Synthesis
February 13-15 • A New Beginning: Courage and Heart
February 13-15 • Forgiveness
February 15-20 • Integrating Spiritually Transforming Experiences
February 15-20 • Mi Lugar en el Mundo (My Place in the World)
February 20-22 • Reinventing Love
February 22-27 • Creating Exact Moments of Healing

RELATIONSHIP / COMMUNICATION

September 26-28 • Communication and Partnership
October 10-12 • Relationship as a Spiritual Path
November 2-7 • The Intimate Couple: An Integrative Body Psychotherapy (IBP) Workshop
November 9-14 • I-You-Us: Pleasure, Intimacy, and the Search for Connectedness
November 14-16 • Mindfulness and the Pursuit of Intimacy
November 16-21 • Tantra: The Art of Conscious Loving
November 21-23 • The Way of Council
December 5-7 • Stronger at the Broken Places: Relationship Challenges as Initiatory Experiences
December 7-12 • Dropping the Facade: Cultivating Love in Action
December 19-21 • Relationship: A Spiritual Journey
January 2-4 • Men and Women, Women and Men: Relationships in the '90s
January 16-18 • Mixed Matches: Working with Cross-Cultural Couples, Families, and Organizations
January 23-25 • Powerfully Presenting Yourself
January 23-25 • The Conscious Heart: Seven Shifts of Consciousness that Create Intimacy
February 13-15 • Finding True Love
February 20-22 • Intimate Connections
February 27-March 1 • Talking Straight and Fighting Fair (With Those You Love and Those You Don't)

SOMATICS

September 5-7 • Weekend Massage Intensive
September 7-12 • In Search of the Healing Self: Movement, Touch, and the Healing Process
September 14-19 • Continuum
September 19-21 • Massage Intensive for Couples
September 21-26 • Five-Day Massage Intensive
September 28-October 3 • The Upledger Institute's CranioSacral II
October 5-10 • Intuition and the Dance of Attention
October 5-10 • Reflexology—Then and Now
October 19-24 • Trigger Point Massage: A Sensitive Approach
November 2-30 • 28-Day Massage Practitioner Certification Program
November 7-9 • Moving into Health: Feldenkrais® and Energetic Movement
November 14-16 • The Delight of Immediacy: Sensory Awareness
November 30-December 5 • Intermediate/Advanced Massage Intensive
December 12-14 • Living from the Soma: Awakening the Joy of Embodied Being
December 26-28 • Weekend Massage Intensive
December 28-January 2 • Five-Day Massage Intensive
January 9-11 • The Heart of Sports Massage
January 11-16 • The Monkey in the Mirror: Skill, Poise, and the Use of the Self
January 16-18 • Intuition and the Dance of Attention
January 18-23 • You Don't Have to Be Good
January 30-February 1 • Hanna Somatics: Mastery of Muscles and Emotions
February 1-6 • The Incredible Lightness of Being: A Transformational Movement Workshop
February 8-13 • The Upledger Institute's CranioSacral I
February 13-15 • Massage Intensive for Couples
February 15-20 • Five-Day Massage Intensive

WILDERNESS / ECOPSYCHOLOGY

September 12-14 • Council of All Beings
September 28-October 3 • The Way of Wilderness
October 3-5 • Big Sur Wilderness Experience
October 12-17 • Heart of Big Sur: Journey into the Santa Lucia Mountains

WOMEN'S / MEN'S STUDIES

September 5-7 • Daughters of Saturn: From Father's Daughter to Creative Woman
September 19-21 • Why Men Are the Way They Are
October 17-19 • A Retreat for Women of Experience: Midlife and Beyond
October 24-26 • Joy, Inspiration, and Hope: A Retreat for Gay Men
October 31-November 2 • For Women Only: Toward a Sacred Sexuality
November 2-7 • When the Drummers Were Women: Invoking the Sacred Feminine through Ritual and Rhythm
November 21-23 • Men Helping Men

EMANUELA GARDNER

Week of August 31–September 5

Waves

Gabrielle Roth & Jonathan Horan

Writes Gabrielle Roth: "In 'Waves' we explore the dynamic practice of the *Roth 5 Rhythms™*. This cathartic form of ecstatic dance is a workout for body and soul—a moving meditation—a spiritual practice where we 'sweat our prayers.' 'Waves' gives us a rhythmic map, a way to understand the cadence of our culture and the tempo of our relationships. 'Waves' is at once the most basic and the most advanced work, the place we always begin and the place we always return to.

"In our hearts, we know that at our deepest level we are divine, spirit in flesh—unlimited, joyful, loving, ecstatic, and free. But all too often, what's real day-to-day is not our freedom but our limitations. Not our joy, but our pain. For many of us what's real is what holds us back, not what sets us free.

"When you enter into the Roth 5 Rhythms, you embark on a pilgrimage of self-revelation rooted in action and movement. This happens because the 5 Rhythms are not a theory, but a practice. This work builds on its own momentum, leaping from the fertile landscape of the body through waves of emotional content toward our realization of spirit. This dynamic encounter with your own psyche has the power to transform, revealing your passion, power, and presence." $795

Weekend of September 5–7

Weekend Massage Intensive

Deborah Anne Medow & Vicki Topp

Participants will be instructed in basic methods for giving a pleasurable and beneficial full-body massage. Fundamental elements of bodywork, such as breath awareness, grounding, movement, quality of touch, and stress reduction, will be introduced. Yoga will be incorporated to enhance body awareness and to help develop strength. The workshop is open to beginners as well as those who wish to brush up on their massage skills.

C.E. credit available for nurses; see page 67.

$425

'Tis a Gift To Be Simple

David Schiffman

This weekend is intended as an offering for people who would like to return to the simplicity of the values we treasure most. Its aim is to create a climate of mutual support and encouragement for exploring how to best cultivate the spirit of generosity and faith in dealing with ourselves and others. This process will embrace the following elements:

- Sanctuary—the opportunity to step away and pause, to create a mood of peace and personal clearing without haste or interruption
- The company of kindred spirits—a chance to be met with honesty, empathy, and wisdom in an atmosphere of clear-eyed support
- The emotional freedom to be—the right to let down and be sad, glad, or mad in order to clear the air and move on, making room in our hearts for new possibilities
- The right to feel free and alive in our bodies—the use of innovative ways of moving and touching in order to restore the vitality of feeling truly alive and physically at ease

The methods will be drawn from a wide variety of practices, both traditional and nontraditional, all aimed at restoring our gratitude and appreciation for being alive. $425

The Subtle Self

Judy Blackstone

All spiritual traditions refer to an essential dimension of existence, calling it unity consciousness, emptiness, universal consciousness, and many other names. This dimension is not an abstract concept. It is the core of our own true nature and can be experienced by anyone who is willing to approach it with patience and openness. Unity consciousness is experienced as clear, mirror-like space, pervading our body and our environment, transcending the duality of self and object. It is deeper than the physical and energetic levels of our being and beyond our psychological defenses, projections, images, and archetypes. Subtle Self Work is a precise method of attuning to the clear space of unity consciousness.

In this workshop participants will explore how to: relate to others in this clear space, commune with nature, experience and live in the inner depths of the body, and integrate the body, authentic self, and unity consciousness. Participants will use the Subtle Self Work attunement exercises, daily sitting meditation, and sound, breath, and movement exercises to stimulate the channels in the vertical core of the body and expand the sense of unity consciousness. In this essential dimension of ourselves, we can find the source of our love, clarity, vitality, and peace.

Recommended reading: Blackstone, *The Subtle Self* and *The Enlightenment Process*.

C.E. credit available for nurses; see page 67.

$425

The Home Within the Heart: Ojibwe Tribal Healings

Robert Palmer & Blackwolf Jones

The ancient healing ways of the Ojibwe tribe can profoundly change life patterns. This workshop offers these traditional ways to improve physical, emotional, mental, and spiritual well-being.

There will be presentations on healing, purification, and the energies of the natural elements as well as the eagle, wolf, bison, and bear. The *mishomis* (grandfather stone), medicine wheel, medicine bundle, and prayer stick will be used to help resolve anger, shame, conflict, and pain. The preparation and burning of fear bundles will allow flames to devour fears. (As Blackwolf says, "We master fear or fear masters us, but there will be a master.")

Traditional Native American dancers, Blackwolf and Robert will teach tribal dances. Both men and women will experience the way of the Ojibwe warrior. Women will be honored as central to survival on Earth Mother. Throughout the workshop, the life principles of pride, dignity, honor, and respect (*namaji*) will help all come to "the home within the heart."

Blackwolf spent his formative years raised with traditional ways on an Ojibwe reservation and now combines these teachings with his experiences of teaching, counseling, and living in contemporary society. Robert Palmer is an Ojibwe descendant and traditional dancer.

C.E. credit available for psychologists; see page 68.
C.E. credit available for MFCCs and LCSWs; see page 68.

$425

Daughters of Saturn: From Father's Daughter to Creative Woman

Patricia Reis

In this workshop, based on her book *Daughters of Saturn: From Father's Daughter to Creative Woman*, Patrician Reis will explore the unmapped terrain of the daughter-father relationship, with a particular look at the influence of this relationship on women's creative expression.

Participants will travel together through this sometimes difficult, culturally undefined territory. Using myths, dreams, and women's experiences, the group will create a map marking the journey from father's daughter to creative woman, seeking to answer: What role does the personal, cultural, and spiritual father play in women's experience of creativity? How does a woman gain access to her creative life? What conditions drive her creative process? What kind of struggles does she undergo?

Using the structure from her book, Patricia Reis will act as guide for the journey from life in the Belly of the Father through the first Gate of Awakening. Participants will document their rebellions and resistances against the dominant culture of patriarchy, the treacherous Battlezone of Culture, and will learn how to locate the trails into the Women's Wildzone, a place that exists outside the law of the fathers: a woman-centered ground of being, knowing, and creating.

Please note: This workshop is for women only. Please bring a photo or memento of your father. $425

Week of September 7–12

Golf in the Kingdom: An Exploration of the Deeper Game

Stephen Cohen, Brian Bergstrom & Andy Nusbaum

> *Ye'll come away from the links with a new hold on life, that is certain if ye play the game with all your heart.*
>
> — Michael Murphy (as Shivas Irons), *Golf in the Kingdom*

The game of golf provides many opportunities to enhance the journey of self-discovery. It can be experienced not only as an athletic endeavor, but also as a metaphor for the way one lives. Just as in life, issues of self-confidence, fear, trust, discipline, and awareness emerge in the conflict between the ego's desire for success and the inner self's ability to achieve.

During these five days, teaching methods gleaned from a study of the deeper game will be utilized, as well as principles from psychosynthesis and Gestalt, to explore the inner self and how one interferes with its emergence. Two days will be spent on field trips to the Monterey Peninsula where participants will practice and play in some of the most beautiful golf country in the world. On other days there will be time to relax and enjoy the natural pleasures of Esalen and Big Sur.

Recommended reading: Murphy, *Golf in the Kingdom*; Gallwey, *The Inner Game of Golf*; Shoemaker, *Extraordinary Golf: The Art of the Possible*. $795

(plus greens fees paid directly to the leader)

The Transformative Power of Grief

Bruce Gregory

The experience of loss is often very painful, sometimes even devastating. The voyage across the vast ocean of grief contains storms of rage, depression, despair, and helplessness. The voyage contains, however, many opportunities for transformation in the midst of tragedy and pain. These opportunities can provide healing for disowned parts of the self, underdeveloped spirituality, and needs that have been forgotten, overlooked, or devalued.

The texture of grief has many underdeveloped layers. Within the grief are doorways to grace, compassion, forgiveness, comfort, and a new, expanded perspective of life. To cross these thresholds one must navigate the dark waters of the shadows of the ego, which rages at the loss of control in life—loss that we all must come to terms with.

By engaging the ego in the eye of the storm, disguised needs and dormant healing resources reveal themselves and can be activated to facilitate the transformation of the grief into healing.

This workshop will utilize Gestalt, role playing, and mind-body processes to help participants explore and move through unresolved aspects of the grief process.

C.E. credit available for nurses; see page 67
C.E. credit available for psychologists, see page 68
C.E. credit available for MFCCs and LCSW's, see page 68

$795

Peruvian Shamanism: Heart of the Healer

Oscar Miro-Quesada

This workshop provides an in-depth initiation into the archetypal shamanic heritage of Peru. It offers a practical hands-on approach to blend millennial native wisdom-teachings into daily life.

The workshop begins with a slide-illustrated discussion tracing the evolution of South American indigenous healing practices. The use of sacred psychoactive plants and ceremonial healing rituals will be vividly depicted.

The focal point of the workshop lies in the reverent creation of a Peruvian curandero's *Mesa*, or "medicine wheel," an altar-like arrangement of sacred items and power objects ceremonially used to awaken deep states of individual and collective healing.

Through the ritual of the Mesa—combined with the use of sound in the form of primal rhythm and ancestral chants, *hampicamayoq* breathwork and movement, spirit journeys to shamanic realms, and *despachos* (consecrated Earth offerings)—the workshop will weave a tapestry that bridges our human and divine natures.

Participants will also be introduced to culture-specific diagnostic procedures and healing practices based on the development of visionary consciousness and the disciplined use of our imaginative faculties, including divination, soul retrieval, shape-shifting, and animal ally embodiment.

The workshop is for people from all walks of life, including truth-seekers, students, educators, and lay persons. $795

In Search of the Healing Self: Movement, Touch, and the Healing Process

Patrick Douce

Inside each of us is a part of the self that knows how to grow, to learn, to heal. For most of us this part operates without any conscious control. This workshop provides an opportunity to learn how to connect with this growing, learning, healing part of ourselves.

Many of the ways we have been taught to conceptualize and move our bodies are incorrect and contribute to physical difficulties. Moshe Feldenkrais developed a method of moving and touching designed to connect to the healing potential of our bodies. The movements are based on how we learn to move as children and extend to the most complex movements possible. The emphasis: Do less with more awareness—learn to improve, rather than force yourself to improve.

The Feldenkrais work will be combined with movements influenced by Indonesian Silat martial-arts-for-health movements. These movements stimulate the energy body, further enhancing our healing possibilities.

The workshop will introduce the complexity and simplicity of the spinal column. The movement work will increase sensitivity to begin safe, noninvasive, hands-on explorations, used to stimulate the deeper part of the self to change. These explorations can benefit those beginning this type of work as well as professionals seeking new tools.

C.E. credit available for nurses; see page 67

$795

Recycled Catholics: Soul Journeys Toward Authentic Relationship with God

Janet Quinn

A "Recycled Catholic" is someone who was baptized as an infant and raised Catholic, who at some point departed from the church (often in search of a more authentically spiritual life), and who now finds her or himself drawn to the church through a variety of paths but with a radically different lived experience of what it means to be a follower of Jesus Christ, quite independent from the church as hierarchy and ultimate authority, yet within the church as sacred vessel and holy community.

Everyone who is interested in exploring these ideas is welcome, including those from non-Roman Catholic denominations or Catholics not yet recycled but open to the possibility. This workshop will provide a safe, sacred space in which to share about the paths which led away from the church as spiritual home, paths taken after leaving home, paths which led back home, and life after recycling. Participants will explore and experience some of the contemplative practices which have always been a part of the Catholic tradition, including Lectio Divina and Centering Prayer, and can rediscover elements of the mystical tradition which lay hidden in Catholic rituals and beliefs. $795

The Simple Pleasure of Traditional Raku

Noel Mapstead & Keiko Suga

Raku in its simplest form is the getting together of friends for the purpose of drinking warm beverages and discussing the merits of the cups—how they feel in our hands, on our lips, how they appear visually.

To arrive at this gathering of friends, Raku involves aspects different from other forms of ceramics. This includes making objects purely to be functional; direct encounter with the firing of the pottery; and constant involvement in creating which results in unexpected and stimulating results.

Participants will learn to gather and work with local Big Sur clay, fashion objects, and construct, load, and fire a wood-burning kiln. Once the kiln is fired up, the work culminates with simple glaze techniques achieved by placing the pottery in the kiln and pulling them out—red-hot—with tongs to cool and to instantly use and admire.

Noel and Keiko's many pottery workshops over the past five years have been a time to have fun and cultivate creative experimentation, human transformation, and environmental awareness. As always, there will be a sweat lodge and hot clay mud baths with the help of assistant Dave Francis.

Come make "Raku pleasure" and drink as friends. There is no other secret.

You can e-mail Noel Mapstead at *mapstead@ix.netcom.com* $795

Weekend of September 12–14

Releasing the Warrior: Assault Prevention for Women

André Salvage

Ancient warriors of old had it. Many great seers had it. Once in a while you'll see it in the eyes of a stranger, a woman in the market, or even in a child: There is no fear, no resentment, no paranoia. There is only a peaceful awareness that allows these people to walk anywhere with the confidence that they can defend themselves.

This type of power is accessible to us all. In this workshop André Salvage, a Master in the art of Kung Fu San Soo, will help you to: overcome your fears by developing reliance on your intuition to know when something feels wrong; assert yourself in a way that stops inappropriate behavior that may lead to harm; and learn the skills to physically stop an attacker.

This program was developed in response to Salvage's own experience of trauma and tragedy in the crime-ridden neighborhoods of South Central Los Angeles. He combines the practical knowledge and survival savvy of someone who grew up in the streets with the compassion and understanding of a teacher who can translate that knowledge into a holistic set of workable tools.

Note: This is a workshop for women only.

$425

Time Shifting: Creating Time for Your Life

Stephan Rechtschaffen

Time is a mysterious flow of which we are a natural part. Yet in our fast-paced, overscheduled lives, we have lost touch with living "in the flow of time." Caught up in the stress of running from work to home to recreation, no one seems to have the time to do the important things. Anxious about the future, regretful of the past, we miss the hidden fullness of each moment.

This workshop helps participants understand their own attitudes toward time and the effect those attitudes have on lifestyle, health, and longevity. Stephan Rechtschaffen, a medical doctor and cofounder of Omega Institute, will introduce practices to move perception away from societal time pressures into the unexplored territory and emotions of "freedom-within-time." Using meditation, visualization, and time evaluation and planning (not scheduling), participants can begin to experience their own natural rhythm in time and the simple power and pleasure of being "present" in each moment.

Participants will explore the effect of dysrhythmic, hurried schedules—on health, relationships, work, and creativity—and, using their expanded sense of time, explore what they really want and how to bring the freedom of "timelessness-within-time" into their everyday lives.

Recommended reading: Rechtschaffen, *Time Shifting: Creating More Time to Enjoy Your Life*.

C.E. credit available for nurses, see page 67.
C.E. credit available for psychologists, see page 68.
C.E. credit available for MFCCs and LCSWs, see page 68.

$425

Journey on the Shining Path: African Shamanic Thought and Practice

Kykosa Kajangu

Rimba is the sacred name of the goddess of enlightenment of many African communities. Rimba is also the name for the creative blending of various meditative activities which can help truth-seekers searching to reclaim their godhood. Rimba uses sound, movement, and light as the basic fuel to generate the energy truth-seekers need to open up their inner channels and to empower their outer channels. Rimba is to African spiritual thought and practice what Yoga is to Indian spiritual thought and practice. This workshop will use the following "technologies of the sacred" to set the wheels of Rimba in motion:

- Deep talk—inspiring stories to help in training the "symbolic ear" to hear the music of the universe
- Divination system—the Dagara model of the African medicine wheel to help to find the "charm of life"
- Rituals—meditative activities to help achieve personal balance and harmony with all living things

"In this workshop," writes Kykosa, "you can learn practices to stop psychic toxins from robbing you of your health, rituals to enhance the quality of your life, step-by-step guidance to check the flow of energy within, and down-to-earth insights to make great strides on the Shining Path." $425

Council of All Beings

John Seed

The Council of All Beings is a series of rituals created to help individuals feel their connection with nature in their hearts and bodies. By rediscovering our interconnectedness with all beings, we see that the fate of the earth is our own fate, the pain of the earth is our own pain. The Council of All Beings empowers people to act on behalf of the earth, giving clarity and direction for the work ahead.

Participants will have the opportunity to shed their solely human identification in order to feel greater empathy for the myriad species and habitats of the Earth. Through personal sharing, meditation, and ritual, participants will explore the depths of their concern and love for the planet in this time of crisis. As many have discovered, aligning thus with a larger identity can clarify, dignify, and heal one's personal conflicts. Similarly, it can clarify patterns of consumption, needs for intimacy and support, and priorities for action. This gathering provides tools for putting this into practice in daily life.

This workshop draws upon current scientific findings to expand understanding of the ecological crisis that threatens the planet. John Seed will discuss systems theory and the Gaia hypothesis to provide a solid, rational-conceptual foundation for the deep ecology movement, and relate them to spiritual traditions thousands of years old that attune individuals to the Earth. $425

Therapeutic Touch: Healing for Everyone—Everyone a Healer

Janet Quinn

Therapeutic Touch (TT) is an approach to healing which derives from the ancient practice of laying on of hands but which need not take place within a religious framework. First developed by nursing professor Dr. Dolores Krieger and Dora Kunz, TT is a gentle yet powerful tool for actualizing the natural capacity within each one of us for healing and wholeness. Increasing numbers of health-care professionals as well as family caregivers are learning that using TT is as helpful to the practitioner as it is to the recipient.

This workshop introduces TT as a complementary healing modality which might be used within the context of existing health-care practices and/or personal lives. The historical, philosophical, and theoretical foundations of TT will be reviewed. The course will explore basic assumptions related to human energy fields and there will be demonstration and practice of the method. The research on TT will be reviewed and issues related to the use of TT within existing and future health-care systems will be explored.

Anyone who wants to learn how to help or to heal through the use of focused intention and the human energy field is welcome.

C.E. credit available for nurses; see page 67.

$425

Week of September 14–19

Continuum

Emilie Conrad-Da'oud

Continuum explores the idea that movement is something we *are* rather than something we *do*, that what we call a "body" is actually a nonlinear creative event.

"Awareness of ourselves as movement begins with developing our sensitivity to our intrinsic world," writes Emilie Conrad Da'oud. "We do this by exploring the mobile diversity of our breath, by discovering how our sound permeates connective tissue, and most of all by experiencing fluidity as our biological origin—the undulating waves of life that brought us here in the first place.

"As we enliven ourselves from the inside, our dynamic expressions in the world increase. This oscillation from intrinsic to extrinsic, from cell to action, urges itself into new creative channels. Released from convention, our movement vocabulary can include textures and dynamics that are the expression of what is current and alive."

As a movement specialist at UCLA, Conrad-Da'oud has contributed to a study demonstrating that enhancing fluid movement is essential to mediating disease and aging. Her work is incorporated into the fields of alternative medicine, physical therapy, and physical fitness.

This workshop can give participants a deeper awareness of the body as a process where change, growth, and innovation are possible. No dance or movement experience is necessary.

C.E. credit available for nurses; see page 67.

$795

Healing Our Hearts

Julie Bowden & Richard Balaban

This workshop will be a journey into the tender part of the self that carries childhood trauma. Feeling and integrating the pain and gifts of our past allows us to live more fully in relationship with ourselves and others, and helps

EMANUELA GARDNER

us to acknowledge and nurture our inner voice. Using guided imagery, music, metaphor, and dialogue with the historical child, this work is about melting the frozen tears and befriending the child within. Gaining compassion for the self and experiencing a supportive community are also a part of this work.

To help create an atmosphere of safety, care, and respect for core issues to emerge, participants are asked to forgo alcohol and other mood-altering, nonprescription drugs for these five days.

If you long to live beyond your past, discover your untapped strengths, and enhance your relationships, this workshop is designed for you.

C.E. credit available for nurses: see page 67.

$795

Conscious Dreaming: The Path of the Shaman in Everyday Life

Robert Moss

"As we approach the new millennium," writes Robert Moss, "we have the chance to participate in the emergence of a more gifted and generous version of our species, the Multidimensional Human. To accomplish this, we need to marry the best of contemporary science and scholarship to the techniques of 'paleolithic psychology': conscious dreaming, hypersensory perception, soul recovery, and shamanic soul-flight to sources of insight and healing.

"In this adventure together, we will journey through inner and outer space with the aid of breathwork, sonics, visualization, shared dreaming, sacred story, and shamanic techniques for shifting consciousness. We will learn the anatomy and dynamics of *soul*, working with the energy body and the dreambody. We will experiment in 'folding time' in order to scout out challenges that lie in the now. We will embark on a visionary journey to Sirius B to gain experiential insight into the belief of the Dogon, the Maoris, and other indigenous peoples that human life on Earth was seeded from the white dwarf in the Sirius star system. We will investigate the paths of the spirit after physical death, and develop a personal geography of the afterlife."

What to bring: your passion, your sense of adventure, your dream journal, and a drum or rattle (if you have one).

Recommended reading: Moss, *Conscious Dreaming*; Murphy, *The Future of the Body*.

$795

Creative Arts Center at Esalen

Arts Center Staff

Everyone has a drive to create—to be original, inventive, whimsical, resourceful. Located in The Barn at Esalen, the Creative Arts Center is a place for individuals to explore their imagination and their playfulness. It is a growing resource that is constantly evolving—a place that invites you to express your own creative instincts and become the artist that you've always imagined was hiding somewhere inside you.

This workshop invites you on a journey of reawakening. The Arts Center staff will provide a safe, supportive environment for you to rediscover the creator within. There will be a variety of art media available, which may include painting, pottery, silk dyeing, dance and movement, mask making, ritual, and group work. The leaders will offer exercises, as needed, to stimulate and liberate your creative expression, as they guide you deeper into the world of your own imagination and playfulness.

This will also be a wonderful opportunity to get messy. No previous art training is necessary.

$795

El Lenguaje de la Libertad (The Language of Freedom)

Gustavo Rabin & Sara Szpektor

This Spanish-speaking workshop is about obtaining the freedom of being who we really are. In a safe and nurturing environment, participants will learn this old/new language: The language of freedom.

Para evitar todo aquello que nos hiere, solemos levantar defensas. Este mecanismo, al mismo tiempo que nos protege, puede reducir nuestra libertad. Es triste, pero nos acostumbramos a una libertad empequeñecida. Para recuperaria en plenitud, debemos re-aprender su valor y su precio. Y en esa búsqueda descubriremos no sólo que la tarea depende de nosotros, sino que también somos el principal obstáculo para lograrlo.

Este workshop presentará los mapas que nos guiarán desde nuestro propio encierro hacia la expresión más libre de nuestro ser. A través de ejercicios gestálticos, trabajo grupal y proceso personal, crearemos un ambiente protegido en el cual se podrá recordar y hablar este nuevo-antiguo lenguaje: El lenguaje de la libertad.

Las actividades tendrán lugar totalmente en español. $795

Weekend of September 19–21

Massage Intensive for Couples

Brita Ostrom & David Streeter

This workshop is for partners who want to learn to massage each other. Emphasis will be on "hearing" with the hands, de-stressing the home, asking for what we need, and giving to those we love. Sessions will include demonstrations and hands-on guidance. Individual concerns will be addressed so participants can continue their practice at home. $425
per participant

Why Men Are the Way They Are

Warren Farrell

> *I've never had a couple come to me and say, "Warren I want a divorce; my partner understands me."*

This workshop is designed to help both sexes understand each other via role playing in which participants experience the pressures that mold the other sex's psyche. Men can experience, for example, women's view of sexual harassment; women can experience men's fear of sexual rejection and the powerlessness it engenders.

In an environment simultaneously safe and boundary-pushing, Warren Farrell will introduce some innovative perspectives—initially challenging, perhaps, because not only are they female-positive but also more male-positive than is currently in vogue. Group interactions will be allowed to become emotional enough to reflect how we communicate when we're defensive. Farrell will then facilitate work to demonstrate how both sexes can listen to criticism—even personal criticism—without becoming defensive, thus creating a model for expressing those "tough-to-hear" feelings, even to loved ones. The goal: to create more compassionate ways to relate to the other sex and to view ourselves.

This workshop offers insights on everything from male power and powerlessness to date rape and sexual harassment, from why men fear commitment to why they commit more suicide, from a new view of equality in the home to myths about equality in the workplace.

Recommended reading: Farrell, *The Myth of Male Power*.

C.E. credit available for nurses: see page 67.
C.E. credit available for psychologists: see page 68.
C.E. credit available for MFCCs and LCSWs: see page 68.

$425

Singing Gestalt

Nancy Kaye Lunney

Singing can be an experience of great joy, poignant tenderness, or overwhelming fear. It can provide illuminating moments of pure expression or a persona to hide behind.

"Singing Gestalt" is singing about yourself, who you are, what you feel. It is about being yourself in front of other people without judging how well you sing. It is *not* about performance—it is about making contact, feeling, expressing, and being there, with and for yourself and others.

If the idea of getting up and singing in front of other people terrifies you more than anything you can think of, this workshop is for you. If you love to sing in front of other people and want to stretch yourself further, this workshop is for you. It is a chance to take your singing self out of the shower, out of the car—out of the closet.

Some guided imagery and Gestalt may be used. Bring lyrics to songs that express thoughts and feelings you'd like to explore. Accompaniment and lots of music are provided. $425

Week of September 21–26

The High-Performance Mind: Awakened Mind Brainwave Training

Anna Wise

The high-performance mind is clearer, sharper, and more flexible. Emotions are more available and easier to transform. Information flows more easily between the conscious, subconscious, and unconscious levels, increasing intuition, insight, and empathy.

Having a high-performance mind means being able to enter at will the state of consciousness most beneficial for any given circumstance—then understanding how to use that state. Through brainwave training for beta, alpha, theta, and delta, this workshop can teach you how to produce the components for an awakened mind, the brainwave pattern of peak experience, optimum creativity, and high spiritual awareness. Working with both the state and the content of consciousness, you can learn to use these brainwaves to develop a high-performance mind for self-healing, dealing with emotional issues, increasing creativity, improving relationships, and developing greater self-knowledge and awareness.

Biofeedback monitoring combined with meditation, visualization, and deep psychophysiological relaxation can help you learn how to master your own states of consciousness. The Mind Mirror EEG will be used to demonstrate brainwave patterns, and Electrical Skin Resistance Meters will be used to measure the depth of arousal and relaxation of your autonomic nervous system, illuminating the interrelationship between your body and your mind.

C.E. credit available for nurses; see page 67.
C.E. credit available for psychologists; see page 68.
C.E. credit available for MFCCs and LCSWs; see page 68.

$795

Dzogchen—Awakening the Buddha Within: A Silent Meditation and Self-Inquiry Retreat

Surya Das

Buddhism teaches awareness techniques for awakening to inner freedom. Dzogchen introduces the inherent freedom, purity, and perfection of innate Buddha-Mind. Dzogchen—Tibetan for "the Natural Great Perfection"—is considered the summit of all Buddhist teachings: swift, easy, joyful, and direct.

This retreat will introduce the quintessential Vajrayana path, practiced according to the nonsectarian way of the Practice Lineage of Tibetan Buddhism, relying on authentic Tibetan texts, meditation manuals, oral tradition, and personal experience. Much of the day will be devoted to sitting practice, interspersed with both guided and walking meditations, chanting, self-inquiry, question-and-answer periods, and breath/energy relaxation exercises. Constant themes of this nondual awareness practice will include appreciating the true joy of meditation, the incredible lightness of being, and opening to effortlessness.

This retreat, conducted in silence, offers a unique opportunity for experienced meditation practitioners as well as beginners to better know themselves through the timeless wisdom of this ancient Tibetan teaching.

$795

Writing the Natural Way

Gabriele Rico

Writing well can be as natural as telling a story to a friend, as fluid as daydreaming. Using the new science of Chaos as a metaphor for the workings of the mind, the creative process, and ways of accessing it, Gabriele Rico can teach you to write freely and richly. Presenting a series of writing activities to free you from the restrictions imposed by a linear, judgmental, left-brain approach, she can help you to become receptive to your creative intuition—to express ideas, images, and feelings more authentically in a fresh, personal voice.

Once we understand something about the creative process, we can begin to glimpse answers to such questions as: Where do ideas come from? How can we best hold them? What is the role of the emotions in the creative process? In what way is all writing creative?

A few of the many writing activities include:

- Clustering—a nonlinear process that accesses seemingly random thoughts and feelings
- Improvisation and play with language
- Images—"strange attractors" which evoke visual, tactile, auditory, and gustatory memory patterns
- Metaphoric thought—moving beyond literal thinking

This workshop is appropriate for writers of all levels, from beginners to experts. Please bring colored felt-tip pens and a bound notebook.

Recommended reading: Rico, *Writing the Natural Way* and *Pain and Possibility: Writing Through Personal Crisis.* $795

Experiencing the Celestine Prophecy: Connecting to Your Life Purpose

Carol Adrienne & Sigrid Emerson

"You have a purpose," write the leaders, "and the universe is waiting to help you find and fulfill it. The purpose of this workshop is to take the ageless wisdom described in the Insights of *The Celestine Prophecy* and apply it to everyday life. Our goal is to work with these Insights to help you gain more satisfaction in work, be more open to adventure, understand more clearly your life purpose, as well as tap into the messages of synchronicity. We will use ancient intuitive tools, meditation, physical activity, journal writing, interactive exercises, and humor."

Carol Adrienne will take you inside the nine Insights and help you explore the positive qualities you were born to express. The sessions are designed to be a progressive, in-depth look at who you are and where you are going in life. You will also learn how to deal with specific obstacles in relationships and move beyond limitations. Sigrid Emerson will work with you to release stress and increase energy through gentle stretching and walking meditations. Personal evaluations of lifestyle and stress factors will integrate the four dimensions of health.

While it is helpful to have read either *The Celestine Prophecy* by James Redfield or *The Celestine Prophecy: An Experiential Guide* by Redfield and Adrienne, it is not mandatory.

$795

Five-Day Massage Intensive

Dean Marson & Laurie Lioness Parizek

Esalen massage is a nurturing practice that can be as pleasurable to give as to receive. During this week of learning and relaxation, Esalen bodywork in its various forms will be demonstrated, practiced, and discussed.

The workshop will incorporate specific massage techniques, gentle manipulations, grounding, and energy work. The instructors will present a bodywork style that addresses individual needs, integrates the whole person, and honors the sacred and healing quality of touch. Special attention will be given to self-care, quality of contact, breath awareness, and stress release.

The workshop will also introduce movement, dance, and rhythm to integrate the bodywork. Stretching and meditation will be used to encourage focus and serenity.

Participants will make full use of Esalen's beautiful grounds and facilities. Please bring warm, comfortable clothing and your favorite music or instrument. The workshop is open to all levels of experience.

C.E. credit available for nurses; see page 67.

$795

Weekend of September 26–28

Experiencing Esalen

Experiencing Esalen Staff

> *Contact is the appreciation of differences.*
>
> — Fritz Perls
>
> *...and the recognition of similarities.*
>
> — Richard Price

This workshop is designed to introduce the various practices of Esalen to first-time participants or to those renewing their acquaintance with Esalen. Emphasis will be on finding those approaches to self-awareness that work most effectively for each participant. Sessions may include: meditation, sensory awareness, Gestalt practice, group process, art, movement, and massage. There will also be time to explore the magnificence of the Big Sur coast. $425

The Art of Living Consciously

Nathaniel Branden & Devers Branden

"Living consciously," write the Brandens, "involves maintaining respect for the facts, being present to what we are doing while we are doing it, and seeking and being eagerly open to any information, knowledge, or feedback that bears on our interest, values, and projects. This experiential/participatory workshop is designed to deepen our understanding of what it means to live consciously, to appreciate the many advantages of this practice (both in the personal sphere and in the workplace), and to explore obstacles within ourselves that obstruct consciousness. Specifically, we will explore what living consciously means in regard to (a) our beliefs and desires, (b) child-rearing practices, (c) romantic love, and (d) our behaviors and goals in the workplace. Finally, we will address the question of the relationship between living consciously and pursuing 'a spiritual life.'

"If you think the meaning of living consciously is obvious or if you think there is nothing about the practice that could be controversial—think again. Be prepared for some surprises."

Recommended reading: Branden, *The Art of Living Consciously*. $425

Communication and Partnership

Mary Goldenson (Devarani)

Underlying all our relationships—husband, wife, lover, friend, daughter, son, mother, and father—is the need to communicate. Often we learn to express our needs through control, power struggles, addictions, dependency, guilt, denial, and unreasonableness.

This workshop is about healing the soul-wounds sustained in our attempts at partnership. The focus will be on:

- Exploring the possibilities of equal soul partnership
- Learning new ways to express our fear, sadness, grief, and love for each other
- Defining what we need to change in our relationships
- Learning the different language styles we can use to better connect with our partners
- Learning ways to heal, forgive, and move on to a mutually beneficial relationship

Come alone or with a partner. The workshop will provide a safe, supportive environment to learn new practices of breathwork, dyadic communication skills, movement, and Gestalt, making it easier to express your truth and take responsibility for your feelings and issues.

C.E. credit available for psychologists; see page 68.
C.E. credit available for MFCCs and LCSW's; see page 68.

$425

The Sound of the Self

David Gordon &
Marcia Shantipriya Goldberg

Sound and music wisely applied can purify, heal, and awaken at every level, from the deepest physiological to the most sublime spiritual planes.

This experiential workshop is a fusion of meditation, sound vibration, and yoga. During the sessions, toning, auditory stimulation, guided listening, and movement to open and balance the body will be interwoven between intervals of quiet meditation. These alternating periods of sound and silence help to synchronize body and mind and form a bridge between internal communication and external self-expression. In this journey we can move toward the source of our own inner balance, creativity, well-being, and freedom.

This is an opportunity for novice meditators and newcomers to yoga to begin the inner journey, and also a chance for old friends of meditation to deepen their experience. The workshop offers diverse skills to enable participants to develop their own personal practice. No musical or vocal training or experience is needed; the only prerequisites are ears, heart, and a sense of adventure.

Please wear loose, comfortable clothing. $425

Healing of Heart and Mind: Choosing to Change

Fred Luskin

Every human being has suffered rejection, mistreatment, and betrayal. Yet some people can maneuver through these painful experiences while others remain stuck. This workshop will examine why and how this happens. Through the sharing and processing of experience, participants will work toward understanding how the emotions of sadness, frustration, and anger arise—and how to change those feelings.

MARGARET LIVINGSTON

By demystifying the process of healing, we accelerate this mysterious process. We can learn to let go of old hurts and, in the process, become less likely to create new ones. Using cognitive approaches—lecture as well as guided practice in reframing, disputation, and existential understanding—this workshop presents forgiveness as a choice. The cognitive practices will be complemented by guided practice in mindfulness, imagery, and heart-centered practices designed to help get in touch with the heart's restorative potential. Journal writing, dyadic exercises, and group discussion will also be used.

Uniting the mind and heart and letting go of old hurts is an expression of the soul's desire for connection and harmony. With insight and practice, it is possible to successfully work with the emotions that prevent us from moving forward in our lives. $425

Week of September 28–October 3

Turning On the Light: A Choice to Live Consciously

Laura DeNuccio (Ma Prita) & Guests

> *In the sunlight of awareness, each thought and action becomes sacred.*
>
> —THICH NHAT HANH

Laura DeNuccio writes: "To live fully in the present moment, deeply in touch with life, is a choice each individual can make—one breath at a time. This week we will honor, empower, and celebrate each person as we examine what it means to live fully moment to moment. Choices can emerge as we explore deeply: What would you love to see in your life? What matters most to your heart? What is truly of value?

"Through the creative use of breath, sound, movement, and visioning, we can awaken and remember what our spirit longs to express. Guided-meditations will be introduced to increase body awareness and aliveness, to dissolve and balance energetic blockages, and to quiet, still, and expand the mind. Personal growth, self-care, and integral practices for daily living will be offered for increasing mindfulness, self-knowledge, and responsibility.

"Emphasis will be on cultivating compassion, honesty, and kindness as we align with our own truths in relation to others and the Earth. Through attunement with the natural world—gentle nature walks and light hikes in Big Sur—we can deepen our capacity to listen to our innate wisdom. The group will experiment with co-creating community, an environment of trust and acceptance, as we reclaim our wholeness/holiness as human beings making choices to live fully."

Recommended reading: Fields, et al., *Chop Wood, Carry Water*; Chopra, *Ageless Body, Timeless Mind*; Hanh, *The Miracle of Mindfulness*.

C.E. credit available for nurses; see page 67.

$795

The Upledger Institute's CranioSacral II

Judith Bradley

This workshop further explores the CranioSacral System and its function in relationship to other patho-physiological body systems. The course will begin with the study of cranial base dysfunctions as perceived, diagnosed, and treated by Dr. William Sutherland, the father of cranial osteopathy. Students will learn how to integrate Sutherland's techniques for identifying and evaluating lesions into a ten-step protocol and how to apply individual correction treatments when needed.

Evaluation and treatment processes of the hard palate, the mandible, and temporomandibular joint will be presented and practiced to complete the exploration of the masticatory system. Emphasis will then be directed to whole body evaluation, as discussions will center on various "physiological phenomena" that occur within the body.

The SomatoEmotional Release process will also be introduced with discussion and demonstration of an "energy cyst." Participants must have completed the Upledger Institute's CranioSacral Therapy I, either at Esalen or elsewhere.

Please note: Registration for this workshop is done only through the Upledger Institute. Please call the Upledger Institute at 1-800-233-5880.

For further information see Special Programs, page 64.

C.E. credit available for nurses; see page 67.

$795

The Way of Wilderness

Steven Harper

> *You didn't come into this world. You came out of it, like a wave from the ocean. You are not a stranger here.*
>
> —Alan Watts

Ever since the supposed "primordial soup," nature has been our teacher. We were born of this earth and throughout recorded time people have turned to wilderness to awaken and become whole again.

With wild nature as the primary teacher, participants will explore the ways of wilderness, discovering as "civilized" twentieth-century humans what it means to walk this ancient path that uncovers our relationship to nature and to ourselves. Charles Darwin wrote, "From so simple a beginning endless forms most beautiful and most wonderful have been and are being evolved." Perhaps through direct experience of nature we can continue this "most beautiful and most wonderful" evolution consciously—as nature aware of itself.

This workshop will include movement awareness exercises, meditation, and extended dayhikes (3-10 miles long) into the Big Sur backcountry. Most sessions will be outdoors, with a return to Esalen each evening. Special attention will be given to incorporating into everyday life what is learned from the wilds.

Previous wilderness experience is not necessary, although participants should be prepared for some vigorous physical activity.

Recommended reading: Harper, "The Way of Wilderness" from *Ecopsychology* (edited by Roszak, et al.). $795

Taoist Chi Kung: Enhancing Vitality

Master Share K. Lew

Traditional Taoist concepts of health, longevity, and harmony with nature will be introduced by Master Lew, a monastery-trained Taoist priest from southern China. The core of the workshop will be instruction in the *Shen*, a set of twelve Chi Kung exercises (six standing, six sitting) whose primary purpose is self-healing. These rare exercises can also help develop better concentration, increase visual and auditory acuity, and enhance sensitivity to oneself and others. Master Lew will also discuss the use of everyday foods and Chinese herbs in healing, and tell stories from his life in the monastery.

Master Lew, now seventy-nine, was among the first to openly teach Chi Kung (Taoist internal energy cultivation) to non-Chinese. His monastery style, Tao Ahn Pai, dates back 1300 years to Lui Dong Bin of the Tang Dynasty, who is one of the Eight Immortals of Taoism.

Recommended reading: Porter, *Road to Heaven: Encounters with Chinese Hermits*; Deng Ming-Dao, *The Wandering Taoist*.

C.E. credit available for nurses; see page 67.

$795

The Space of Creation

Charles Miedzinski

In numerous sacred traditions, Space is considered to be the ultimate and subtlest medium of creation. Taoism and Zen view Space as the Void out of which all phenomena emerge. Sufism regards it as the active emptiness which generates all forms. These views challenge our typical belief that form is reality and, therefore, the ground of all creation.

Writes Charles Miedzinski: "In this workshop we will shift our perspective of the ground of reality from that of form to that of Space. From this vantage point we will encounter the ways in which the emptiness of Space serves as the true support for our being and our creativity. Since our minds cannot rationally grasp that Space is the ultimate ground, fear as well as trusting of this invisible support will arise. By engaging our creative process—in color, music, poetry, movement, and performance—we can circumvent our rational minds and directly experience how Space, as the primary medium of creation, functions within ourselves. These media, along with meditation practices and the openness to the simplicity of just being, will guide us on our journey to the creative source. The poetry of Rilke and Rumi, the teachings and sacred arts of Taoism, Zen, Tibetan Buddhism, and Sufism, as well as the writings of A.H. Almaas will further support us."

This workshop is for those whose souls long for more Space, relaxation, and creativity in all aspects of their lives. $795

(plus $10 materials fee paid directly to the leader)

Weekend of October 3–5

The Awakened Mind: Brainwave Training

Anna Wise

Inside each person lives a wealth of knowledge, capacities, and power rarely transmitted to the conscious mind. Brainwave training, combined with meditation and biofeedback monitoring, can help develop these deeper resources, allowing access to greater creativity, reduced stress, and a deeper awareness and understanding of the inner self.

After assessing the brainwave patterns of hundreds of unusually highly-functioning people, C. Maxwell Cade of London's Institute for Psychobiological Research began to see similarities in the patterns of optimal states of mind. Drawing upon Cade's work, Anna Wise has developed a training program to help access these optimal states.

Different methods of meditation, visualization, and psychophysiological relaxation affect our brainwaves in particular ways. So do specific acts such as tongue, eye, and body positions. In this workshop you will learn techniques for brainwave development of beta, alpha, theta, and delta, and begin to determine which methods of practice are best for your particular brainwave pattern. You will also address how you can use these optimum states for your own creativity, mental flexibility, self-healing, problem solving, and spiritual development.

The Mind Mirror EEG will be used to demonstrate brainwave patterns, and each participant will be able to use an Electrical Skin Resistance Meter to measure the depth of arousal or relaxation of the nervous system.

C.E. credit available for nurses; see page 67.

$425

Big Sur Wilderness Experience

Steven Harper

Located on a narrow stretch of land between the Pacific Ocean and the coastal ridge of the Santa Lucia Mountains, Esalen is the trailhead to one of the world's most spectacular wilderness areas. Using this natural reserve as the primary teacher, participants will walk into the Los Padres National Forest. Drawing on various traditions, this wilderness experience will help participants develop the quality of their awareness and open to the natural world.

Weeklong workshops will venture out on five hikes (4-10 miles long). Weekend workshops will take two hikes (3-6 miles long). Using Esalen as a base camp, the group will explore the different trails through the natural beauty of the Big Sur backcountry. Days will begin and end at Esalen with short stretching and sharing sessions. Each hike will begin after breakfast and conclude in time to enjoy the hot springs and dinner each evening at Esalen. Basic outdoor skills such as map reading and minimum impact concepts will be practiced. Participants will be taught enough skills to begin exploring the wilderness on their own after these outings. More information will be sent upon registration. $425

Imagination, Presence, and Joy

Tandy Beal

Presence is the gift that the performing arts can give us, whether we're bankers, teachers, naturalists, or just plain humans. Being present—in the body, in the moment, in the action—is the foundation of this workshop.

Tandy Beal submits:

Here's what you'll do—
Solo, duet, and group exercises about awareness and problem solving. The springboard is movement, the pool you'll dive into is the imagination.

Here are the skills you'll use or develop—
Focus. Trust. Intuition. Spontaneity. Alertness. And some mischief.

Here's what you may discover—
The imagination (and the body) as a friend and ally. A new level of awareness. A light heart.

Here's my background—
Thirty years in dance, theatre, circus, and film, as a performer, director, writer, choreographer, and dreamer. $425

Pandora's Gifts: On Secrets, Health, and Healing

Dale Larson

We all have uncomfortable feelings, thoughts, and information about ourselves that we avoid telling others—self-doubts, feeling unloved, an illness, an inheritance, an affair, a childhood trauma. Although telling these secrets to the wrong people can be disastrous, recent research confirms that "what we don't say *can* hurt us," that confiding in others can indeed be good for our health. Yet, how do we usually relate to the Pandora's Box of our personal secrets? Too often we keep the lid closed, or close it too soon. We forget that in the original myth of Pandora's Box, after the Furies escape, one entity remains: Hope. The lesson then and now is that hope, if sustained by caring and empathy, can triumph. Hope can replace denial and avoidance and its gifts can heal the wounds of the Furies.

Through discussion, personal reflection, and a series of safe yet powerful experiential exercises, this workshop will explore secrets and secrecy, and how they affect our health. How can we access the healing power these secrets hold for us and achieve greater intimacy and wholeness in our lives? If we are professional counselors, how can we facilitate this healing process in the individuals and families we care for?

This workshop is designed for both professional caregivers and all those interested in the healing power of secrets.

Recommended reading: Larson, *The Helper's Journey* (especially Chapter 4, "Secrets: Concealment and Confiding in Helping").

C.E. credit available for nurses; see page 67.
C.E. credit available for psychologists; see page 68.
C.E. credit available for MFCCs and LCSWs; see page 68.

$425

Maps of the Jungle: Negotiating the Primitive Dimensions of the Workplace

Bruce Gregory

For many people, the workplace, the corporate world, is experienced as a dangerous and unsafe place, a jungle filled with, as Dorothy in *The Wizard of Oz* put it, "lions, and tigers, and bears, oh my!"

This workshop will provide participants with some useful maps for the journey through this jungle of mistrust, exploitation, intimidation, and lack of accountability. The workshop will provide participants with feedback on personal blind spots, unfinished business, and identification of different forms of support-needs through the use of role playing, Gestalt, and mind-body processes. Participants will also receive direction for building skills to develop accountability, resolve conflicts, and deal with abuse and manipulation.

C.E. credit available for nurses; see page 67.
C.E. credit available for psychologists; see page 68.
C.E. credit available for MFCCs and LCSWs; see page 68.

$425

Week of October 5-10

Letting Go—Moving On

Mary Goldenson (Devarani)

Beliefs, fears, and emotions from the past can continue into present relationships and interfere with spontaneous feelings of trust, love, and joy. The goal of this workshop is to experience and let go of these defenses and create new ways to relate—in the moment—to ourselves, our work, and those we love.

The workshop includes periods of intense bodywork for those who want to let go of past anger, fear, and pain, which are reflected in the body as armor and tension. As armor softens, feelings held in since childhood can be released, and positive feelings can be experienced more fully. By also using dreamwork, massage, dance, and group process, a new capacity for loving can emerge. $795

Intuition and the Dance of Attention

Anne Armstrong & Randy Cherner

> *At the still point of the turning world,*
> *Neither flesh nor fleshless;*
> *Neither from nor towards; at the still*
> *point, there the dance is,*
> *But neither arrest nor movement. And*
> *do not call it fixity,*
> *Where past and future are gathered.*
> *Neither movement from nor towards,*
> *Neither ascent nor decline. Except for*
> *the point, the still point,*
> *There would be no dance, and there is*
> *only the dance.*
>
> — T.S. Eliot, *The Four Quartets*

Intuition is a gift that everyone possesses. It takes many forms. The foundation for intuitive practice is the process of shifting one's attention in very precise ways to lead to enhanced awareness. Anne Armstrong's intuitive opening came through the psychic intuitive process, Randy Cherner's through movement and touch.

The aim of this workshop is for participants to reclaim their intuitive powers in all areas of their lives—personal, professional, and spiritual. Group members will learn to develop their intuitive styles through meditations, sensing practices, refined touch, aikido, and Feldenkrais exercises. This workshop is unique in its attention to intuitive style in both its psychic and somatic dimensions.

C.E. credit available for nurses; see page 67.

$795

Zen and the Art of Anything

Hal French & Melody Schaper

There is a reservoir of creativity in each of us that often lies unexplored. For the curious, it holds a compelling, intriguing appeal. How do we find this place? How do we tap into its power?

Zen, both in its traditional expressions and through other meditative practices, may offer promising access routes to this realm and link these depths to a variety of creative pursuits. Meditation, then, may turn these pursuits into art forms. To prepare for this workshop, you are asked to consider one or two activities which you would like to refine through this process: "Zen and the Art of ______." Fill in the blank, and seek in the workshop to apply lessons learned.

Sessions will involve *zazen* (sitting meditation) and other seated exercises, but a strong emphasis will be on moving zen, or zen choreographed. Movement improvisation, visualization, and other sensitizing exercises will be employed, using the total Esalen setting, to enhance our capacity to become alert, alive, aware, awake.

Zen is not merely an esoteric pursuit for cloistered Asians, but may be adopted by Western laypersons and adapted to various pursuits, rendering us more skillful in our practice of them.

Recommended reading: Suzuki, *Zen Mind, Beginner's Mind.*

$795

Reflexology—Then and Now

Deborah Ardell Hill

Reflexology is a method of applying pressure to areas or points on the feet and hands to stimulate the glands, organs, and other areas of the body in order to increase circulation, relax the nerves and body, and help to normalize body functions.

For thousands of years the relationship between reflex points and the organs has been understood by the Chinese, the Egyptians, East Indians, and North American Indians. Reflexology was introduced scientifically in the U.S. in 1913 by Dr. William Fitzgerald, who engaged other doctors and health-care practitioners to keep records of their findings on their patients.

The first part of the workshop will focus on learning the corresponding organ points on your feet using the Zone Therapy technique subscribed to by Dr. Fitzgerald and Eunice Ingram. The workshop will explore how each reflex feels using the concepts of intention, vibration, and depths. The latter part of the week will focus on the eleven systems of the body, how each organ reflex functions as a unit, and the concerns (symptoms) that arise when the organs are not functioning properly. There will also be discussion of traditional Chinese medicine (meridian therapy).

The workshop is designed for bodyworkers, medical practitioners, and nonprofessionals alike.

C.E. credit available for nurses; see page 67.

$795

Managing Your Stress, Your Heart, and Your Life

Mel Lefer

Dr. Dean Ornish produced the first major study showing conclusive evidence that reversal of heart disease and other disorders, such as high blood pressure, diabetes, obesity, and high cholesterol, was possible without the use of drugs or surgical intervention. This workshop will apply the tools developed by Dr. Ornish to provide the direct experience of how powerful, comprehensive lifestyle changes can affect one's heart and overall sense of well-being.

The workshop will incorporate many approaches, including diet (special nonfat dishes will be available for participants), exercise, stretching, progressive relaxation, breathing practices, meditation, visualization, and group discussion. The goal will be for participants to transfer these good habits into every aspect of daily life, and to pave the way to the peace of mind that physical well-being can provide.

Recommended reading: Ornish, *Everyday Cooking with Dean Ornish; Eat More, Weigh Less; Stress, Diet, and Your Heart;* and *Dr. Dean Ornish's Program for Reversing Heart Disease.*

$795

Weekend of October 10–12

Relationship as a Spiritual Path

Harville Hendrix & Helen Hunt

Until the 18th century, generally, marriage was an economic and social contract arranged by parents. Although it existed under moral constraints, it had no psychological or spiritual value to the married partners. With the establishment of democracy and the attendant freedom to choose one's destiny, including one's marital partner, marriage became a means of psychological wholeness and spiritual evolution, joining religion and psychotherapy as a transformational modality. Freed from the constraints of authority but hampered by the absolutizing of individualism, the transcendent potential in marriage is just becoming conscious in our culture.

This workshop will interpret the romantic impulse that leads to marriage-by-choice as a unique creation of Nature in the service of Its self-repair and self-completion. Conscious cooperation with the unique unconscious forces that create the marital dyad leads to an altered state of awareness, personal and social transformation, and restoration to an experience of essential oneness. The workshop will include lectures, experiential processes, writing exercises, and guided imagery to help participants understand and participate in the process of personal and spiritual evolution through committed love.

Please note: This workshop has regularly drawn a very large enrollment. $425

Yom Kippur, 1997: A Holy Day, A Spiritual Renewal

William Cutter

Esalen is once again offering a workshop/service for the Jewish High Holidays. Yom Kippur will begin on Friday evening with special preparation and reflection, and continue through Saturday as the sun sets in the Pacific. A festive meal will conclude the day of praying and thinking.

Sunday morning's closing session will be devoted to the group's responses and reactions to Esalen's setting and fellowship on the prayers and thoughts of participants.

This year a special amount of time will be dedicated to reading spiritual treasures and poems—about forgiving and being forgiven. Participants are invited to observe the day in a manner consistent with their individual practice, and will also be encouraged both during the day itself and afterward to share stories of their own repentance experiences. $425

October 12–24

The Painting Experience

(*In a unique format designed to accommodate the great interest in this workshop, two Painting Experience sessions have been scheduled back-to-back. The first is a five-day session,* **October 12-17** *with* **Stewart Cubley**, *the second a seven-day session,* **October 17-24** *with* **Michell Cassou.** *This will give participants the opportunity to paint for five, seven, or twelve days.*)

It is rare for most people to use painting for its qualities of inner adventure and self-discovery, to paint purely for the process of exploration, not for the result.

The purpose of this workshop is to provide a setting to explore the self through painting—to discover in form and color a powerful tool for uncovering and dissolving blocks to emotional and spiritual expression. Participants will be given the support and stimulation to develop a natural way of painting based directly upon feeling. The work takes place in an authentic studio setting with large white surfaces to confront the creative void, along with a rich spectrum of colors and brushes. The workshop may be of interest to persons involved in a wide variety of disciplines, including art, education, counseling, and meditative practices. No prior experience in painting is necessary. Please bring a smock.

For further information about this workshop, contact: The Painting Experience Studio, 2101 20th Avenue, San Francisco, CA 94116; 415-564-8515.

Recommended reading: Cassou & Cubley, *Life, Paint & Passion.*

Week of October 12–17

The Painting Experience

Stewart Cubley

For workshop description see October 12-24.

$795
(plus $25 materials fee paid directly to the leader)

Heart of Big Sur: Journey into the Santa Lucia Mountains

Grandfather Fred Nason, Tom Little Bear Nason & Steve Kestrel Chambers

For workshop description see Wilderness Programs, page 72. $795

Finding Life Balance

Phillip Moffitt

Even for those who have achieved what our culture calls success, there is all too often a feeling that life is out of balance. We live outside of our own bodies. We are strangers to our own minds. Is it any wonder that restlessness, a subtle sense of dissatisfaction, and a nagging feeling of being less than our authentic selves is so prevalent despite our accomplishments?

This workshop offers you the opportunity to better experience the joys of your own body and to better know the subtle workings of your own mind. Best of all, it offers practical guidance toward achieving a healing balance in mind, body, heart, and soul. "Life Balance" is a newly developed program which integrates the idealism and insight of Eastern spiritual practices and the self-understanding of Jungian psychology into a practical application for achieving harmony in daily life.

In this journey toward balance and harmony, you will work with vipassana meditation, hatha yoga, subtle body movements, and the Integral Transformative Practice developed by George Leonard and Michael Murphy. You will also be exposed to methods which enhance self-understanding and help clarify personal and career challenges. The workshop will culminate in the creation of a life-balance plan that can serve as a source for your ongoing practice. $795

The Practical Art of Creative Risk-Taking

David Schiffman

To make effective, creative choices, you need courage, imagination, and the willingness to know your heart and be true to the dreams that live inside it. Choosing this deeper wisdom can often involve the risk of breaking set—the choice to move against the powerful grain of old fears, habits, and the constant pressure of other people's expectations. Fostering this spirit means contacting the elemental-instinctual parts of our natures, befriending rather than suppressing or denying the sexuality and power out of which initiative and enthusiasm spring.

This workshop will focus on how to develop a more adventurous, resourceful, and buoyant way of living. In an atmosphere based on warmth and humor, group members will explore their capacity for mutual tenderness, respect, and honesty. Traditional psychological practices such as Gestalt, bioenergetics, and psychosynthesis will be used for intensive individual work, as well as nontraditional innovative approaches in bodywork, kinesthetic retraining, music, and guided imagery.

$795

Life Beyond Death

William Roll

William Roll's exploration of psychic phenomena is a personal odyssey that began with out-of-body experiences (OBEs) when he was a teenager. Unable to tell whether his OBEs were stirrings of an immortal soul or minor hallucinations, he went to Oxford University for an answer and then to the Parapsychology Laboratory of Duke University. At Duke he explored the multifaceted phenomena attributed to survival, including communications with the departed by mediums, reincarnation memories, apparitions of the dead, near-death experiences, and poltergeists. The workshop will consider whether the findings can be reconciled, whether they are suggestive of life after death, and what form this life may take. The discussion will be illustrated with video segments.

In addition, Dr. Roll will guide participants in mediumistic readings, psi sessions, recall of previous lives, and the evocation of apparitions. The practices invite participants to discover their own psychic roots to better understand their circumstances and possibilities in this world.

Dr. Roll writes: "We will use the near-death experience as a map to full living. The journey starts when the tunnel vision of the ego gives way to a joyous merging with loved ones and with previous adversaries. From this confluence, other borders may fall so that we may recognize our self in the lights and shadows of the world, in its joys and pains, and in its livings and dyings."

Recommended reading: Duncan & Roll, *Psychic Connections: A Journey into the Mysterious World of Psi.* $795

Poems of Sacred Place: Writing and Telling

Erica Helm Meade

Poetry of sacred place is born from sites where myth and landscape meet, such as The Bones of Pele, the rock hill on West Maui where Pele was slain by her sister in a frenzied rivalry over love. This writing/telling workshop will celebrate early myths of place as well as W.B. Yeats, Mary Oliver, and other modern poets who listen to the spirit of place. The workshop will focus on listening to landscapes, including Esalen's, to invoke, write, and tell the essence of place. Drawing from ancestral traditions, it will incorporate rhythm, movement, invocation, and ritual to explore the living source of poetry and activate our link to the sacred. $795

October 17–24

The Painting Experience

Michell Cassou

For workshop description see October 12-24.

$1220

(plus $35 materials fee paid directly to the leader)

Weekend of October 17–19

A Weekend with Lama Tharchin Rinpoche

Tibetan Buddhism is unique in that, through historical and geographical circumstances, Tibetans have isolated themselves on the roof of the world, consciously disarming themselves and devoting their country's material and spiritual resources to the investigation of the mind.

In this weekend retreat, the Venerable Lama Tharchin Rinpoche will introduce the Tibetan Buddhist understanding of the ultimate true nature of our being, how we can walk the path toward revealing this quality through meditation, and finally, how we can carry this understanding into daily life through awareness. As both a recognized lineage holder of this tradition and a householder with two sons, Rinpoche has a wise and practical approach to integrating ancient wisdom into daily life.

In this workshop he will discuss:

- Healing and transforming the emotions
- Stabilizing happiness in daily life
- Meditation in action

Rinpoche embodies the living compassion and wisdom of the Buddhist teachings and exemplifies how each one of us can awaken to our true potential. $425

EMANUELA CARDINES

Story is the Entire World: A Writing Workshop

Deena Metzger

A story is a universe, a world of diverse and complex meanings. Each of our stories is as unique and diverse as the universe itself and each is ruled by the gods of beauty and necessity, of the particular and the universal. To know our stories is to know and live the complexity and particularities of our own astonishing lives, to bring the different parts of ourselves into dynamic and fluid harmony. Each one of us is living a story, a story that is rich and complex and has psychological, political, ecological, spiritual, and mythic implications. To discover its shape and essence is to live in balance, to find the common thread, to walk the one road that coexists in all dimensions.

As in the moment of creation of the cosmos, we begin with a small point and watch with awe and delight as it expands far beyond our hopes and expectations. Then we can come to know this story, its origins and its future, its terrors and possibilities. In the beginning is the word: Everything comes from that.

In this workshop, participants will be carefully guided through a series of writing exercises into the heart of the creative process, toward the discovery of the meaning and beauty of their own tale.

Nothing is required but paper and pen and the desire to enter the inner world for its treasures and revelations. Designed for writers and nonwriters alike, poets, dreamers, explorers, journal writers, therapists—all those interested in language, awareness, authenticity, and rigorous interchange with the true self.

$425

A Retreat for Women of Experience: Midlife and Beyond

Lenore Lefer & Anne Yeomans

"The gifts of woman are many," write the leaders. "They have been undervalued and made invisible until we cannot see them ourselves. Today, more than ever, the earth needs these gifts.

"This is an opportunity for women in midlife and beyond to come together to explore the issues that are on our minds and in our hearts. What are the challenges we each face? How can we support each other in reclaiming and honoring our passion, our tears, our outrage, our laughter, and our beauty? How can we express our deepest values at this time in our lives?

"The workshop will include time to speak and tell our stories, and time for silence, hatha yoga, walking meditation, and group process. Some themes to be explored include:

- The wisdom of the body
- Sexuality and intimacy
- Menopause
- Power and self-expression
- Self-care in the midst of responsibilities
- Spiritual questions of midlife

"It is our hope that these days together will strengthen our trust and renew our spirit, so that we can return to our lives with more joy, more tenderness toward ourselves and others, and more boldness in living all that is important to us."

$425

Week of October 19–24

Gestalt Practice

Christine Stewart Price

> *The Way, when declared*
> *Seems so thin and flavorless.*
> *Nothing to look at, nothing to hear—*
> *And when used—is inexhaustible.*
>
> — Lao Tzu

Gestalt Practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that awareness is made primary relative to action, Gestalt Practice has a strong relationship to some forms of meditation and visualization. This form is similar to some Reichian work as well, in that emotional and energetic release and rebalancing are allowed and encouraged.

The emphasis is *intra*personal rather than *inter*personal. It is explicitly understood that participants are not patients but persons actively consenting to work (or play) in awareness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure, or accomplishment. Through group exercises, meditations, and discussion, this workshop will introduce participants to the Gestalt Practice approach. The format will combine introductory group work with the open seat form in which each participant will have the opportunity to work with the leader in a group context.

Recommended reading: Perls, *Gestalt Therapy Verbatim*; Chodron, *The Wisdom of No Escape*.

C.E. credit available for nurses; see page 67.

$795

Trigger Point Massage: A Sensitive Approach

Arthur Munyer

Trigger Point massage is the movement of myofascial tissue by means of soft, deep contact with pressure points. These points are actually an interrelated network which form a focus of pain and emotional discomfort in our bodies. Through awareness and skilled touch these points may be stimulated by applying pressure which releases the muscle tension. At the same time, the emotions stored in those tissues may be brought to awareness and given expression. As Arthur writes: "Some of these feelings are painful and some loving. Learning to be present and sensitive to them all is the most important aspect of my work."

This workshop will combine Trigger Point release with the long, gentle strokes of Esalen massage to provide a nurturing context for this exploration. Where appropriate, craniosacral work, joint release, and deep tissue techniques may be employed, as well as grounding, sound, movement, meditation, and stretching to bring awareness and presence. The journey begins on the surface, then continues inward toward the core of the tensions that create the holding patterns which keep us closed.

This workshop is designed for bodyworkers, medical professionals, health-care practitioners, and individuals with massage experience who would like to explore the connection between the spiritual, physical, and emotional. Some massage experience is especially helpful.

C.E. credit available for nurses; see page 67.

$795
(plus $15 for the Trigger Point work manual)

Sufism: Human Completion and the Divine Names

Kabir Helminski

Sufism, the mystical school of Islam, is a spiritual path in which love is the means of progress. Through the power of love one can learn to attain a state of reliance on God and activate the qualities of a true and complete human being. The great Sufis, like Rumi, lived exemplary and creative lives within, not separate from, the human community. Sufism is a metaphysical awareness that manifests in relationship, in culture, and in a practical life.

At the heart of this teaching are the Divine Names, the qualities which lie behind visible reality and which are available for adoption by the human being. These names can be studied, chanted, and lived. They can manifest as poetry, as music, as movement. During this time together, participants will seek to enter a sacred reality deep within, studying and experiencing such divine names as: The Enlightener, The Holy, The Generous, The All-Aware, the Shaper of Beauty, The Gatherer, The Subtle. $795

Vocal Awareness: Empowerment Through Voice

Arthur Samuel Joseph

In many traditions, the throat is the center of creative power. The voice represents this power, and thereby has the capacity to help access our full creative expression. This course combines the powerful techniques of Vocal Awareness with principles of creativity theory to help participants realize their creative potential.

Vocal Awareness introduces techniques which are integral to this development process. This approach—which views voice as a metaphor, representing an individual to the world—includes vocalizing, sound meditation, movement, song study, and development of the speaking voice as a means for deepening contact with the self. Participants will work individually and in groups exploring breathing, toning, and vocalizing.

Singing and speaking offer an immediate outlet for creative expression. In addition, the voice can become a springboard for other forms of creative expression, such as writing, drawing, movement, and problem solving. In this way, the voice becomes a symbol for the whole person as an integrated creative being. Consequently, this workshop can be not only a vocal training class but a step toward empowerment along life's path.

C.E. credit available for nurses, see page 67.

$795

Weekend of October 24–26

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 26-28. $425

The Tao of Practice

George Leonard

We've tried them all—the ten easy steps to power and prosperity, the programs offering instant enlightenment or total fitness in fifteen minutes a week—and we've discovered they simply don't work. More and more people are beginning to say no to the false and often destructive promises of the quick fix. Moreover, new research is showing the efficacy of patient, long-term practice, which, it turns out, is far more important than talent in achieving mastery.

In this workshop, human potential pioneer George Leonard introduces a path (*tao*) of practice that can bring pleasure and fulfillment, not just during this weekend but for months and years to come. Drawing on the Integral Transformative Practice (ITP) he cofounded with Michael Murphy, Leonard will offer the fundamentals of a long-term program for realizing the potential of mind, body, heart, and soul.

You will have a chance to learn a forty-minute series that includes physical movement, breathing practice, relaxation, transformative imaging, and meditation. You will practice balancing and centering, the use of *chi*, focused surrender, and the creation of effective affirmations. There will be discussions of the principles of human transformation as revealed in a two-year experiment Leonard and Murphy conducted.

This workshop involves physical movement but is not strenuous. All that's needed is a generous heart and a willingness to participate.

Recommended reading: Leonard & Murphy, *The Life We Are Given*; Leonard, *Mastery*; Murphy, *The Future of the Body*. $425

Taking Care of Yourself While Helping Others: Survival Tools for Service Professionals

Dennis Portnoy

Service professionals—nurses, counselors, educators, administrators, those in helping roles—are at great risk for burnout and decreased effectiveness. In addition to facing increased pressures in the workplace, they frequently perpetuate familiar self-defeating habits of relating such as overidentifying with their helper role, taking on too much responsibility for both work and the feelings of others, making everyone else's needs more important than their own, and deriving self-worth from being needed by others. This behavior limits effectiveness personally and professionally and leads to burnout. In this seminar, participants will be shown ways to:

- Deliver service excellence without becoming overextended
- Distinguish between healthy and unhealthy giving
- Minimize the negative effects of stress in a demanding work environment
- Learn how to protect themselves and recover from continual exposure to other people's suffering
- Identify and counteract dysfunctional helping styles

Nonprofessionals who are in a helping role or people involved in taking care of loved ones are also welcome to attend.

C.E. credit available for nurses, see page 67.

$425

Rhythms of the World: Enhancing Your Rhythmic Vocabulary

Brian Melvin

This is a rhythm clinic—for all instruments—designed to make you more aware of the wide-ranging rhythmic vocabulary that can be used in any style of music. You will explore the rhythms of Africa, India, and Brazil, as well as all the rhythms used in jazz improvisation. You will study how master drummers play on top of rhythmic collages and how the separate parts interact to form a whole sound. There will be extensive explorations into cross patterns.

A key element for getting to the core of your own inner rhythm is learning to relax and breathe. Drawing from Tai Chi and martial arts, the workshop will incorporate the aspect of *chi* (life energy) with drums, blending knowledge and energy.

There will be rhythm section sessions exploring the harmonic and melodic aspects of rhythm. As an added treat, after Sunday morning's class Brian Melvin's group, The Zoo, will present an electronic percussion concert.

Please bring hand drums, shakers, bells, claves, and other rhythm instruments. Also bring notebook and pencil. The workshop is appropriate for all levels from beginner to advanced. $425

Joy, Inspiration, and Hope: A Retreat for Gay Men

Scott Wirth

"As gay men," writes Scott Wirth, "our psychological lives are too often defined in terms of deficit and injury: we are not 'real' men; we are 'sick and sinful'; our lives are being robbed from us by AIDS–the long, dark list goes on. Our gay male psyches are invariably overburdened with the images and emotional residue of victimization, oppression, and tragedy.

"Without denying these dark aspects, we will emphasize the joyful, inspiring, and hopeful aspects of our lives–past, present, and future. We will visit five phases of life: infancy, boyhood, adolescence, young manhood, and midlife, and blend together memory, fantasy, and stories we have heard.

"In a series of guided experiential sessions, we will construct and journey through what Jungian analyst Verena Kast has called our 'biography of joy,' this time as gay males. We will discover ways in which our soul remained inwardly steadfast throughout the different phases of our lives, nurturing and protecting us in ways that no parent or caregiver ever did. We will also recall and honor those who supported us–usually unknowingly–in the formation of our gay identity."

If you wish, bring a cassette of music which you find joyous, inspiring, or hopeful (each piece five minutes or less).

Recommended reading: Kast, *Joy, Inspiration, and Hope.* $425

Week of October 26–31

The Vein of Gold: A Journey to Your Creative Heart

Julia Cameron & Tim Wheater

In Julia Cameron's new book, *The Vein of Gold*, she again draws from her extensive artistic and teaching experience to lead anyone, at any stage of the creative process, toward ever-widening creative horizons. In this workshop she is joined by composer and flautist Tim Wheater. Together they will lead participants on a journey diving deep into our innermost creative source–our own "vein of gold."

"When I speak of a 'vein of gold,'" says Cameron, "many people think in terms of productivity: 'Once I find my vein of gold, I'll strike it rich.' It is more accurate to think of the vein of gold as a heart vessel, carrying the precious cargo of the flow of our true nature. Viewed this way, we don't need to 'get' rich. We already are rich. This workshop is about coming to that recognition."

Whether you are already actively engaged in a creative enterprise or are just beginning to nurture your creativity, this workshop provides innovative and practical tools for mining your vein of gold. The techniques and teaching extend to writers, actors, artists, musicians, dancers, and anyone longing to set free the creative spirit. Through movement, writing, sight, sound, silence, and play, the workshop will be a pilgrimage into "kingdoms of creativity." $795

Weekend of October 31–November 2

Healthy Back, Healthy Mind: User-Friendly Yoga for Backs and Stress

Larry Payne

If you have already had your first bout with back problems, you are not alone. Ninety percent of all Americans will seek professional help for back problems at some time in their lives. Seven million people miss work daily from back-related illness, costing American business twenty-two billion dollars annually. Perhaps the saddest statistic is that eighty percent of all back problems can be prevented.

This workshop is user-friendly for those who want to explore do-it-yourself tools for enjoying life, coping with stress, and preventing or healing back problems. It offers a creative synthesis and artful balance of ageless wisdom from the East and contemporary healthful methods from the West. The yoga is inspired by the work of T.K.V. Desikachar of Madras, India. The course includes:

- Safe, effective yoga programs specially designed for the 35-65 age group
- Numerous effective relaxation practices
- Do-it-yourself partner yoga routines
- Biomechanical education and lifestyle tools
- Experiential hiking and walking techniques

Please Note: This workshop is not recommended

MACIEK BURY

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for acute back problems. For more information, please phone 800-359-0171.

C.E. credit available for nurses; see page 67.

$425

The Core Self: Return to Innocence and Choice

Ron Alexander

Resources for healing—spontaneity, curiosity, trust, creativity, innocence, and joy—are found in the Core Self. This workshop will assist participants, including health professionals, to access the resources of the Core Self to facilitate personal healing and acquire new skills in the mind/body healing process. Participants will work to cultivate a friendly relationship with the unconscious, heal dysfunctional patterns, and resolve incompletions from the past in order to become more conscious in the present moment. This process can bring about the healing of pain, fear, grief, and loss, and thereby enable the creation of healthier pathways for living, loving, working, and relating.

The goals of this work are to enhance self-esteem, to become free of trauma and past self-images, to communicate more effectively, to become empowered as a leader, and to develop a cohesive personal vision. The tools will include Gestalt open seat, self psychology, insight meditation, breathing practices, dreamwork, deep music, group process, and immersion into nature.

Recommended reading: Epstein, *Thoughts Without a Thinker*; Schutz, *Profound Simplicity*; Goldstein, *The Experience of Insight*; Moore, *The Care of the Soul*.

C.E. credit available for nurses; see page 67.
C.E. credit available for psychologists; see page 68.
C.E. credit available for MFCCs and LCSWs; see page 68.

$425

For Women Only: Toward a Sacred Sexuality

Lenore Lefer

Lenore Lefer writes: "This workshop addresses the question: How can we as women move towards integrating our sexual lives with our spiritual nature? We live in a culture that has traditionally separated these two aspects of our selves, both of which are essential to living rich and full lives. The separation of the sacred from the sexual has caused many women to feel compartmentalized and less than whole. Having consciously or unconsciously made this choice, we are left longing for our exiled half. Some of the themes to be covered in this workshop include:

- The enhancement of our relationship to our bodies
- The broad diversity of the Feminine, and the goddesses that represent this energy
- The journey from shame to divine pride
- The changing nature of our sexuality as we mature
- Recognition, development, acceptance and comfort with both our sexual and mystical aspects

"In this weekend we will also explore our beliefs and attitudes, both sexual and spiritual, that limit and enhance our creativity, power, and self-expression. We will use yoga, guided imagery, humor, group process, writing, and meditation to explore the full potency and mystery of the bawdy, sexual, wise, abundant, profound, deep Feminine wisdom." $425

Roots and Wings

David Schiffman

David Schiffman writes: "This workshop is for people who value a heartfelt, original approach to life, the suitably seasoned who want to trust and master their own rhythms and who appreciate the value of imaginative self-inquiry. Its pacing and format are designed to provide a safe, restorative mood for inner reflection and honest self-appraisal. It will also be a time to catch one's breath and hang out in the elemental beauty of Big Sur in a mood of peace and inspiration, an opportunity to tune into the inner resources that allow us to see the world with fresh eyes and renewed enthusiasm. It is a chance as well to connect with kindred spirits and explore the mysteries, gifts, and dilemmas of who we are.

"Using a blend of physical, emotional, and spiritual attunement practices, we will weave a spell aimed at restoring the magic and faith we need to live soulful, wholehearted lives. We will spend the weekend doing this inner work using ceremony, ritual, music, poetry, movement, and visualization." $425

November 2–30

28-Day Massage Practitioner Certification Program

Ellen Watson, David Streeter & Esalen Massage Staff

For workshop description see Special Programs, page 64. $3590

Week of November 2–7

The Intimate Couple: An Integrative Body Psychotherapy (IBP) Workshop

Jack L Rosenberg & Beverly Kitaen Morse

Trust, love, erotic sexuality, and a core experience of self are building blocks for an alive and vital relationship. Yet, unless our bodies are awakened, these remain elusive ideas rather than familiar body feelings. Until we recognize the themes that distort our views, cause our prejudgments, and perpetuate old defensive patterns, it is difficult to trust or be trusted. For a conscious relationship, or even just one that works well over time, we must know ourselves and have practical body-mind mental-health tools to resolve the inevitable dilemmas that interrupt our sense of well-being.

Today most couples want an equal and reciprocal relationship, but few know how to accomplish this attunement of partnership. Once you simultaneously experience the internal feeling of self and attunement with your partner—and know the obstacles—you will know how you got there and how to achieve it again and again.

Designed as a preventive model, this workshop can help you uncover the key undermining themes in your relationship and provide tools to deal with them before they become terminal problems. It will also provide tools for experiencing heightened aliveness, sustaining a sense of self in the body, and making sex better. With IBP, couples can learn how to regain their hope and excitement.

Please note: This workshop is for couples only.

Recommended reading: Rosenberg & Morse, *The Intimate Couple: Reaching New Levels of Sexual Excitement through Body Awakening and Relationship Renewal*; Rosenberg, Rand & Asay, *Body, Self, and Soul: Sustaining Integration*; Rosenberg, *Total Orgasm*. $795
per participant

Opening to Ourselves and Others

Rachel Harris

In order to survive and make our way in the world, we develop defense mechanisms, rigid patterns of thinking, feeling, and behaving. We deaden, dissociate, or sacrifice parts of ourselves during early childhood experiences, chronically stressful situations, or traumatic events. These brittle habits, originally designed for survival, limit our vital connection to ourselves as well as to others. We create our own self-limiting prisons.

"This workshop is about softening, melting, opening," writes Rachel Harris. "We will create a safe opportunity to identify our chronic defense patterns and explore who we are underneath these personality structures. We will seek to become more objective about ourselves and increase our psychological freedom. The focus will be to deepen our sense of ourselves and enhance our capacity for relationship with others.

"We will use an integrated approach of body awareness, mindful introspection, breathing, creative expression, and dyadic exercises to gently lighten the burden of our chronic defenses. The opportunity is to stop being who we think we have to be and develop the process of being with ourselves as we are, which is all we really have and what we will take home with us."

C.E. credit for psychologists pending, see page 68.
C.E. credit available for MFCCs and LCSWs, see page 68

$795

When the Drummers Were Women: Invoking the Sacred Feminine through Ritual and Rhythm

Layne Redmond

The first sound we hear is the pulse of our mother's blood. Drumming is the musical expression of this primal truth. Throughout the ancient Mediterranean world the Great Goddess is portrayed with her frame drum, a powerful trance-inducing instrument. It is the oldest known drum, traditionally played by priestesses in the religious rites of Inanna, Hathor, Isis, Cybele, Aphrodite, and other goddesses. In this workshop, you will find out why women were the primary percussionists in Mesopotamia, Anatolia, Egypt, Greece, and Rome—and why they are not today.

Chanting, rhythmic breathing, and drumming were elements of an archaic technology that directly synchronizes the mind/body complex, creating conditions for psychological and physical healing. This retreat is designed to introduce women to these healing rhythmic practices of the frame drum. Participants will learn the basic sounds of the frame drum and how to organize them into powerful rhythms. Sound is power, rhythm a means of organizing that power into specific energy formulas to heal the mind and body.

Please note: This workshop is for women only. No prior musical experience is necessary and appropriate frame drums will be provided.

Recommended reading: Redmond, *When the Drummers Were Women.* $795

Weekend of November 7–9

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 26-28.

$425

Moving into Health: Feldenkrais® and Energetic Movement

Patrick Douce

Most people know what it is like to wake up stiff in the morning. Many start the day in pain. Hundreds of millions of people in this world suffer from chronic, acute conditions. There are basic ways we have been taught to hold ourselves and to move that unconsciously lead to these conditions. Some of these misconceptions are so ingrained that we think of them as part of ourselves, without any choice in the matter.

Moshe Feldenkrais developed movement lessons based on finding the ease of movement we had as children. This workshop uses those movements to enable participants to consciously experience their unconscious everyday actions. Feldenkrais Movements will be presented which improve flexibility, awareness of breath, and posture. Rather than emphasize doing more with more effort, the lessons teach how to find soft, effortless movements. They will be combined with lessons inspired by Indonesian Silat martial-arts-for-health movements, which stimulate the energy body, effecting internal health and increasing energy. The idea of a flexible, fluid, intelligent body will be introduced to improve the use of the spinal column.

Difficulties in the body will be approached as problems in learning rather than as conditions needing therapy. Thus, problems that were "incurable" become "reeducable." Participants will be offered tools that they can immediately use to improve.

C.E. credit available for nurses, see page 67.

$425

Grace Under Pressure

Kathleen Riordan Speeth

Life has its urgencies and demands. We want to live beautifully. Grace under pressure comes when we handle the strain of a project deadline, a health emergency, or a romantic dilemma the way a skilled athlete knows how to lift a weight: just which muscles to use, what amount of energy to invest, when to rest, and when to ask for help.

This weekend will be devoted to taking the pulses of our lives in order to:

- Identify chronic personal stresses
- Take the true measure of each
- Analyze individual strengths and frailties in handling stress
- Practice on-the-spot crisis management skills
- Relax, laugh, and lighten up.

What comes at us in life can rarely be predicted or controlled. Whether others treat us with the sensitive appreciation we deserve is a matter of their wills, not ours. We can expect to undergo surprises that will test our objectivity and kindness. Pressures will not go away. Can we move toward such skill in living that we meet them impeccably? The only domain that is truly our own is our inner world. In that domain we can be genuinely the master. You are invited to make that effort with some guidance and support. The workshop will provide the succor of philosophy and the consolations of poetry and music as we work toward crucial self-mastery. $425

Week of November 9–14

Healing Without Medicines/Healing With Medicines: Qigong and the Medical Knowledge of Yin-Style Bagua

Andrew Nugent-Head & Xie Peiqi

Dr. Xie Peiqi, 77-year-old healer and warrior, was the last person trained in the complete system of Yin-Style Bagua. This system included both healing components and martial arts. Dr. Xie has practiced medicine for sixty years. He has worked with and trained longtime China resident Andrew Nugent-Head for years in order to make his knowledge accessible to the West.

In this workshop, participants will learn about healing without medicines by stimulating the Qi (energy) within the organs of the body. For the use of medicines in healing, the instructors will provide an understanding of the energetic effects of herbs.

Two systems of Qi cultivation within Yin-Style Bagua will be covered: the "Eight

Healing Sounds," designed to directly affect the organs and flow of Qi in the body; and the "Storing Qi" exercises, designed to increase Qi and sensitivity in the body. These systems provide the foundation for energy healing within Yin-Style Bagua. Additionally, the importance of proper harvesting, preparation, and use of herbs and how they effect the healing process will be included.

Recommended reading: Xie, *The Eight Healing Sounds of Yin-Style Bagua* (available through the Association for Traditional Studies, 303-584-6988).

C.E. credit available for nurses; see page 67.

$795

I-You-Us: Pleasure, Intimacy, and the Search for Connectedness

Terry Hunt & Lisa Schachter

Pleasure is essential for healthy relationships. Add the erotic element and the potential for pleasure grows exponentially. But real life all too often leaves us isolated, confused, and struggling with the men and women in our lives. We substitute control for intimacy as we play out the myriad Good Girl and Super Guy roles we developed during traumatic childhoods and nightmarish adolescences. Or we may act and react out of fear, sadness, and rage, keeping our relationships locked in habitual defensive patterns.

"This workshop will help both individuals and couples to identify myths that block the flow of joy," the leaders write. "Together we will redefine the role of pain and pleasure in our lives and create updated images of our powerful, sensual, creative selves. The workshop will include intensive breathing, cathartic family-of-origin work, psychodramatic exploration of conflicts, managing physical and emotional boundaries, and visualizations that tap our deepest longings for intimacy. We will encourage each other to approach the mysteries in our lives with intention rather than fear, with assertion rather than suspicion. We will allow time to follow our instincts for pleasure into enriching and creative moments of wholeness."

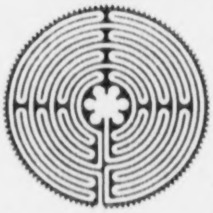
Recommended reading: Hunt & Paine-Gernée, *Emotional Healing* and *Secrets to Tell, Secrets to Keep*; Miller, *The Drama of the Gifted Child*.

C.E. credit available for psychologists; see page 68.
C.E. credit available for MFCCs and LCSWs; see page 68.

$795

Finding Your Spiritual Compass: Rediscovering the Labyrinth as a Spiritual Tool

Lauren Artress & Alan Jones



"The rediscovery of the labyrinth is one of the most important developments of our times," write Lauren Artress and Alan Jones. "Walking, running, skipping, or dancing, it is a profound spiritual exercise that offers insight, self-discovery, and guidance as we walk the path of Spirit. This workshop will allow participants to immerse themselves in the labyrinth throughout the week, with discussion and reflections about the spiritual journey woven through our personal and group experiences. There will be opportunities for meditative and liturgical practice as well as group and individual spiritual direction."

The eleven-circuit labyrinth is a twelfth-century mystical tool replicated from the floor of Chartres Cathedral at Grace Cathedral, San Francisco. The labyrinth has only one path that takes you to the center and back out again. It is a walking meditation, a path of prayer, a tool of manifestation, a chalice of remembrance, and a blueprint where psyche meets Spirit.

Recommended reading: Artress, *Walking a Sacred Path: Rediscovering the Labyrinth as a Spiritual Tool*; Jones, *Soul Making* and *The Soul's Journey*.

$795

Weekend of November 14–16

Mindfulness and the Pursuit of Intimacy

James Baraz & Steven Newmark

Forming meaningful intimate relationships can be a painful and confusing process. We may meet someone who seems like a promising potential partner, have the highest intentions to act with honesty and sensitivity, and still find our hopes ending in disappointment. By becoming aware of unconscious patterns that sabotage real intimacy, there is a greater possibility of creating the kind of bond we are seeking.

Bringing a spiritual dimension to the challenge of being single allows us to shift our perspective and not take our predicament quite so seriously. Using mindfulness practice, we can see through identification with negative thoughts that block our natural expression of love and presence. As a result, we can move toward more honest, centered, spontaneous communication that puts others at ease and makes us attractive to them.

Through frank discussions and experiential exercises this workshop will explore the challenge of forming new relationships consciously so that barriers that keep us apart can be dissolved. A safe, supportive environment will help participants to be genuine, have fun, and learn to use relationship as a vehicle to become more awake in life.

$425

The Delight of Immediacy: Sensory Awareness

Charlotte Selver & Jill Harris

Much as we wish to live in the present, we are often preoccupied with images and ideas of how it ought to be. Instead of responding to the situation at hand with the innumerable nerves, muscles, and interweavings of consciousness which we are, much of us is immobilized by early conditioning, acute emotional problems, or habit, and much is held back until the inner board of review gives the approval.

But children and sages have a different way of functioning. For them the world flows into their consciousness as the air into their lungs. Their responses are organismic and direct, bypassing the evaluation center which is the educated mind of the adult. It is our lack of immediacy which is usually felt as tedium and which necessitates ever stronger stimuli in the search for joy, or self-discipline in the search for peace. By giving up these preconceptions and gradually coming to follow our sense of reality, we begin to respond not to what should be but to what is, and the world catches fire for us.

This workshop will explore direct experience which, as it becomes clearer and stronger, tends to burn away the mist of concepts and restrictions which our conditioning has interposed between ourselves and living.

Charlotte Selver is ninety-six and has been working with sensory awareness for seventy-five years.

Recommended reading: Brooks, *Sensory Awareness*.

C.E. credit available for nurses; see page 67.

$425

EMANUELA GARDNER

A Workshop for Poets

Galway Kinnell

This is a gathering for the writing of new poems in an atmosphere that is encouraging and challenging. The participants/poets will be asked to put aside old habits and inhibitions and attempt to write something that is more difficult and daring than they have done previously. They will also be asked to take a part in making the workshop supportive and inspiring for others. Much of the time during the weekend will be spent writing. Only the new poems written during these two days will be discussed in the group meeting.

To apply, please send four pages of your recent poems, typed (no dot matrix, please) with name, address, and day and evening phone numbers, postmarked by September 22, to Kinnell Workshop, Esalen Institute, Big Sur, CA 93920. Participants will be notified of their acceptance by October 10. $425

Narcissism and Intimacy: Love That Wounds—Love That Heals

A Workshop For Helping Professionals

Marion Solomon

Narcissism is often seen as an overriding love of self. However, it is not self-love but defenses designed to protect against injury to a damaged self that causes modern-day narcissists to have such problematic love relationships.

This workshop will examine the main structures and underlying dynamics that have imprinted and shaped our hearts, our souls, and our self-image. Using slides, self-exploration, role playing, and videotapes of couples' sessions, participants will explore: when wounds begin, the degree of the narcissistic injury, how it is reenacted in intimate relationships, and helpful or hurtful responses to narcissistic vulnerability.

The philosophy behind the workshop is best expressed by Heinz Kohut, who said, "A good marriage is one in which only one partner is crazy at any given time." The focus will be on learning to open the channels to deep wounds that infect relationships between intimate partners. Participants will learn how experiencing and integrating the pain from the past allows us to live more fully in relationship to ourselves and with others.

This workshop is recommended for psychotherapists and counselors who wish to expand their capacity to work with couples and individuals in relational crises.

Recommended reading: Solomon, *Narcissism and Intimacy: Love and Marriage in an Age of Confusion*, and *Lean on Me: The Power of Positive Dependency in Intimate Relationships*.

C.E. credit available for psychologists; see page 68.
C.E. credit available for MFCCs and LCSWs; see page 68.

$425

Week of November 16–21

Tantra: The Art of Conscious Loving

Charles Muir & Senior Instructors from the Source School of Tantra

Few of us have been blessed with healthy childhood conditioning and education regarding the mysteries of sexual love and sexual energy. This can leave many individuals less aware and conscious about their sexuality than they are in other aspects of their lives. Tantra can transform sex into a loving meditation, putting more consciousness, energy, intimacy, joy, and love into sexual exchanges.

Participants will learn and discuss various ways to increase intimacy and passion in their relationship. Tantric meditation and ways to exchange sexual energy in a safe, nonsexual manner will also be taught in the workshop. These methods can then be practiced in a sexual way in the privacy of your own home.

This workshop is open to couples only.

$795
per participant

The Courage to Be You

Mary Goldenson (Devarani)

Much in life is beyond our control. Our choice is in how we respond to these moments. We can develop the ability to move into these moments with aliveness and passion. This choice is an act of courage.

This workshop will help you explore what you are holding in, holding onto, and holding back that keeps you from experiencing who you truly are. "The courage to be you" means the ability to appropriately express the repressed anger, fear, resentments, sadness, joy, and laughter that keep you stuck in old patterns with significant relationships.

Using emotional release work, writing, movement, Gestalt, meditation, and silence, the workshop will provide a safe environment to explore your deepest emotions. The focus will be on:

- Having adult relationships with partners, parents, and children
- Taking full responsibility for your life
- Discovering your own personal rhythm of closeness
- Distinguishing between accountability and blame
- Experiencing and appropriately expressing anger, sadness, and grief

The workshop is an in-depth review of our lives, relationships, and circumstances. If you are ready to engage wholeheartedly, this workshop can help you to accomplish the transformative change you seek.

C.E. credit available for psychologists; see page 68.
C.E. credit available for MFCCs and LCSWs; see page 68.

$795

Weekend of November 21–23

Stress Reduction: An East/West Approach

David Levenson & Mark Abramson

Stress comes to us in many forms. Our bodies and minds are stressed by chronic pain and persistent illness. Relationships are stressful. We find stress at home and at work, in our social and financial lives, even in our recreation.

Stress often leads us to suffering. Muscles tense up, pain tolerance decreases, inflammations increase, intestines go into spasm, fatigue may become profound. Our minds are often filled with anxiety, fear, depression, anger, and helplessness.

All of this suffering is normal and understandable, but it is not required. Suffering is optional. In this workshop, you will be taught how to minimize suffering with the help of mindfulness meditation, yoga, self-hypnosis, deep relaxation, healing imagery, and cognitive approaches. Through these practices, you can develop a self-caring objectivity, an ability to respond to your pain and suffering with compassion instead of self-criticism, guilt, and shame.

The workshop is designed to be practical. The aim is to integrate your experiences and give you tools to use in your everyday life.

The workshop is open to nonmeditators and meditators alike, as well as to people with or without medical problems.

C.E. credit available for nurses; see page 67.
C.E. credit for psychologists pending; see page 68.
C.E. credit available for MFCCs and LCSWs; see page 68.

$425

The 21 Praises of Tara: A Sacred Dance Practice

Prema Dasara

Tara is the great Mother Goddess of unconditional love. Ages ago, Tara was an ordinary woman who practiced dharma and reached enlightenment. Instead of entering nirvana, she vowed, "I will stay in the body of a woman until the end of time, helping all those who call out to me to cross the ocean of sorrow and attain enlightenment." She is said to answer the cries and prayers of all lost or suffering beings, and to overcome obstacles and dissolve ignorance. The chanting of Tara's 21 Praises is an ancient healing practice through which fear and other afflictions clouding the mind are dispelled and life challenges met with clarity and compassion.

Prema Dasara combines her dance training from the temples of India with ancient Tibetan practices of self-empowerment. In this ritual of transformation, participants will be guided to embody the sublime qualities of Tara, and to embrace their own essence of feminine wisdom, compassion, and power. They will learn the subtleties of sacred movement, mudras, offerings, and visualizations. At the end of the workshop, the dancers will adorn themselves in silk costumes (provided by the leader) and dance a ritual offering.

Please note: This workshop is for women only. No dance experience is required. $425

Men Helping Men

Gordon Wheeler & Michael Borack

Why is caretaking between males so often fraught with difficulty in our culture? As men, we all carry some degree of scarring from cultural messages that emphasize self-reliance, coping, and mastery—at the expense of our inner lives, our hopes and fears and dreams. To the extent that we were held at a distance from, abandoned, and/or abused by our fathers and other male caretakers, these messages were introjected, inhibiting our connections with ourselves and others, especially other men and boys.

As we grow up and older, these blocks show up with special poignancy in our helping and nurturing relationships not only with our own sons, but with all males who come under our influence: students, junior colleagues, patients and clients, supervisees, as well as peers and older men who depend on us for support and caring. We feel surprised when these relationships are unexpectedly charged with difficulty, and hurt if our own best intentions are misunderstood. Worse, we are shocked to recognize in ourselves some of the same gestures of awkwardness or abandonment we knew in our own childhood.

How do we break this cycle of solitude and disappointment and establish mutually nourishing relationships with the other men and boys who need our support? This workshop will use exercises, self-narrative, and our own interaction to explore our capacity to build a new kind of male-to-male helping relationship, breaking old patterns of stress and isolation, nourishing our own inner and outer strengths, and becoming healing partners for ourselves and each other. $425

The Way of Council

Virginia Coyle & Jack Zimmerman

Council offers a way of communicating that encourages attentive listening and compassionate expression. The practice is finding increasing use in groups that want to move from a hierarchical power structure to a partnership model in which initiative, responsibility, and leadership are shared by everyone. In the simplest form of council, a talking piece is passed around the circle, empowering the person holding it to speak "from the heart," while the rest of the group is challenged to listen attentively. "The Way of Council" provides an introduction to a variety of council methods and the challenges of leading council. By weaving together direct experience with reflective witnessing, participants can make intimate contact with both the techniques and spirit of the practice.

This workshop is for individuals who seek a larger context for human dialogue. In particular, it is designed for:

- Educators interested in helping students to expand communication skills and the ability to resolve conflict nonviolently
- Business leaders who want to build trust, stimulate creativity, and improve communication with co-workers
- Members of intentional communities who want to explore nonhierarchical forms of self-governance, conflict resolution, and co-visioning
- Therapists who want to deepen their work with interactive groups
- Parents interested in creating a family environment in which it is safe to communicate honestly and openly
- Couples interested in deepening intimacy and seeing relationship as a path to greater self-awareness

Recommended reading: Zimmerman & Coyle, *The Way of Council.*

C.E. credit available for nurses; see page 67.

$425

November 23–30

Healing from Trauma: A Seven-Day Intensive

Carolyn Braddock & Carol Lynch

Healing does not have to be a struggle—healing can be gentle, sensitive, and friendly. In a week of safety, exploration, and integration, this intensive will explore the belief systems of the trauma survivor's body, mind, and spirit (whether the trauma be sexual, emotional, physical, body-image, or from accidents, illnesses, or surgeries). It will offer innovative and creative possibilities for healing.

Since the body was where the trauma occurred, the focus will be on body-oriented healing. The workshop will present ways to move through body memories, flashbacks, and dissociation, to identify and release old patterns, and to recognize addictions and make healthy new choices. Breath, sound, and selected centering and martial arts techniques will be utilized to assist participants in expressing their voice—the source of their power.

The workshop will introduce tools for wholeness: humor, energy awareness, Gestalt, role playing, meditation, and Tai Ji. Specific sessions will focus on sexuality, relationships, touch and intimacy, and creating new patterns. There will be video demonstrations. Individual work within the group will be possible.

To register, it is necessary to complete an application questionnaire. This is to provide some history and will help determine what support could be available during the week. For an application, please contact Carolyn Braddock at: P.O. Box 260123, Lakewood, CO 80226-0123; phone 303-985-7310, or fax 303-989-9813.

Recommended reading: Braddock, *Body Voices: Using the Power of Breath, Sound, and Movement to Heal and Create New Boundaries.*

C.E. credit available for nurses; see page 67.

$1220

Drawing and Painting Intensive

Leigh Hyams

Imagine... Seven uninterrupted days and nights to draw and paint!

The ability to draw and paint is in everyone. Leigh Hyams has the ability to release the creativeness in any beginner curious about the creative process, and to enable those with art experience to deepen and expand their individual voices as artists.

In an informal environment, students will work with a variety of media, challenged to express in visual terms their responses to dreams, political and philosophical ideas, poetry, music, and Esalen's natural beauty.

Demonstrations, conversations, critiques, and slide presentations will be utilized to sharpen participants' perception and openness to change. But it is the act of making the marks oneself that develops an understanding of visual language and the creative process itself. This, in turn, leads to the heart of art and a richer, fuller life. $1220

(plus $75 materials fee paid directly to the leader)

Week of November 23–28

Giving Thanks: A Time for Simple Gratitude

Phyllis Shankman

> *Life experiences are the symbol of what the soul wants to know.*
>
> — EMMANUEL

Writes Phyllis Shankman: "As the year-end holiday season approaches, we pause and create special time together for stillness, appreciation, and gratitude. We acknowledge and count our blessings—for the love and friendship in our life, for health and freedom, and for simple kindness and beauty in all its forms. For many people, the ongoing pace of our lives and our myriad obligations carry us along faster than our ability to grasp the meaning and purpose of what we are doing and who we are. We forget what we value and what is truly important. In that forgetting, we may lose our personal vision, faith, and gratitude.

"This workshop will be a time to slow down, to acknowledge ourselves and each other, and to honor the ongoing blessings, lessons, and challenges of our personal journey. We will use meditation practice, group discussion, chanting, ritual, music, nondenominational prayer, Gestalt process work, art, massage, and dance. We will celebrate life. We will experience the true meaning of Thanksgiving by simply giving thanks." $795

Spanish: A Whole-Brain Accelerated Learning Approach

Judith Serrano

You can learn to speak Spanish easier and faster than you ever thought possible. This intensive beginning-Spanish course utilizes Accelerated Learning, a whole-brain, dynamic, and stress-free teaching methodology, based on the learning systems developed by Georgi Lozanov of the Institute of Suggestology in Bulgaria and by other current researchers in the field of Second Language Acquisition. The process of Accelerated Learning engages both the analytical, linear left hemisphere of the brain and the more intuitive, spatially-responsive right hemisphere in a relaxed way which results in accelerated and highly motivated learning. Through role playing, music, art, games, imagery, and mental relaxation, participants will be introduced to the vocabulary and grammatical structures necessary to begin their adventure in the world of Spanish.

Special requirements: Please bring a one-inch three-ring binder to the first class and have access to a cassette player for the duration of the workshop. $795

(plus $25 for text and cassette tape)

Weekend of November 28–30

The Continuum of Awareness—Gestalt Practice, Meditation Practice

Joyce Frazee

> *Awareness itself is healing.*
>
> — Fritz Perls

This weekend will be an opportunity for participants to experience the continuum between Gestalt practice and meditation practice.

"Fritz was the first person who showed me I could bring curiosity to my behavior, instead of constant judgment," writes Joyce Frazee. "That awareness changed my life."

MARGARET LIVINGSTON

As in meditation, the practice of awareness is fundamental to Gestalt, whether it is the moment-to-moment recitation of where consciousness alights—the Gestalt awareness continuum—or the revealing awareness of discovering the disowned parts of the personality through Gestalt dreamwork.

The sessions will start with meditation. They will then move into Gestalt practice. Group exercises and the open seat format will also be used. $425

Working Out, Working Within: TaoSports for the Game of Life

Chungliang Al Huang & Jerry Lynch

Until now, the path toward spiritual development has been considered separate and different from its physical counterpart. This practical and dynamic program will offer concrete, specific tools and strategies to help you use your physical regimes as a way to turn inward, test your limits, and discover your personal strengths to become spiritually fit for the game of life.

The workshop combines philosophical discourse, affirmative visualization training, inspiring success stories, meditation, Tai Ji movement exercises, music, and easy-to-apply Zen and Tao guidelines for increasing vitality, energy, and spontaneity with your sport and exercise programs. You can learn how to recapture the natural balance between body, mind, and spirit by experiencing the Tai Ji Zone™, a calm, effortless, relaxed state of mind that will help you to improve overall performance and sustain enthusiasm in all physical activity—with less strain and greater comfort.

Take sport and fitness to the next level—integrate the care of the soul with the care of the body. Make your physical life an internal martial art, a Western Yoga, a Zen-Tao way of body-mind-spirit conditioning. $425

Week of November 30–December 5

Intermediate/Advanced Massage Intensive

Kathleen O'Shaughnessy & Robert Helm

This workshop is designed for individuals who have already had basic massage training and been in practice for a while. It is for those who want to expand into new territory and add to what they are doing with specific complex areas such as the neck and low back.

One portion of the format will include the basic Esalen style of long, integrative strokes and methods for deep contact with the recipient, which will then be trimmed down to detail. Since participants will be experienced, another part of the format will have the flavor of a musician's open jam session with two lead players, eliciting a cross-pollination of ideas and approaches from all of the participants.

Personal centering through breathing methods, yoga postures, Zen practice, and dynamic movement will be juxtaposed to the hands-on work.

C.E. credit available for nurses; see page 67.

$795

Soul Dramas: Past-Life Regression and Spiritual Healing for (Helping) Professionals

Roger Woolger

"Soul dramas are the daily emotional patterns, roles, and scripts we get stuck in and habitually act out," writes Roger Woolger. "Although the soul first staged its dramas around childhood trauma, it had already rehearsed them *in utero* and had written them long ago from the ancient store of past-life melodramas we all carry."

Soul dramas can be tragic, pathetic, humorous, or banal. Left unrecognized, they can cause anxiety, depression and rage, or a deep sense of dissatisfaction or alienation. Roger Woolger's method of releasing and transforming these compulsive dramas involves regression to buried memories and past lives, as well as after-death encounters in the spirit realms called "bardos" by Tibetan Buddhists. Participants will be taught simple methods for body release, healing catharsis, and the reintegration of lost parts of the soul.

Experienced in psychotherapy and bodywork (Jung, Reich, and Gestalt), Woolger guides people through deep, transformative experiences, creating an atmosphere that is safe and contained. He also illuminates the broader spiritual picture, from Sufism to Western mysticism to Shakespeare—teaching with humor through poetry, music, story, and meditation.

Recommended reading: Woolger, *Other Lives, Other Selves*.

C.E. credit available for nurses; see page 67.

$795

Intermediate Yoga: Deepening Practice

Deborah Anne Medow

"Yoga is a multidimensional awareness practice," writes Deborah Medow. "By paying attention to yourself through body, mind, and breath, you can develop more physical aliveness, mental clarity, emotional openness, and a more peaceful and joyful spirit.

"This intermediate-level yoga workshop will focus on breathing exercises (purifications) and asanas (yoga postures), as well as some yogic philosophy and theory. The approach: Instead of pushing into or 'going for' the stretch, you will be encouraged to move slowly through an asana, staying at first within your comfort zone and giving yourself time to experience everything you are feeling in your muscles, tendons, and bones—not pushing, just being and breathing. By allowing yourself to fully experience where you are—right now, in the posture, in your mind, in the present moment—you will be amazed at how much further into the stretch your body can then naturally extend—playing at your edge—with *no pressure* from your mind or strain through your body."

This is a workshop for all those wishing to get more from their current yoga practice. $795

Courage

Joyce Frazee

> *In the mouth of the dragon there are many jewels.*
>
> —Buddhist Proverb

For some of us it takes courage just to live our daily lives. Every day we awaken to face the demons in our lives—demons that come in many forms: perfectionism, guilt, avoidance, shame, despair, failure. Time passes and we become skillful at living despite the constant awareness that these demons are preventing us from experiencing the fullness of life. Their existence drains our energy and limits our joy and freedom. But getting close to them, allowing ourselves to confront them, is very difficult to do.

This week will provide an opportunity to find the courage to face our demons. Participants will be encouraged to look at the things in their lives that are difficult to face and will be given support to help recognize and confront them. This will be done through Gestalt practice, dreamwork, and bioenergetics. Drawing, dance, and meditation may also be used to recover the jewels from the dragon. $795

Circle of Song—Body and Soul

Rhiannon

"If you sing fully in your body, if you really get your bones vibrating and your whole being going, you *always* feel better," says Rhiannon. "This workshop provides a safe and challenging environment for developing your unique and genuine voice. Starting with body energy, alignment, and centering, we will drop down into soul and sing our way back."

Rhiannon offers technical skills to develop strength, dexterity, range, and endurance, along with emotional work to free the voice. "Working alone, in pairs, and in ensemble," she continues, "we will learn to let go in the moment and sing what we believe. Learning to play with improvisational energy, we can begin to experience our voice as our partner, playmate, and soul mate, and move into new levels of joy and creativity."

This workshop is open to all levels of vocal experience and inexperience. All that is required is your commitment to singing in your body and going to your personal edge.

$795

Weekend of December 5–7

Introduction to Gestalt Practice

Dorothy Charles

> *The Way, when declared*
> *Seems so thin and flavorless,*
> *Nothing to look at, nothing to hear—*
> *And when used—is inexhaustible.*
>
> —Lao Tzu

Gestalt practice is a form—nonanalytic, noncoercive, nonjudgmental—evolving out of the work of Fritz Perls. The work integrates ways of personal clearing and development that are both ancient and modern. To the extent that awareness is made primary relative to action, Gestalt practice has a strong relationship to some forms of meditation and visualization. This form is similar to some Reichian work as well, in that emotional and energetic release and rebalancing are allowed and encouraged.

The emphasis is *intra*personal rather than *inter*personal. It is explicitly understood that participants are not patients but persons actively consenting to work (or play) in awareness. The leader functions to reflect, clarify, and respect whatever emerges in this process. The aim is unfoldment, wholeness, and growth, rather than adjustment, cure, or accomplishment. Although open seat work may be demonstrated, this introductory workshop will primarily consist of group exercises, meditations, and discussions that gave participants a flavor of this awareness practice.

Recommended reading: Perls, *Gestalt Therapy Verbatim*; Chodron, *The Wisdom of No Escape*.

C.E. credit available for nurses; see page 67.

$425

Stronger at the Broken Places: Relationship Challenges as Initiatory Experiences

Charlie Bloom & Linda Bloom

> *The mind seeks an easy relationship.*
> *The heart seeks a spiritual partner.*

Many factors draw us into relationships: physical attraction, a desire for intimacy, financial concerns, to name a few. Then there are our deeper, often unconscious agendas. These matters of the heart are usually less apparent, although certainly no less compelling. A soul mate is someone with whom we can learn the lessons that require mastery in order for our deeper purposes to be fulfilled. These lessons have to do with freeing ourselves from limiting patterns of behavior and beliefs that interfere with our ability to be free, whole, and loving beings.

This process of liberation often pits us against challenges that stretch our capacities, that confront us with unhealed wounds and incompletions with which we can best come to terms in the context of relationship. This is the deeper purpose of relationships: to compel us to go beyond the edges of our familiar reality and into the terrain of the unknown. Each time we successfully move into and through these painful ordeals of the heart we grow stronger and more whole, claiming increasingly larger aspects of ourselves and bringing us to progressively higher levels of consciousness.

In this workshop, participants will be shown how to embrace and take full advantage of the teachings that relationships provide for us as we strengthen the capacity to stand more firmly and openly in the face of the fire. Singles as well as couples are welcome. $425

The Art of Leadership: Communication, Creativity, Vision

Ron Alexander

> *In the beginner's mind there are many possibilities*
> *While in the expert's mind there are few.*
> – Suzuki

This workshop is for individuals who are interested in exploring an intensive experiential process for becoming more effective leaders in both their personal and professional life settings. It is appropriate for entrepreneurs, executives, managers, and others committed to improving their communication and leadership skills, and especially intended for those open to doing deep personal work to transform the self and thereby become more effective and productive in their leadership style. The major areas of focus will be: resolving conflict, developing trust with those who feel threatened, addressing blind spots in self-esteem, healing blocks in creativity, and building support for transforming vision into reality.

The workshop is primarily experiential and will include Gestalt open seat work, sharing feedback on leadership and communication styles, improving coaching skills, developing the unconscious to creatively solve problems, and role-playing and problem-solving exercises for real-life work situations.

Recommended reading: Heider, *The Tao of Leadership*; Bennis, *On Becoming a Leader*; Crum, *The Magic of Conflict*; Hargrove, *Masterful Coaching*.

C.E. credit available for nurses; see page 67.

$425

Self-Healing through Bodywork and Movement

Meir Schneider

> *We have within ourselves the power to create ever-increasing health and well-being and to overcome degenerative conditions. Many illnesses are the result of very limited, constricted movement, circulation, and breath. By changing these patterns, we can regenerate our bodies.*
> – Meir Schneider

Meir Schneider will introduce his practices of self-healing—subtle movement, breathing, relaxation, self-massage, and vision exercises—in order for each person to get in touch with his/her body. The effects of both correct and incorrect movement will be discussed. Imagery will be introduced to help free up physical limitations and the restricted concepts of health which accompany them.

Schneider's self-healing methods have been helpful with a variety of stress- and lifestyle-related diseases, as well as other degenerative conditions, among them:

- Arthritis, both osteo- and rheumatoid
- Spine problems, including scoliosis, sciatica, degenerated disks, and osteoporosis
- Vision problems, from near- and farsightedness to macular degeneration
- Neuromuscular ailments such as multiple sclerosis and muscular dystrophy
- Digestive disorders such as colitis and Crohn's disease
- Respiratory problems such as asthma
- Circulatory problems such as heart disease and diabetes

C.E. credit available for nurses; see page 67.

$425

Writing about Self and Family: A Personal Investigation

Ione

"Many of us are feeling the call to create work springing from a deeply personal source of inspiration: our own lives and families," writes Ione. "Whether we are writing memoirs or fiction, this undertaking requires courage and patience as we touch painful as well as joyful memories and learn how to guide them to the written page."

This workshop will explore the importance of personal story, honoring events that are key moments of revelation. It can help you to claim your most powerful life themes and identify ancestral patterns. Key topics of discussion will include:

- Turning self-consciousness into consciousness of self
- Defusing secrets
- Accessing memories, dreams, and visions
- Claiming personal writing rhythms
- Listening to and identifying the many voices within

The workshop will incorporate journal exercises, guided meditations, partnering, and overnight dreaming to further your writing. Please bring a journal and writing materials.

$425

Week of December 7–12

Gestalt Practice

Christine Stewart Price

For workshop description see October 19–24.

$795

Living a Spiritual Life in a Practical World

Judyth Weaver

"Spirituality for me is not about adhering to any religion or ism," writes Judyth Weaver. "It is about bringing more awareness and sensitivity to our daily processes, restoring the natural balance of body, mind, and spirit, reclaiming the aliveness that is our birthright, and integrating and using it in the world."

Using traditional practices such as Zazen, Vipassana, Qi Gong, and T'ai Chi Ch'uan, and nontraditional forms such as sensory awareness and inner movement, Judyth will guide participants in performing the normal activities of everyday life in more conscious ways. Using breath, senses, and inner rhythms as guides, participants will practice being present and living one moment at a time. Working from the inside out, group members will create community and explore boundaries to clarify what is needed for authentic, heartful living. These explorations can support people in discovering which practices work for them and how to find place for them in their busy lives.

C.E. credit available for nurses; see page 67.

$795

SIKE: Healing and Health through Ki Energy

Mallory Fromm & Therese Baxter

Spinal Integration/Ki Energy (SIKE, pronounced "sigh-kee") is a health training program in the healing applications of Ki energy (in Chinese *chi*), the vital life-sustaining energy. Mallory and Therese have synthesized a classic Oriental healing art with Western concepts and terminology to create SIKE. The SIKE approach demystifies and simplifies Ki healing in order to place a person's health literally in his/her own hands.

Participants will first be taught to access their own Ki by means of breathing exercises, then how to direct the Ki to themselves and to others. Specific points and procedures for treating common ailments—headaches, migraines, sleep disorders, poor digestion, aches and pains—by Ki energy will be demonstrated and practiced.

As the basis of health maintenance, SIKE seeks spinal integrity, restoring the balance of tension/relaxation between the upper and lower spine. Using Ki energy and exercises based on inner muscle balancing and breathing, the body can achieve improved alignment, stability, grounding, and integrated movement. SIKE can impart a glowing sensation of health and mental clarity as well as the knowledge and skills to maintain the sensation by oneself or with others.

Please note: Participants should bring pencil and notebook, loose-fitting clothes, fresh socks for the session work, a large towel, and a small towel or handkerchief.

Recommended reading: Fromm, *The Book of Ki.*

C.E. credit available for nurses; see page 67.

$795

Dropping the Facade: Cultivating Love in Action

Howard Schechter & Barbara Lee

The leaders write: "Are you experiencing a lack of connection with yourself and others? What is missing in your relationships with friends and family? Would you like to drop the facade that helps you get through some of life's mundane conversations and instead find soul-sharing?

"In this seminar, we will create an environment that satisfies our need to be fully alive, meeting ourselves and others at a deeper level. Through watching our reactions and judgments, we will learn to see, honor, and love all the ways we have used to separate from ourselves and those around us. We will identify and connect with our authentic self, that part within us which is most deeply meaningful, and confront and honor the less-than-authentic parts which have served us well but which we can now love away.

"Everyone is seeking love, compassion, and acceptance from life. Let's create an environment that nurtures the development of our souls. Let's do it all together, with the support of each other. In five days, through setting the intention to love ourselves and others, we can allow the divine to blossom, bringing us to the point of fulfillment and honoring our true identities—loving, joyful beings."

Discussions, experiential and interactive exercises, and focused guidance will be blended with specific interventions which meet the needs of the individuals and the group. $795

Big Sur Ceramic Alchemy

Noel Mapstead & Keiko Suga

Almost all elements on earth melt at a given temperature. In this workshop participants will experiment with the alchemical changes caused by the forces of heat.

The Big Sur coast is endowed with many natural clay deposits and other raw materials. Conducting field trips along the Big Sur coast, the workshop will provide the opportunity to explore the alchemy of clay and rock as well as other natural materials. Participants will learn to identify and work with natural clays. Using only nature's materials such as cow dung, seaweed, and abalone shells, the group will create glazes for handmade pottery, beads, and other objects. These works will be fired in electric kilns and open-pit bonfires. Additional activities will include clay mud baths at Esalen's hot springs and a Native American sweat lodge ceremony.

This workshop challenges the senses by demonstrating that all matter is variable and subject to change. Plus, it offers a chance to create holiday presents for those we love.

No prior ceramics experience is necessary.

$795

Playing the Edge

David Schiffman

In the early stages of growth, success seems to be its own reward. Excitement, vitality, and the willingness to face life boldly are characteristics of those who are involved in new and successful ventures. To keep this spirit alive is not easy. Enormous pressures, grinding routines, and demands of involvement can dispirit even the healthiest people. To listen to one's heart requires the courage to pause. In this willingness to stop and listen to the deeper self live the true resources that guide and protect us.

The purpose of this week is to create a mood of sanctuary for people in transition considering major changes in career, relationship, or matters of the spirit; those in need of a break from stressful responsibilities; and individuals interested in breaking new ground in the areas of self-nurturance, intuitive functioning, and problem solving.

The process will be gently restorative, illuminating, and enlivening. The intention will be to create a community based on trust and goodwill with emphasis on individual freedom. Traditional methods of self-inquiry (Gestalt practice, bioenergetics, psychosynthesis) will be combined with innovative methods using music, meditation, poetry, ritual, and prayer to foster this spirit of living fully. $795

Weekend of December 12–14

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 26-28.
$425

Living from the Soma: Awakening the Joy of Embodied Being

Shiva Rea & Adam Rudolph

> *Few of us have lost our minds, but most of us have long ago lost our bodies.*
> — Ken Wilber

> *The great sea has sent me adrift moving my inward parts with joy.*
> — Uvanuk

Writes Shiva Rea: "This workshop is a journey dedicated to reclaiming our soma, the Greek word for 'the living body in its wholeness.' Living from the soma describes a state of being where awareness is experienced sensually through the whole body, from the outer world to the core. We often lose contact with the soma under the habit of excessive thinking and interpretation. In this workshop, we will *re-member* ourselves through the unifying, cross-cultural, cross-time methods of music, movement, and meditation.

"Through extended periods of drumming, rhythmic movement, song and toning, yoga, and somatic meditations, we will release the dam of 'thinking mind' and explore the inner landscape of the soma. From this experience, we will address how our perceptions and relationship to our body can limit or expand our embodied life. Alternative conceptions of the body from somatic, Yogic, and Taoist perspectives will be offered as models of integration. The dynamic between workshop sessions and free time will be honored as a creative laboratory to explore how living from the soma can enliven our daily life as a form of body-mindfulness.

"This weekend allows us to pause before the holidays to reconnect and unwind as we enter the quiet of Winter." $425

Taking Better Care of Yourself: An Eclectic Physician's Guide

Joe D. Goldstrich

There are many simple yet powerful self-help tools that can be extremely useful in preventing and treating a wide range of health-related problems. They include diet and nutrition, nutritional supplements, herbs, and homeopathy. This workshop will explore a variety of dietary strategies for preventing and treating heart disease: low-fat semi-vegetarian diets similar to those at the Pritikin Center (where Dr. Goldstrich served as chief cardiologist and medical director); the olive oil-based Mediterranean diet for prevention of heart disease and cancer; other therapeutic diets, from raw foods to macrobiotics; and diets for weight management and relief of arthritis pain.

There have been recent breakthroughs in the use of nutritional supplements and antioxidants to prevent and treat heart disease. Participants will be shown how to use these supplements safely and effectively. Other potent healing tools with a long history of safe and beneficial utilization are herbs and homeopathy. Their use for common conditions like colds and flu, trauma symptoms, and poor sleep can be easily learned.

The workshop will cover all of the above, plus other fruits of Dr. Goldstrich's twenty-five years of eclectic explorations in medicine. The work will head in whatever way that may help empower you in your own self-healing.

Recommended reading: Goldstrich, *The Best Chance Diet; The Cardiologist's Painless Prescription for a Healthy Heart and a Longer Life;* and *Healthy Heart–Longer Life.*

C.E. credit available for nurses; see page 67.

$425

Mindfulness Meditation: An Introductory Weekend

James Baraz

How much of the time are you present for your own life? Most of us spend more time in our own inner world—worrying about the future, replaying the past, or lost in fantasy—than actually experiencing what life is offering to us right now. The present moment is where we can most directly be intimate with our life—touched by beauty and intimacy, while learning through the difficult lessons how to truly open our hearts.

Mindfulness—or vipassana—meditation is the practice described by the Buddha for developing wisdom, compassion, and peace by learning to be mindful of what is actually happening in the present moment. Using the breath, body sensations, thoughts, and emotions as objects of attention, we can learn to be more fully awake. When we see directly that the nature of reality is change, we can begin to let go of clinging to the pleasant or avoiding the unpleasant. We become more capable of meeting each situation with spontaneity, fearlessness, and love.

Participants will be introduced to this method of meditation practice and the principles on which it is based. There will be periods of silent sitting and walking meditation as well as discussion. As attention is brought to all activities at Esalen, individuals can continue to develop mindfulness throughout the weekend. This will provide a foundation for applying mindfulness practice to everyday life.

C.E. credit available for nurses; see page 67.

$425

On Being with Children and Adolescents

Violet Oaklander, Felicia Carroll & Eduardo Eizner

The children we create today become the society we create tomorrow. This workshop is designed for parents, professionals, and people who would like to support the development of a healthier family and society by improving their relationship with children and adolescents.

Using Gestalt practice and interactive games, participants will have an opportunity to rediscover themselves by getting in touch with their own values, feelings, and thoughts—and by learning how to communicate them clearly and effectively.

This educational and experiential workshop will teach participants tools to improve communication, parenting skills, and awareness and acceptance of differences in their relationship with young people, thereby promoting growth and self-responsibility. $425

Week of December 14–19

Esalen will be closed to the public during these five days.

Weekend of December 19–21

Relationship: A Spiritual Journey

Mary Goldenson (Devarani)

Relationships present profound opportunities for personal development and spiritual fulfillment. Healthy relationships are the foundation of healthy families and ultimately a healthy society. If we embrace the challenges of our relationships they become great teachers, mirrors reflecting back to us unseen and often rejected parts of ourselves. Relationships provide the opportunity to experience both our greatest pain and joy. The challenge of our spiritual journey is to:

- Open ourselves to all life—suffering and joy, success and failure, gain and loss
- Fully acknowledge to ourselves the truth of who we are
- Choose to commit to living our deepest values and dreams
- Make powerful choices that actualize these values and dreams

This experiential workshop is designed for all those who wish to look deeply into themselves and their lives through their relationships: fathers and mothers, daughters and sons, lovers and partners. Come alone or together. You will have the opportunity to heal old wounds, learn new skills to help you in troubled times, and actively create the heartfelt and spiritual relationships you desire.

In a supportive and safe environment, the workshop will draw from Gestalt, Reichian work, dance, imagery, meditation, and breathwork to make it easier to express your truth and take responsibility for your feelings.

C.E. credit for psychologists pending; see page 68.
C.E. credit available for MFCCs and LCSWs; see page 68.

$425

The Sly Winks of Fate

Phil Cousineau & Valerie Andrews

> *Character is fate.*
>
> —Heraclitus

What is our fate? Do we have a unique destiny? What is the relationship between soul and fate? What are the "sly winks of fate," and how can we recognize them?

In a world reeling with scientific changes and trembling with upheaval in our spiritual traditions, individuals can find it more difficult than ever to realize their special path in life. This workshop will explore the mysterious and often startling ways our fate is revealed at the turning points in our lives. Through storytelling, music, and discussion, the workshop will consider the immortal questions of fate and destiny, free will versus the will of the gods, and the relationship between individual fate and the fate of the community. Special emphasis will be given to those soulful "winks from fate," as James Hillman refers to them, the hints about our "true calling" by way of dreams, creative inspiration, intuition, the influence of mentors, and especially synchronicity, the phenomenon of "meaningful coincidence" that so often acts as a guide to destiny.

The weekend will be highlighted by the use of film clips to illustrate images of soul and fate; slides from Phil Cousineau's travels to show the ancient function of revealing fate at sacred sites; and guided journal exercises with Valerie Andrews.

Together these elements will emphasize Joseph Campbell's advice for those asking deep questions about their personal destiny: "Follow your fascinations." $425

EMANUELA GARDNER

Exploring the World of Lucid Dreaming

Stephen LaBerge

Dreams are worlds of wonder where anything imaginable can happen. Ordinarily, however, we sleep through our nightly journeys, unaware of the opportunities available.

We are not bound to forever sleepwalk through our dreams. Lucid dreams are dreams in which we know we are dreaming while we're dreaming. While lucid, we can be fully conscious that the dreamworld is a mental creation, and that we are free to act in the dream unconstrained by laws of physics or society.

People can develop the skill of lucid dreaming and research has shown that it can profoundly affect our brains and bodies. Participants will be taught how to induce lucid dreaming and explore its many uses: self-exploration, creative problem-solving, enhancing self-confidence, healing, adventure, and self-integration.

The seminar will extend beyond dreaming to investigate our experience of the world and our perceptions of "reality." It will explore the concept that all perceptions are illusory and that waking reality is, like dreaming, a mental construction.

The workshop will combine lecture and experiential exercises. It is intended for avid dreamers and people interested in self-exploration and the enhancement of consciousness.

Recommended reading: LaBerge, *Lucid Dreaming*; LaBerge & Rheingold, *Exploring the World of Lucid Dreaming*. $425

A Solstice Celebration: A Christmas Gift to Yourself

Laura DeNuccio (Ma Prita)

> *Compassion comes through loving ourselves so completely that in our fullness we naturally extend the sweet nectar of our lives to others.*
>
> — TIGER WINDWALKER, *Walk in Beauty*

Laura DeNuccio writes: "With the embrace of Winter at hand, the solstice arrives to announce the return of the light. Simultaneously, Nature enters her resting season, moving within to replenish and regenerate.

"We, too, journey inward to experience regeneration and renewal. This is a time to shine the light of inquiry into the inner aspects of our being that have been neglected or overlooked. Faced with busy schedules and demanding needs of others, give yourself permission to take 'sacred' time—because you are deserving.

"Especially sensitive to the needs of caregivers and those in service of others, this course will provide an opportunity to reconnect with Self. Through exploring the art of self-care, a body-oriented process, we bring substance and integrity to the idea of enlightened self-interest. This process encourages deep listening through the use of meditation, Gestalt practice, exploration of breath, regenerative movement, sound, dance, and earth ritual.

"As the light increases on this solstice, let us brighten the light of healing and celebration that is our destiny as conscious human beings."

Suggested reading: Myss, *Anatomy of the Spirit*; Robbins, *Reclaiming Our Health*; Kornfield, *A Path with Heart*.

C.E. credit available for nurses; see page 67.

$425

Spontaneous Fiber Design

Mercedes Shriver

This adventure in painting on fabric is a workshop designed to stimulate and free the creative spirit. To begin, you will be guided through a meditation and stretch to clear the mind and energize creativity. You will then be led through an exploration of the wonders of spontaneously applying color to large pieces of fabric, using natural dyes and various techniques. Self-expression will be evoked through feelings, movement, and specific exercises.

"Painting from the creative spirit is a sacred journey into self," writes Mercedes Shriver. "This workshop will be light and loving and playful. We will also have created beautiful art fabrics to frame or wear."

Fabrics will be provided by the leader. $425
(plus $40 materials fee paid directly to the leader)

December 21–28

Painting the Soulscape

Robert Venosa & Martina Hoffmann

This extended painting seminar explores what the leaders call Serendipitous Exploitation, "an emotional outpouring of color and seemingly abstract form, followed by studied, individualistic detailing." Using this simple process, the artist—whether beginning or experienced—can begin to create essential form and color that are both enlivening and enlightening. The premise: to exercise right-brain potential in a nonthreatening, effortless, and exuberant manner that instills joy, self-discovery, and newfound self-esteem.

Participants will also be introduced to the Misch Technique (discovered in 1460 by Van Eyck and employed by such masters as Rembrandt, Durer, and Max Ernst) and will work with an updated simplified version. Upon completion of the workshop, the group will hold a mini-exhibit of their creations for all at Esalen to see and enjoy.

This workshop is for anyone wishing to tap the artistic capabilities that lie within their reach and discover the joy and illuminating power of painting.

Note: Upon registration, participants will be sent a list of materials to bring. **$1220**

Week of December 21–26

Play, Spontaneity, and Performance Art

Nina Wise

Writes Nina Wise: "I read once that rats were put in a maze with one path leading to a small room with food, another leading to a room charged with an electrical current, and a third path leading to a room with play things. The rats learned to avoid the electric shock, but the food room and the play room were equally popular. Play, it seems, is as essential to rats as nutrition."

Play is also an integral part of human culture. In tribal societies, people sing, make music, drum, dance, and tell stories as part of their daily lives. With the advent of technology and specialization, we modernized folk have forgotten how to play together. Singers sing, dancers dance, actors act, while the rest of us sit and watch.

This workshop is about remembering how to dance, how to sing, how to tell stories about our lives, how to make it up as we go along, how to be together in a way that is lively, spontaneous, and creative. The workshop will include meditation, chanting, relaxation, movement, singing, writing, drawing, and theater games. There will also be spontaneous performance with and for each other in a safe and supportive environment.

Everyone is afraid of performing, even professionals. Don't let your fear stop you. It's fun, challenging, and rewarding. $795

The Road Best Traveled: Reinspiring Life Purpose and Direction

Mel Kimura-Bucholtz

"The road best traveled," writes Mel Kimura-Bucholtz, "is the one that reflects the best of us. This seminar is a way station, where we meet to look at how we have come the distance up until now, and how we've brought our natural sensibilities into life along the way. We hold these questions up to ourselves: What are my truest, simplest feelings of vitality, joy, beauty, and awe? How can I live reflecting these qualities?

"We start by discovering our own *stillness*, the lens of attention used to focus on our life. From here we engage *recognition*, using it to grasp the vital and imaginative experiences of our lives. Then we begin to practice *crafting*, forging our own style of expression to take hold of our inner discoveries and carry them into life-affirming action.

"In this way we can start to fulfill the twin mandates of life: first, creativity is the ultimate act of personal responsibility; and second, authentic expression is *being* community, not just maintaining relationships but actually being related. This leads to the practice of feeling centered (rather than being self-centered), a feeling of meeting the aliveness of others while creating vibrant, imaginative realities from within ourselves.

"The road best traveled is grounded in recognizing, and crafting, the best of us into living expression. Rediscovering our basic way of doing this creates the way ahead." $795

Spiritual Healing: Laying On of Hands

Maria Lucia Sauer Holloman

This workshop will present practical methods for using the hands as instruments of physical and spiritual healing. This practice incorporates both hands-on and energetic work, using the power of natural forces for healing. The emphasis will be on intentionality and personal clarity as the fundamental tools of any healing art. "Intentionality moves energy," says Maria Lucia. "Through this focus you can learn to take responsibility for your own thoughts and actions."

Born into a family of healers with a generations-old tradition, Maria Lucia studied with healers in her native Brazil, where spiritism—receiving healing knowledge from the spirit world—is a practice familiar to much of the population. Having also lived and studied at Esalen for nine years, she applies both Brazilian and North American approaches to healing.

Participants can learn how to practice and refine this approach, as well as experience the personal benefits that come from receiving this work. The workshop is designed for bodyworkers, therapists, health professionals, and anyone interested in working with energy and people's bodies.

C.E. credit available for nurses; see page 67.

$795

Kabbalah, Consciousness, and Life Process

Rabbi Steven Fisdel & Gerald S. Cohen

In an in-depth examination of some of the core beliefs within the Jewish mystical tradition, Rabbi Steven Fisdel and Gerald S. Cohen combine the new directions emerging from current scientific research with the models of consciousness central to the ancient Hebrew mystical texts of the Kabbalah. The workshop explores the relationship of the physical, psycho-emotional, and spiritual processes of our lives to the nature and structure of consciousness itself. The underlying premise of this work is that the Kabbalistic Tree of Life is the universal paradigm for all of Creation.

Much of our life experience is predicated on and molded by the deep conditioning we receive on the psychological, emotional, and physical levels. Only by accessing and understanding the broader patterns of consciousness can our life processes and conscious reality be more easily recognized, analyzed, and constructively remodeled.

This workshop provides participants with a clear, concise understanding of the Kabbalistic model of human consciousness, as well as direct experience with its application to daily life. Among the areas presented are first-hand demonstration of the various diagnostic uses of the Tree of Life, the use of ancient tonal patterning, and group processing and discussion. Meditation sessions will be led daily by Rabbi Fisdel, utilizing different practices drawn from the Kabbalah.

$795

Weekend of December 26–28

The Healing Power of Humor, Compassion, and Gentle Touch: The Rubenfeld Synergy® Method

Ilana Rubenfeld

This workshop is for people who want to include humor, movement, body language, and compassionate touch as a way of taking care of themselves personally, professionally, and spiritually. Using the Rubenfeld Synergy Method, a healing system for the dynamic integration of body, mind, emotions, and spirit, participants will have the opportunity to listen, recognize, and work through feelings and memories locked in their bodies.

The workshop will use body-mind exercises, individual demonstrations, hands-on practice, dreamwork, Gestalt practice, and music, all designed to support contacting, releasing, transforming, and balancing the energy of inner body language.

"Humor lightened the dark, painful places in my life and helped me onto a path of healing," writes Ilana Rubenfeld. The workshop atmosphere will be one of caring, healing, laughter, tears, and inspiration—encouraging participants to experience empowerment, integration, and new possibilities.

Recommended reading: Rubenfeld, *Twenty-Five Years of Simple* (available through The Rubenfeld Center, 115 Waverly Place, New York, NY 10011).

Participation in this workshop fulfills one of the requirements for acceptance into the Rubenfeld Synergy Training Program. $425

Weekend Massage Intensive

Vicki Topp & Dean Marson

Esalen massage is a unique form of bodywork that is continually evolving. In this workshop quality of touch, breath awareness, experiential anatomy, and developmental movement will provide participants with the fundamental elements and skills necessary to give a pleasurable and effective Esalen massage. The weekend will integrate massage and the magic of the Big Sur coast to allow the opportunity to replenish the spirit and reconnect with the healing power of nature. This workshop is for beginners as well as those more experienced with somatics and bodywork.

C.E. credit available for nurses; see page 67.

$425

EMANUELA GARDNER

The Sources of Growth

Seymour Carter

Many potential sources of our growth reside in our unfinished issues, the developmental processes that we have failed to recognize and assimilate because of distressing life experiences or the inability to learn about them. "Unfinished issues" refers to normal phases of development which have been bypassed or ignored. It is unfortunate but true that most families emphasize some of our attributes and ignore or discourage others. These unclaimed potential talents, tendencies, and traits are a powerful reservoir within us waiting to be tapped.

Using a primarily Gestalt-oriented process, supported by the tools of family systems theory, practices of introspection, and body-oriented intervention strategies, participants can begin to discover and utilize capacities in themselves for new possibilities in their lives. Each participant's process of development will be honored, encouraged, and treated as unique. $425

Baking at the Big House

Robin Burnside

What is the irresistible magnetism that draws hundreds of otherwise purposeful Esalen visitors to spend long hours hanging around the Lodge breadbaskets and then find their way back to the bountiful Esalen bakery?

Find out during a flour-dusted weekend of fun and baking in Esalen's Big House kitchen. The workshop will explore various ways to combine wholesome basic ingredients using traditional methods and new ideas to create tasty treats, both sweet and savory.

Participants will learn how to bake fabulous breads, pies, tarts, and cakes with the finest and freshest ingredients available. Daily harvests from Esalen's garden and farm will provide beautiful embellishments for wonderful creations.

Recipes will be shared, along with techniques to improvise beyond them and "find your own way" with the food. $425

Week of December 28–January 2

Clearing Our Vision for the New Year

Paul Rebillot & Audrey Savage

"I think one of the most disturbing ways to begin a new year is with a hangover," writes Paul Rebillot. "If, as some say, the first day sets the tone for the coming year, wouldn't it be better to meet the New Year with clear eyes—with wakeful rather than darkened consciousness? Wouldn't it be agreeable to spend a few days before the New Year dealing with, letting go of, saying good-bye ritually to the time past and then preparing the ground for the new?

"We will take time to find the meaning of the last year, and to position that in relationship to the whole last period of our lives, working through any incomplete gestalts—crying, laughing, singing, dancing through whatever needs to be finished before the New Year begins.

"Together we will celebrate a ritual of welcoming in 1998, not with resolutions but by planting a seed for the next year of life, perhaps even for the next phase of life. Through guided fantasy, art, and movement, we will awaken from the seed a vision for the New Year, identifying our inner resources and our outer helpers in realizing that vision. We will also explore the ways in which we might sabotage that vision, what we can do to prevent that sabotage, and so clear a path to the realization of our goals." $795

Five-Day Massage Intensive

Oliver Bailey & Char Pias

This massage workshop explores the fundamental elements of bodywork: grounding, centering, breath awareness, touch sensitivity, and intention. A hands-on approach will combine a balance of long, integrative strokes with detailed attention to specific areas of the body. There will be emphasis on discussion and modeling of boundaries and trust with respect to the client's physical and emotional well-being. Meditation and movement will be included, as they enhance the connection between client and practitioner.

This workshop is for beginning bodyworkers and those interested in learning some new approaches to massage.

C.E. credit available for nurses, see page 67.

$795

Healing the Emotional/Spiritual Body: The Rubenfeld Synergy® Method

Ilana Rubenfeld

This workshop is for people who want to learn how to listen to the messages, memories, and feelings locked in their bodies. Ilana Rubenfeld will introduce and demonstrate the Rubenfeld Synergy Method, a holistic system that integrates Alexander Technique, Feldenkrais Method®, Ericksonian hypnosis, and Gestalt practice.

Each day will include: body-mind exercises to relax, stretch, and to heighten awareness; hands-on teaching to develop intuitive, gentle touch; discussions and demonstrations; and music and humor. The workshop community will become an active culture for learning and growth focused on:

- The interdependence of emotions and posture
- Healing the wounds of dysfunctional families
- Moving beyond therapeutic techniques toward intuitive wisdom
- Dreams and metaphors that reveal life patterns
- Developing a sense of humor
- Honoring the sacred within

"The body is the sacred sanctuary of the soul," says Ilana. "Care for it like a flower garden." In this workshop she will demonstrate the possibility of achieving emotional, physical, and spiritual integration.

Recommended reading: Rubenfeld, *Twenty-Five Years of Simple* (available through The Rubenfeld Center, 115 Waverly Place, New York, NY 10011). $795

Blow on the Coal of the Heart: A Writing Workshop

Elaine Hughes

In his play "J.B.", Archibald MacLeish tells the story of Job's miseries. Having lost everything, Job and his wife, Sarah, find their way together in the darkness. Job tells Sarah that it's too dark for them to see which way to go. Her answer ends the play: "Blow on the coal of the heart/And we'll see by and by...."

We, too, can blow on the coal of the heart and light a meaningful path for ourselves for the coming New Year. Through the power of writing, we can give ourselves compassionate attention and discover what is true and uniquely ours. These five days together will be used to write intensively, to feel the power in our own words by reading aloud what we've written, to savor the gifts of reflection, solitude, and communion. For added inspiration, the group will focus on some of MacLeish's most evocative lines from "J.B.", then respond in writing by exploring the far reaches of the heart and the imagination.

Says Elaine Hughes: "Expect to remember, to recapture, to reexperience; expect to cry and laugh, to be moved and surprised. Through guided meditations, visualizations, memory recall, sense perceptions, and body-wisdom exercises, we will seek all that is human within us to discover the heart's illuminated truths."

Please bring a favorite notebook and several types of pens. $795

Fire and Soul: Living Your Purpose and Passion

Genny Davis

> *Healing is nothing more than a return to wholeness.*
>
> – Deepak Chopra

Writes Genny Davis: "Wholeness is the desired and vibrational state of our true being. It must be embodied into our full consciousness in order to achieve good health, a satisfying career, financial comfort, and, most importantly, our purpose and passion.

"We came into this world whole. We have a cellular memory of that. When returning to our soul's memory of wholeness, a deepening of consciousness naturally occurs. The histories and experiences—both our own and our ancestors'—carried within our bodies and minds are transformed into the essential integrity of our authentic nature.

"This workshop will interweave the seven universal laws, the seven chakras, the healing arts of meditation, hands-on healing, movement, sacred ceremonies, and individual and group experiences. Through this alchemical blend, you can learn to transcend limitations, awaken the path of your heart, and move into your soul's vibration and cellular intelligence to embody your full potential. I welcome all of you who are going through transitions and wish to have more meaning, depth, passion, and intimacy in your relationships, lifework, and unique path."

Recommended reading: Davis, *Heart of Healing* and *Fire and Soul: Living Your Purpose and Passion*. $795

Weekend of January 2–4

Creative Arts Center at Esalen

Arts Center Staff

For workshop description see September 14-19.

$425

Music for Everyone: Finding Your Long-Lost Musician

David Darling

David Darling's magical work with late bloomers, nonprodigies, professional musicians, and "burned-out" teachers has been opening hearts to the mystery of sound for the past two decades. "Music for Everyone" is an adventure into music making, rhythmic grooving, song writing, laughing, and listening.

Regardless of prior experience, this workshop can take you to a deeper, more powerful music level. Bring an instrument or play on David's collection of world instruments. $425

Applied Wisdom: Universal Truths of the World's Religions

Huston Smith

The quest for a deeper understanding of life's meaning than common sense affords seems to be built into the human makeup. Drawing on his half-century of exploring experientially the world's great wisdom traditions, Huston Smith—who was featured on Bill Moyers' five-part PBS series, "The Wisdom of Faith with Huston Smith"—will identify the conclusions they share about the final nature of things and the way life can best be lived in that context. $425

Men and Women, Women and Men: Relationships in the '90s

Bonnie Mark & Deborah Berger-Reiss

Lovers, philosophers, novelists, poets, psychologists—and just about everyone else—have puzzled for thousands of years over the subject of relationships. Just when we think that we are getting a handle on the subject, the rules of the game change yet again. Relationships provide the passion that connects our souls, yet relating at a deep level can be either a gold mine or a mine field.

In this experiential workshop, participants will explore the state of relationships as we begin the millennium. The course is designed to provide a deeper understanding of the genders, which will lead to stronger and more vibrant relationships. $425

Acupressure Energy Workshop

Pauline Kirby

Traditional acupuncture is a healing art and science that teaches one how to see the entire human being in relationship to the body, mind, and spirit. It is a form of healing that emphasizes balance and harmony, focusing on health rather than disease.

This workshop will explore the five elements used in traditional Chinese medicine, following the metaphor that the body is like a garden rather than a machine. The group will look closely at the body's energy system and discuss how these meridian pathways can enhance one's health. Concepts of traditional acupuncture and acupressure will be demonstrated and discussed, including pulse diagnosis, the flow of meridian pathways, point location, an in-depth study of the five elements, and special application for stress reduction and health maintenance.

C.E. credit available for nurses, see page 67.

$425

Week of January 4–9

Entering the Dreamtime, Body and Soul

Jeremiah Abrams

> *In the last analysis, most of our difficulties come from losing contact with our instincts, with the age-old unforgotten wisdom stored up in us. And where do we make contact with this old man or old woman in us? In our dreams.*
>
> —C.G. JUNG

Jeremiah Abrams says: "Consensual reality floats on a vast mythopoetic ocean, the dreamtime, which is present and available to us at all times. We are dreaming during wakefulness and during sleep.

"What we dream reflects forward and backward on everyday waking reality. The ability to move easily between these two worlds, from ego to soul—once the exclusive province of mystics and poets, madmen and shamans—has become a vital necessity in a world suffering from mythlessness. There is a call in each of us to walk the way of visions, to enter the dreamtime, and, as Jung said, to 'dream the myth onward.'

"In this experiential workshop we will take the soul's visionary journey, learning together to incarnate the realities of the Self. My approach is a synthesis of the soul-centered view of Jungian archetypal psychology and the psychospiritual shaman's journey.

"First, we ground the body using methods of bioenergetics and focused bodywork. Then we enter and reenter the dreamtime through visualization, trance, breath, music, movement, artwork, dream interpretation, and a ceremonial purification (sweat) lodge, crossing the threshold back and forth, becoming walkers between two worlds. We will end with a ritual celebration, weaving the individual dreaming together into a collective dream mandala." $795

Tao Mentoring in Music and Tai Ji Dance

Chungliang Al Huang & David Darling

David and Chungliang have been conducting this annual New Year's celebration of creativity for many years at Esalen. This year they will focus on the core elements in their sharing: Passion, Clarity, and Balance. With David's mastery as a cellist and composer and Chungliang's "Living Tao" skills, they will guide participants in one of the subtlest yet most powerful principles of Tao, *Wu Wei*—"non-interference" in our collective creative learning.

Using the inspiration of great classical music (especially Bach), jazz, blues, and multicultural musical heritages, as well as humor and enthusiasm for transformation, David and Chungliang will offer a joyous and supportive environment in which to spontaneously celebrate our deep core. They will alternate between mutual teaching—allowing participants to discover their own personal music and pure dance through both improvisation and structure—and sessions focusing on Lao Tzu's *Tao Te Ching*, Tai Ji movement meditation, and healing Qi Gong exercises. $795

Feeling and Creativity: Reinvigorating (Ad)ventures in Life

Dale Cummings & Karel Samsom

When we liberate our capacity to respond emotionally, new realms of creativity and zest open up to us. Discovering new solutions in private and in work-oriented settings can transform leisure and job activities and enliven our experiences. How these two themes interconnect will be the focus of this workshop.

The workshop will use a neo-Reichian approach to emotional release as well as play, art, music, dance, and discussion to tap into feelings and creative capacities. A period of individual Radix work in a small group setting will provide a safe environment of emotional support and release. As negative feelings are worked through, active creativity can emerge.

Dale Cummings, a neo-Reichian counselor, and Karel Samsom, a teacher of creativity, innovation, and entrepreneurship, have for many years integrated these themes into their personal and professional lives. Through their focus on feelings and creativity, this workshop offers encouragement and practical ideas to reinvigorate personal and work experiences and to pursue exciting ideas and new (ad)ventures in daily life.

Recommended reading: Cameron, *The Artist's Way*.

C.E. credit available for nurses; see page 67.

$795

To Be Ripe to Die, To Be Ready to Live

Sukie Miller & Edmundo Barbosa

Many cultures, including traditional Judeo-Christian ones, believe that we must prepare as meticulously and with as much discipline, passion, and imagination for our afterdeaths as we do for our lives. These cultures hold that by understanding what may well come next the lived life can be enhanced. The mini- and micro-"deaths" within our normally lived lives—the death of a marriage, of a dream, of a loved one—become doorways to major change and to the unknown: perhaps the true potential, the place of hope, compassion, delight, and mystery.

The workshop will be both a report on the findings of the Institute for the Study of the Afterdeath and an experiential adventure into the systems of several different cultures. As a community, the group will explore belief systems where the line between the living and the dead is thin. As individuals, participants will explore together the images each of us consciously and unconsciously holds of what lies beyond, and will seek to expand these images to magnify the possibilities of our lived lives.

C.E. credit available for nurses: see page 67

$795

Touched by Beauty: Photography in Big Sur

Daniel Bianchetta & Cynthia Johnson-Bianchetta

Write Cynthia and Daniel: "When the morning sunlight dances across the waters of the Pacific with a jewel-like glow, when the breeze rustles the leaves of a tree, as the flowing stream swirls around rocks on its path to the sea, when the sun sets and offers yet another unfailingly abundant painting in the sky, we just might find ourselves pausing to receive the wonder of how our soul continues to be filled, renewed, and touched, if we allow it to each day.

"Beauty is all around us. When we bring the camera to our eye, our witnessing of this beauty is recorded and our soul says 'Yes!' When we share these images with others, we share not only the beauty of nature, but also the beauty that is within us, an act that can deeply convey to the viewer a glimpse into our soul. In that moment souls can touch. In our busy, fast-paced lives our souls hunger for these moments to be touched by beauty.

"This will be a week of reawakening our sensitivity to what is within us and what is around us through exploring beautiful Big Sur locations with photography. No previous experience is necessary, just an open heart and the willingness to allow beauty to touch the soul."

What to bring: A 35mm camera with a built-in light meter, a tripod (optional), plenty of film of your choice, a journal, and any additional art supplies you might like to explore with.

$795
(plus $10 per roll for overnight film processing)

Weekend of January 9–11

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 26-28.

$425

The Heart of Sports Massage

David Streeter

"In this week together," writes David Streeter, "we will focus on the most powerful and effective techniques that have evolved from contemporary sports massage and explore the power within our own bodies as we practice these techniques. This essential knowledge is drawn from the internal martial arts and shiatsu where the internal power of the practitioner is fully utilized. In this way it is possible to apply deep tissue, trigger point, and cross-friction massage without strain, fatigue, or injuries to our own hands, arms, or backs. Demonstrations and lectures will be brief and to the point. We will move to the table and practice with as much personal instruction as possible."

This workshop is designed to give each student the tools and the confidence he or she needs to work deeply and effortlessly. The techniques are uncomplicated and will be of great value to anyone with a sincere interest in the art of massage.

C.E. credit available for nurses: see page 67.

$425

The Tao of Saging

Chungliang Al Huang

We begin aging at infancy. But until we reach middle age, the shock of aging is never properly addressed by most people. This seminar focuses on a new way of looking at this inevitable process with equanimity, integrity, humor, and realism. With characteristic insight and skill, Chungliang will guide participants through a saging dance of living. Using the Tai Ji yin-yang sign to illustrate this paradigm of aging, he will trace the "S" curve within the symbol as the saging path—from birth to midlife—then trace it back again to complete the "whole picture" of life.

Through saging, this living process can prove to be joyfully alive, creative, and constantly enriching. The workshop will combine thoughtful philosophical discussions with enlivening disciplines of daily practice. Come join the dance!

Recommended reading and viewing: Huang, *Embrace Tiger, Return to Mountain* and *Quantum Soup*; Huang & Watts, *Tao: The Watercourse Way*; Huang & Lynch, *Thinking Body, Dancing Mind* and *Mentoring: The Tao of Giving and Receiving Wisdom*; Living Tao Videos (217-337-6113). $425

New Poems: By Ear

Sharon Olds

This is an intensive gathering for the writing and hearing of new poems. There will be no writing exercises or assignments, and, during each session, no xeroxed copies. (Copies will, however, be available at the end of each session.) Over the weekend, participants will strive to write three first drafts more true and alive than what they have written before.

Sharon Olds has received a San Francisco Poetry Center Award, a National Book Critics' Circle Award, a Lamont Award from the Academy of American Poets, and grants from the NEA and the Guggenheim Foundation.

To apply, please send a letter with your name and address, and three to five pages of recent poems, typed (no dot-matrix, please). Do not include a SASE; poems will not be returned. Send them to Olds Poetry Workshop, c/o Esalen Institute, Big Sur, CA 93920. Your poems must be received by November 1, 1997. Participants will be notified of their acceptance by November 22, 1997.

Recommended reading: Olds, *Satan Says*; *The Dead and the Living*; *The Gold Cell*; *The Father*, and *The Wellspring*. $425

Discovering Your Psychic Gifts

Judith Orloff

We all have psychic gifts. The magic comes in awakening them and trusting their guidance in our lives. In this workshop, Dr. Judith Orloff, who is a Board-certified psychiatrist, shares her journey from being a psychic child,

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alone with abilities she didn't understand, to becoming a respected psychiatrist and psychic who defies medical taboos.

Dr. Orloff will teach you to develop your natural psychic abilities, including how to:

- Recognize psychic experiences in everyday life
- Increase clairvoyance
- Discover psychic empathy
- Deepen healing skills
- Tune into messages the body is sending
- Record and interpret dreams
- Listen to psychic guidance in decision making
- Clarify and strengthen spiritual beliefs

She will also describe case histories of patients who have been helped by psychic means. $425

Week of January 11–16

The High-Performance Mind: Awakened Mind Brainwave Training

Anna Wise

For workshop description see September 21-26. $795

Completions and Transitions

Mary Goldenson (Devarani)

Often in our lives we feel incomplete with the past. Unresolved issues inhibit our moving into the present with an open and generous heart. Though we experience them as "finished," old memories continue to haunt us. When we exist more in the past than in the present, it is time to make the distinction between "finished" and "complete." Transitions without completions foster unsuccessful marriages, friendships, and careers—producing the causes of illness and sorrow. The inability to forgive keeps us closed to new opportunities entering into our lives.

Transitions are crossroads in our lives that give us the opportunity to finish and complete the past, reconnect with our present truth, and renew our passion, courage, and commitment for the future. The focus of this workshop is an in-depth review of our lives, relationships, and circumstances to discover what needs to be transformed from "finished" to "complete." The workshop will provide a safe, supportive environment that includes risk taking, intense bodywork, gestalt, imagery, movement, and meditation to keep us committed to the process of discovering ourselves.

C.E. credit available for psychologists; see page 68.
C.E. credit available for MFCCs and LCSWs; see page 68.

$795

The Monkey in the Mirror: Skill, Poise, and the Use of the Self

Chungliang Al Huang, Joan Murray & Alexander Murray

This workshop is a special blend of the teachings of the Alexander Technique and Tai Ji, integrated with an evolutionary perspective inspired by the genius of F.M. Alexander, pioneering body researcher Raymond Dart, and Lao Tzu. It is an opportunity to experience the child within the adult—and the "monkey" within the child.

The Alexander Technique is a process of physical reeducation, a means of discovering more about the self by developing greater awareness of how the body moves and feels. Chungliang Al Huang has collaborated with Joan and Alexander Murray, master teachers of the Alexander Technique, for over two decades. Together at Esalen for the first time, they will combine the most insightful and effective of East-West approaches in their practice.

Using the disciplines of meditative martial arts, hands-on one-to-one teaching and learning, and joyful, spontaneous movement and music, they will assist participants toward the goal of a breakthrough in body-mind awareness of alignment and inner balance—and toward self-transformation.

Recommended reading and viewing: Huang, *Embrace Tiger, Return to Mountain* and Living Tao videos (217-337-6113); F.M. Alexander, *The Use of the Self*; De Alcantara, *Indirect Procedures*. $795

Chakra Integration: A Dynamic Approach to Health and Healing

Laurie Lioness Parizek

Chakra integration is a complete and effective way to understand and balance our physical, emotional, and spiritual energies. Chakras are vital, life-enhancing energy centers that have their roots deep in our core. Backed up by nerve plexuses and endocrine glands, they help to shape the energy field and are a three-dimensional energetic system of the body. When integrated, they refine the mainstream current in the central nervous system and bring balance to all the major systems of the body. An understanding of the chakras is useful for addressing and healing old, restrictive behavior patterns.

This workshop will incorporate supportive hands-on exchanges, movement, awareness exercises, and work with color, light, sound, and breath. The focus will be to balance the chakras and the mainstream spinal current, and to gently and consciously open this "channel that connects heaven and earth through our bodies." The workshop will integrate personal and interactive healing work with gentle energetic touch. Meditation will be used to encourage serenity and a deeper personal understanding of the chakras.

The workshop is open to everyone. It is useful for those in the fields of health care and education. Please bring your favorite music or instrument.

Recommended reading: Judith, *Wheels of Life*; Haas, *Staying Healthy with the Seasons*; Brennan, *Hands of Light*.

C.E. credit available for nurses; see page 67.

$795

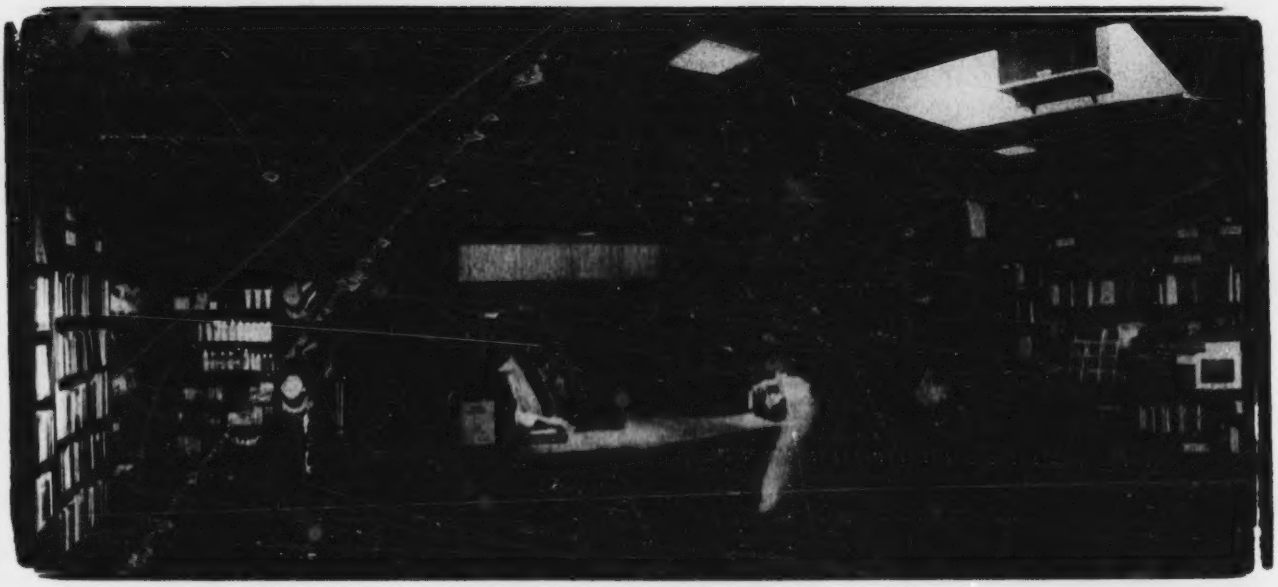
Big Sur Clay Miniatures

Noel Mapstead & Keiko Suga

This miniature pottery workshop is an alchemical winter blend of four basic elements: Earth, Water, Fire, and Fun. Imagine yourself engrossed in:

- Primordial Big Sur clay oozing between your fingers
- Pottery making on a Pacific beach
- Nights around fires of glowing cow dung, seaweed, and clay
- Making beads in the dark of a sweat lodge
- Slathering your body in wet clay and bathing in Esalen's hot springs

Starting with ostensibly valueless natural materials, participants will learn to fashion valued objects—figurines, miniature pots, tea and sake cups, perfume bottles—within a group setting designed to cultivate creative experimentation, human transformation, and environmental awareness. The group will be taught (with the help of assistant Dave Francis) to identify, gather, and prepare naturally occurring clays; to use hand-building pottery methods; and to work with traditional firing techniques, skills which can all be used anywhere on earth.



MACIEK BURY

No previous experience is required. This workshop is a total immersion into the potter's world—and a chance to make beautiful objects for those you love.

You can e-mail Noel and Keiko at *mapstead@ix.netcom.com* $795

Weekend of January 16–18

Intuition and the Dance of Attention

Randy Cherner & Anne Armstrong

For workshop description see October 5-10. $425

'Tis a Gift To Be Simple

David Schiffman

For workshop description see September 5-7. $425

Grief: A Path to Wholeness

Frank Ostaseski

Along the path of healing, we are inevitably called upon to meet our grief. Grief can be thought of as the armoring around our hearts, that which keeps us separate from ourselves and others. It is a natural response not only to what we have had and lost but also to what we never got to have. It is more than sadness. Grief manifests as numbness, anger, world-weariness, self-judgment, fear, loneliness, guilt, and shame.

Acknowledging our grief is the first stage of healing. Gently exploring the territory with mercy and awareness, opening with tenderness to our grief, we may discover that what seemed so untouchable can be cradled in the arms of compassion. The willingness to even approach our grief begins to melt the isolation we feel. Gradually we reawaken to our whole self, to the wholeness of life.

This workshop is open to all those who have experienced loss. With the nurturing beauty of Esalen, access to professional massage, and the regenerative hot baths, it is an opportunity to rest and recover. There will be periods of silence and experiential exercises to open what is closed and uncover what is hidden. With the support of a like-minded group, participants can share stories of loss to discover common ground and the connective tissue of grief. Meditations on forgiveness and compassion will help to release the pain of old holdings, and ritual will help to honor and begin the integration of loss.

C.E. credit available for nurses, see page 67.

$425

Mixed Matches: Working with Cross-Cultural Couples, Families, and Organizations

Joel Crohn

A quiet revolution is sweeping the world as millions of people defy ancient taboos to form intimate relationships with partners from other cultural, religious, and racial backgrounds. In the romantic phase of these relationships, couples often minimize the significance of their different backgrounds. But the major life cycle events—marriage, birth, and death—reveal what new love had concealed and forces couples to confront the competing demands of love and tradition.

To successfully work with the increasing numbers of cross-cultural couples and families in clinical practice, therapists must develop a framework for understanding the dynamics of intermarriage. This course will describe methods Dr. Crohn has developed for helping couples understand and resolve conflicts growing out of differences in cultural values, religious beliefs, group identity, and communication codes. Participants will develop an increased awareness of their own cultural frames of reference. They will also explore how this clinical model can be adapted for use in resolving intergroup conflict and building cooperation in organizational settings.

The course is appropriate for therapists and counselors working with mixed matches, for individuals involved in cross-cultural relationships, and for organizational consultants.

Recommended reading: Crohn, *Mixed Matches: How to Create Successful Interracial, Interethnic, and Interfaith Relationships.*

C.E. credit available for nurses; see page 67.
C.E. credit available for psychologists; see page 68.
C.E. credit available for MFCCs and LCSW's; see page 68.

$425

Gender, Relationship, and Ritual Transformation: The Dance of the Sun and Moon

Howard Teich & Bruce Silverman

Devoid of appropriate ritual, our "post modern" world requires that we ultimately initiate ourselves. The central organizing principle of most traditional sacred rituals concerns fire and water, embodied in us as our solar and lunar dual nature. Against the backdrop of the mythologies of various pre-modern cultures, the workshop will first invoke ritual space with drumming and chanting. Then it will become possible to traverse the pathways beyond gender identification toward the more fundamental central organizing principle of life itself: sun-fire as yang and moon-water as yin. As this process unfolds, we and our relationships may be forever transformed.

The workshop will utilize the fourfold path of:

1) *Via Positiva*—establishing a sacred container with ritual, song, and drumming

2) *Via Negativa*—sharing and reworking our personal stories and tragedies, including dream reentry work

3) *Via Creativa*—creating personal altars that embody both the soul's dilemma and its mission

4) *Via Transformativa*—transforming ourselves by celebrating and grieving within the ritual container

Drums, percussion, and instruction will be provided. $425

Week of January 18–23

Cross-Cultural Shamanic Practices

Angeles Arrien

This workshop will introduce participants to shamanic tools from diverse cultures. Group members will work individually and collectively to honor ancestor spirits and release unhealthy family patterns. Angeles Arrien's work focuses on the universal human qualities of power, love, vision, and wisdom, accessed to increase personal and professional effectiveness.

This workshop qualifies as foundation work for Angeles Arrien's Four-Fold Way educational program.

Recommended reading: Arrien, *The Four-Fold Way: Walking the Path of the Warrior, Teacher, Healer, and Visionary*. $795

Life Energy Process®

Stephano Sabetti

The Life Energy Process (L.E.P.) is a spiritually-oriented body approach to self-development, lifestyle enhancement, and professional growth based on Eastern and Western energy dynamics. Specifically designed micro-movements activate energy vibrations which lead to the release of held emotions, while opening to love and healthy sexuality.

Practice of the Life Energy Process leads naturally to body harmony and emotional balance as well as new possibilities in relationships and professional skills based on the consequences of energy attunement.

Life Energy Process includes: martial arts, dance, theater, massage, yoga, and pool work, among others, depending on group process. The workshop is of particular interest to professionals and mature laypersons who are excited by the integration of theory, pleasure, and hands-on application of energy concepts.

Recommended reading: Sabetti, *Wholeness Principle* and *Waves of Change*.

C.E. credit available for psychologists; see page 68.
C.E. credit available for MFCCs and LCSWs; see page 68.

$795

You Don't Have to Be Good

Kim McCourt & Carol LaDue

> *You do not have to be good.*
> *You do not have to walk on your knees*
> *for a hundred miles through the desert, repenting.*
> *You only have to let the soft animal of your body*
> *love what it loves.*
>
> — Mary Oliver

By listening to our bodies we can know what is right for us, rather than what we "should" do. We knew this as children but were encouraged to ignore our inner truths and obey the critic. Always having to be "good" restricts and censors the richness of who we are. Buried beneath all the "should's" and "dont's" is a true, wise self that longs for expression.

To get there, the group will play with different doorways to somatic knowing: emotional, visual, auditory, kinesthetic, olfactory, or general sensing. The intention will be to identify which doorway opens up our personal intuitive self, and then go on in.

Using movement and meditation, play and process, art and journal writing, participants will explore the indomitable aliveness beneath the censoring critic and conditioned tendencies. The focus will be: listening, accepting, and expressing what is true. The atmosphere will be nonjudgmental and lighthearted. Come explore the entrapments of having to be "good" or "bad." Discover the possibilities that lie beyond this duality.

C.E. credit available for nurses; see page 67.

$795

Nourishing Ourselves as Caregivers—Rediscovering Intention in Service

Frank Ostaseski

> *I slept and dreamt that life was joy*
> *I woke and found that life was service*
> *I acted and, behold, service was joy*
>
> — Tagore

In any form of service we must begin with ourselves. After all, it is the exploration of our own suffering and the knowing of ourselves intimately that allows us to meet another human being's pain with compassion instead of pity. The degree to which we are able to live in this ever-fresh moment is the measure of our ability to be of any real service.

This workshop is designed to encourage relaxation, self-reflection, and inspiration. It will utilize yoga and meditation to connect body, mind, and heart; silent walks to refresh our connection to nature and the source of all healing; and intuitive collage work, poetry, and writing exercises to uncover the deep and universal resources for renewal that live in the unconscious. Discussions among like-minded souls facing similar circumstances will offer a chance to appreciate the gifts and challenges of caregiving and the opportunity for spiritual awakening that resides in the path of service. Healthy food, access to professional massage, the regenerative hot baths, and the beauty of Esalen all combine to offer a unique opportunity to rest, explore, and heal.

This workshop is open to all but is especially recommended for family members, friends, or health-care professionals caring for those with chronic or life-threatening illness.

Recommended reading: Ram Dass & Gorman, *How Can I Help?*; Remen, *Kitchen Table Wisdom*.

C.E. credit available for nurses; see page 67.
C.E. credit available for MFCCs and LCSWs; see page 68.

$795

Weekend of January 23–25

Kundalini Yoga

Olga Luchakova &
Ati Akarta (Igor Kungurtsev)

Write the leaders: "Energy is a dynamic, immanent aspect of the Supreme God-Self. In Hindu tradition, She is worshipped as Shakti, the Goddess, and is considered to be female power (as opposed to Shiva, the male transcendent quality of pure Awareness). In the human body Shakti becomes individualized as Kundalini energy and abides dormant at the root of the spine. Kundalini-Shakti yoga awakens this primary life force. This yoga can provide high energy, expanded awareness, skills of self-discipline, a quiet mind, effortless attention, positive states, and a refined and healthy body.

"In the yoga process, Kundalini energy rises through chakras and meridians, purifies the ego, and brings it to dissolution in pure consciousness. The Yogi then discovers him/herself to be the universal Self, which dwells as 'I am' in the heart of all beings."

The workshop will provide an overview of the basic teachings in Kundalini-Shakti yoga and introduce various meditation practices. There will be guided meditation, visualization, movement, subtle energy work for chakras and meridians, and special practices for the heart chakra.

Please wear loose, comfortable clothing (natural fiber if possible). It is advisable to abstain from drugs, alcohol, meat, and poultry for seven days prior to as well as during the workshop. $425

Powerfully Presenting Yourself

Paula Shaw

Why are some people so cogent and inspiring when they speak? What holds you back from delivering your message? This workshop will explore the inhibitions to self-expression and communication and help you to move beyond them, creating more freedom in both your personal and professional life. It is designed for people who want to develop a more powerful personal and public presentation as well as better professional and business communication skills (e.g., lawyers, doctors, teachers, managers, and consultants).

In an environment of safety and support, you will have the opportunity to experiment with presenting yourself in front of various-sized groups, using your voice, body, and emotional power. There will be in-depth individual and group exercises designed to free you from past blocks to presenting yourself publicly.

Up-front courage, passion, and clarity need not be restricted to rare moments in life. This process can help bring to life the eloquent speaker of your fantasies. You can learn to express yourself more fully and experience the satisfaction of being more authentic, effective, and self-assured.

Expect some irreverent twists and a surprise or two. $425

Writing About Our Lives

Ellen Bass

Ellen Bass writes: "The philosophy behind this workshop is best expressed by Martha Graham, who said, 'There is a vitality, a life force, an energy, a quickening that is translated through you into action. And because there is only one of you in all time, this expression is unique. And if you block it, it will never exist through any other medium, and be lost. The world will not have it. It is not your business to determine how good it is, nor how valuable, nor how it compares with other expressions. It is your business to keep it yours clearly and directly, to keep the channel open.'

"This workshop will help keep the channels open. It will be a supportive place to share our lives and work, our voice, our creativity. There will be a lot of time for writing, as well as time for sharing and feedback. From beginners to experienced, all writers are welcomed. Whether you are interested in poetry, fiction, nonfiction, or journal writing, this workshop will provide an opportunity to explore and expand your world."

Note: Although Ellen Bass is known for her work with survivors of child sexual abuse, the focus of this workshop will not be on healing from trauma. Rather, it is a creative writing workshop in which participants are free to write on any subject they choose. $425

The Conscious Heart: Seven Shifts of Consciousness that Create Intimacy

Gay & Kathlyn Hendricks

Relationships are the primary arena in which our deepest selves are either concealed or revealed. This workshop is designed for couples, professionals, and singles who are interested in the ability of a close relationship to catalyze the creativity of each person. It has four major purposes: 1) to expand the experience of love past previous limits; 2) to learn to rest in the essence that underlies persona; 3) to learn the power of specific commitments to transform relationships; and 4) to learn simple shifts of consciousness that create and maintain intimacy.

Based on the Hendrickses' experience with over 3000 couples, they will present breath and movement practices that can accelerate the process by which people in close relationships can attain their goals. Participants will work on the transformation of present relationships while exploring three key principles of conscious relationship: living in integrity, claiming creativity, and living in a cycle of appreciation. The workshop will present tools designed to make it easier to tell the truth and take healthy responsibility for feelings and issues.

Among the tools to be used: videotapes, movement processes, breathwork, and dyadic communication exercises.

Recommended reading: G. & K. Hendricks, *The Conscious Heart*, *Conscious Loving*, and *At the Speed of Life*.

C.E. credit for psychologists pending; see page 68.
C.E. credit available for MFCCs and LCSWs; see page 68.

$425

Creating a Balanced Life: Finding Your Personal Path

Barbara Larrivee

Do you feel your life whirling out of control? Are you pulled in a thousand directions, unfulfilled, out of balance, constantly trying to juggle the often competing demands of relationships, family, and work? Do you find that the peaceful feeling of being centered comes in fleeting moments and is difficult to sustain? This workshop is for those who want to reclaim control and take charge to custom-design the flow of their lives.

"In this workshop," writes Barbara Larrivee, "we will take time for reflection to identify what is not working in our lives. By challenging our old storylines and myths we live by, we will work at letting down our defenses and disguises, breaking through the bonds of our assumed roles. We will create a safe space for self-disclosure, authenticity, and risk taking. Participants will be encouraged and supported in listening and speaking from the heart."

This workshop will present tools for enhancing your relationship first with yourself, and subsequently with mates, children, family, friends, and co-workers. By learning to quiet the critical evaluator and cultivate the fair witness, you can become a trusting guardian to yourself. When you align integrity, beliefs, and actions in a balanced way you evoke your own truth and resist being lured down someone else's path. This workshop is about discovering your own personal path.

Recommended reading: Larrivee, *Moving into Balance: Creating Your Personal Pathway.* $425

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Week of January 25–30

The Practical Art of Creative Risk-Taking

David Schiffman

For workshop description see October 12-17.

$795

Why Is Psychotherapy So Damn Slow and What in the World Can We Do About It

Ron Kurtz & Donna Martin

"This workshop," writes Ron Kurtz, "is for people who do psychotherapy and know it can be much faster and, even more importantly, it can be much more alive. We'll show why it's so damn slow and what we can do about it.

"In the workshop, we'll emphasize experiential methods, supported by ideas from living systems theory and the spiritual practices of mindfulness and non-doing. We'll talk a little theory. We'll do some processing and a dozen or so experiential exercises. You can expect to gain a lot of insight into both psychotherapeutic method and yourself. And you can expect to learn what you'll need in order to change yourself and your way of working to make your work better, faster, and definitely more alive and fun."

The workshop is appropriate for both psychotherapists and interested nonprofessionals.

$795

The MAX: Stretching the Limits of Your Self-Expression

Paula Shaw

"The MAX" is an outrageous voyage through your own humanity—a journey to turn yourself inside out and explore the extent of your self-expressive power. It employs a variety of acting, observation, and communication methods designed to expand your limits "to the max" and move you into a new arena of personal creativity and self-expression.

"The MAX" is extremely challenging. Participants must commit to a rigorous exploration of the sources of their emotional limitations. Seminar hours will be longer than usual early in the week (and shorter later in the week). Participants will work individually in front of the room, playing to and with other group members. There will be exercises that use raw emotion, role-playing, and "dress-up" assignments.

This workshop is an opportunity to experience yourself in a way you may have dreamed about but never imagined possible. The game is risk, the premise: You're either daring or dead—the most unsafe thing you can do in life is to play it safe. This course is not for the faint of heart, but it is full of heart, humor, and irreverence and is constructed with the understanding that this kind of risk taking requires a very safe workspace.

If your heart beats faster when you think of taking this workshop, then maybe it's just the thing to do.

Please note: Due to the intense and sequential nature of this workshop, attendance at all sessions is necessary.

Prerequisite: A 1-3 minute memorized piece—monologue, poem, song, etc. $795

EMANUELA GARDNER

The Spirits of Esalen: Shamanism and the Powers Within the Land

Carol Proudfoot-Edgar

For all indigenous peoples, the land within which they live is known to be inhabited by many powers. These powers are often called Spirits. They live in the waters, trees, stones, mountains, animals, and sky. Ancestral Spirits also dwell within the land.

People seeking to contact and learn from these Spirits often go to special places because the geographical formations there were thought to possess qualities important for spiritual experience. Especially powerful were those places which contained many margins, where one geographical configuration meets another. Land meets water, mountains touch both earth and sky, rivers run through canyons into the ocean, and wind sweeps strongly over the land.

Esalen is a special place where all these eco-spiritual margins are found. The ancestors who lived there continue to make their presence known and can teach us when we seek to engage with them.

"In this workshop," writes Carol Proudfoot-Edgar, "we will learn how to connect and work with the many Spirits of Esalen. These same methods can be used for contacting the Spirits of our own homeland and its shamanic past. Activities will include shamanic journeying, trance dancing, mask making, drumming, and chanting. As we gather medicine from the Spirits of Esalen, we also will be honoring and blessing them in the way we work."

Please note: This workshop has a sequential stucture. Each session builds on the previous one. Participants are requested to be present for all sessions. Please arrange for massages or other non-workshop activities between session breaks. Please bring a bandanna, drum, and rattle (if you have them).

You can e-mail Carol Proudfoot-Edgar at *CEdgarBear@AOL.com* $795

The Subtle Art of Meditation

David Streeter

The experience of insight, tranquility, inner strength, and aliveness can be found within our everyday life through the ancient art of meditation.

This workshop will approach traditional meditation practice in an unusual way. In a retreat atmosphere, participants will prepare the body/mind for silent listening with fluid movement from the martial arts and yoga. The workshop will incorporate *pranayama* (breathing practices) and energy work with *zazen* (sitting meditation). Other activities will include a silent listening hike in the wilderness, group meditation in a nearby contemplative monastery, and zazen at Esalen's meditation center nestled close to a waterfall.

This approach to the subtle practice of meditation through the body can inspire the student to discover his or her rich interior life and that crystal-clear still point described so well in every spiritual tradition.

C.E. credit available for nurses; see page 67.

$795

Weekend of January 30–February 1

The Body: Doorway to Self-Discovery—The Gestalt Practice Approach

Christine Stewart Price

> *My belief is in the blood and flesh as being wiser than the intellect. The body-conscious is where life bubbles up in us. It is how we know that we are alive, alive to the depths of our souls and in touch somewhere with the vivid reaches of the cosmos.*
>
> — D.H. Lawrence

In Gestalt Practice, "feeling" is defined as that which can actually be felt in the body. Awareness of feeling as physical sensation is one of the most effective ways to reach the goals Fritz Perls described as the goals of the gestalt process: to increase aliveness, to have a better ability to cope, and to fill in the holes of our existence. By sensing ourselves as our bodies we may access dimensions of being human that go beyond our ideas of who we think we are.

This workshop will focus on physical sensation as the entry point to knowing ourselves. Using the Gestalt Practice approach, especially in exploration of breath, movement, and sound, participants will explore this inner realm of awareness in all its grit and glory.

Please note: Open seat work will not be a primary part of the workshop. $425

Rekindling the Spirit in Work

Howard Schechter & Barbara Lee

"Rekindling the Spirit in Work" is about reconnecting with yourself and the work you do. Through creative exercises and sharing with the group, you can gain clarity about your goals in work, the skills required to reach those goals, and a deeper awareness of your strengths. The process can help you to confront and dissolve major blocks to rewarding work and to integrate who you are with what you do. This process is far more effective than narrow vocational perspectives. The emphasis is on the question "Who is working?" By identifying with our highest self, what we do can flow more easily and be a direct expression in the world of who we are inside.

This workshop is for people who are beginning new careers, in transition, dissatisfied, or simply bored with their work. Participants often come away with a sense of clarity and purpose, and seldom feel the need to make radical shifts in job or profession. Rather, the subtle inner adjustments of identity, attitude, and perspective create greater job satisfaction and offer direction for taking the next steps in work.

Recommended reading: Schechter, *Rekindling the Spirit in Work.*

C.E. credit available for nurses; see page 67.
C.E. credit for psychologists pending; see page 68.
C.E. credit available for MFCCs and LCSWs; see page 68.

$425

The Journey from Hopelessness to Faith

Sarah La Saulle & Sharon Kagan

In the course of everyone's life there are times of tremendous despair. People commonly suffer from at least one bout of severe depression in a lifetime. Some individuals feel that they have little to give them a sense of hope, while others seem to remain strong. Neither response is an experience of true faith. It is a mistake to believe that faith only comes as a gift. Before one can reach this state of grace, one must undergo a profound initiation. There are three stages to this rite of passage: 1) the collapse, 2) surrender, 3) the state of grace and faith.

In this workshop, the facilitators will enact a dialogue between the voices of faith and hopelessness. Through retelling the story of their lives, participants can build a body of experience on which to base their faith. Discussions will cover topics such as: a challenge to hopelessness; the core beliefs that govern one's ability to choose between faith and hopelessness; false hope; how faith differs from positive thinking; and faith as an experience.

The workshop will include group discussions, journal writing, storytelling, and art therapy exercises. $425

MARGARET LIVINGSTON

Hanna Somatics: Mastery of Muscles and Emotions

Eleanor Criswell Hanna

As we move through life, our bodies become increasingly restricted due to chronic muscle contractions. Thomas Hanna named this sensory-motor amnesia (SMA). We are all vulnerable to SMA, but we can reverse or avoid it. Hanna Somatics, developed by Thomas Hanna, enables us to overcome SMA and some of the negative effects of stress, trauma, and aging. Hanna Somatics also can enhance performance and well-being. When we are somatically free, we can authentically disclose ourselves to others and receive the feedback from our bodies more accurately. We can be free, self-managing, and continuing to develop somatically throughout our lives.

This workshop will explore the neuromuscular responses to emotional states—the somatics way to internal mastery of muscles and emotions—and the joy that comes from the body's renewed awareness and freedom. Guided somatic exercises and individual sessions with practitioners trained by Thomas Hanna will give participants the opportunity to experience this work. The workshop will present:

- How to recognize the basic postural reflex patterns that can become habitual
- How emotions affect muscular contraction patterns
- How muscle contraction patterns affect our somatic disclosures and somatic perception of experiences
- How to recover effective use of the muscles by changing levels of motor control

Recommended reading: Hanna, *Somatics*, *The Body of Life*, and *Bodies in Revolt*.

C.E. credit available for nurses; see page 67

$425

Improvisational Wisdom: Finding the Robin Williams Within

Paula Shaw

The nature of creativity is elusive. Our most creative moments often seem to come from nowhere and happen when we least expect them. Einstein's theory of relativity came to him suddenly and unscientifically, and Mozart saw many of his greatest compositions complete in a single vision. At the other end of the spectrum, we marvel at the lightning-quick humor of Robin Williams, a brilliance that seems boundless. What are the conditions that put us in touch with our own creativity and brilliance, and how do we access them?

This weekend is an introduction to letting go of your programmed patterns and discovering the joy of spontaneous creation. The first premise of improvisational theater games (which Robin Williams claims unleashed him) is to "go in blank." Within the game structures, participants are coached to be receptive—stop, look, and listen; deny nothing; release control; let go of planning ahead. This process can help you to trust your own intuition, sense of humor, eloquence, and physical grace, and lets you get out of your own way to make room for exhilarating flashes of creative brilliance. The workshop is also just a lot of fun. $425

February 1–8

The Painting Experience

Stewart Cubley

It is rare for most people to use painting for its qualities of inner adventure and self-discovery, to paint purely for the process of exploration, not for the result.

The purpose of this workshop is to provide a setting to explore the self through painting—to discover in form and color a powerful tool for uncovering and dissolving blocks to emotional and spiritual expression. Participants will be given the support and stimulation to develop a natural way of painting based directly upon feeling. The work takes place in an authentic studio setting with large white surfaces to confront the creative void, along with a rich spectrum of colors and brushes. The workshop may be of interest to individuals from a wide variety of disciplines, including art, education, counseling, and meditative practices.

No prior experience in painting is necessary. Please bring a smock. For further information about this workshop, contact: The Painting Experience Studio, 2101 20th Avenue, San Francisco, CA 94116; 415-564-8515.

Recommended reading: Cassou & Cubley, *Life, Paint & Passion.* $1220
(plus $35 materials fee paid directly to the leader)

Week of February 1–6

Gestalt Practice

Christine Stewart Price

For workshop description see October 19-24. $795

The Incredible Lightness of Being: A Transformational Movement Workshop

Patti (Lawrence) White

> *Movement is life; without movement, life is unthinkable!*
> — Moshe Feldenkrais

We all seek to heal our emotional-mental-spiritual wounding and to function with grace and ease in the world. A clear pathway to this state of grace is to find and release those issues blocking self-empowerment. This workshop offers the tools to achieve this state and to create a lightness of being. All experience embeds itself in body tissue, which, if left unmoved, can eventually lead to a pervasive sense of heaviness, frequently unrecognized. Using a guided sequence of movements to access the brain, central nervous system, and emotional body, this work will take you on a journey of awareness of your body's connection to life experience, karma, and spirit. By altering your brain-body connection, you can not only change how you move but begin to alter your belief systems as well.

Participants will experience a synthesis of Feldenkrais and CranioSacral movement, blended with Ericksonian hypnosis and dreamwork. The workshop will encompass movement, sound, and restrictive pattern recognition. Meditation, art, dance, and play will be used with Holophonic sound to stimulate brain function. Prepare yourself for a creative journey to find your personal place of self-empowerment, inner peace, and grace.

Recommended reading: Feldenkrais, *The Potent Self*; Lowen, *Spirituality of the Body.* $795

Life As A Waking Dream

Diane Kennedy Pike & Arleen Lorrance

What stories do you find yourself telling again and again? What experiences remain most vivid in your memory? What people evoke strong feelings in you? The answers to these questions will help you identify your waking dreams.

During this seminar, you will be taught a new approach—"Life As A Waking Dream"—to uncover the deeper meaning of your life. As you examine everyday experiences as if they were dreams, you can find instruction and guidance offered by your real Self. Clarity will begin to emerge about skills you need to develop, qualities you are ready to cultivate in your self-expression, and new choices that will bring greater harmony to your life. You can find keys to more creative and powerful living, such as having a clear purpose, developing a strong sense of self, learning to recognize and cooperate with the yin and yang polarities of energy, and interpreting symbols.

"Life As A Waking Dream" is based on wisdom teachings and influenced by Jungian psychology. It is a way for those who cannot remember their dreams to tap into the wisdom and insight of dream analysis. Bring your journal. $795

The Writer's Way: Opening to Change—A New Path Through the Wilderness

Nancy Bacal

Change can be as profound as death, as subtle as a spring day. It can deliver us into awe or abandon us in fear and confusion. The intention of this workshop is to pick up a pen and explore it all. Rather than feel shaken by a situation we cannot control, we will use it as material. Even the most difficult circumstance can be of value when we retrieve it for the writer... for the writer's most inspiring material is the truth of our own lives. In the safety of a group we will place a breath of air between ourselves and the event, wide enough for a trail of ink to transform it into story. As the details emerge, they bring vitality back to our writing, into our lives. When we claim our experience for the creative process, translate it onto the page, we cease to be victims. For in that moment, we substitute curiosity for expectation and are free. Life is not tidy. Writing will not change this, but it will provide a container generous enough to receive it.

The schedule will include movement, meditation, laughter, tears, moments of resistance and amazing discovery. With support and guidance, participants will write in and out of the group, read, and discuss pertinent material. More than skill, enthusiasm for the writing process and a heart open to surprise are the primary requirements.

Recommended reading: Chodron, *The Wisdom of No Escape.* $795

Weekend of February 6–8

The Life We Are Given

Michael Murphy & George Leonard

> *Like the human heart, the world points beyond itself to something greater and more beautiful. That something attracts us all, in different ways, and leads many of us to seek transformation.*
> — George Leonard & Michael Murphy, *The Life We Are Given*

Never before in history have so many people been offered so many possibilities for personal growth. And never before has the need for personal and social transformation been more urgent. Informed by their lifework in the field of human potential, George Leonard and Michael Murphy will lead participants in wide-ranging discussions on such topics as:

- The relations between this evolving universe and world-transcending realities
- Human capacities for extraordinary life

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- The elements of transformative practice

This workshop will include simple movement exercises, meditation, storytelling, and unbridled metaphysical speculation. Murphy and Leonard will report on their two-year experiment in Integral Transformative Practice and discuss the ITP groups that have formed all over the country during the last three years. Participants will have a chance to learn a series of physical-spiritual ITP exercises for use in daily practice and make plans for their own paths of transformation.

Recommended readings: Murphy, *The Future of the Body*; Leonard, *Mastery*; Leonard & Murphy, *The Life We Are Given*. $425

Remembering Who You Are: A Gestalt Process Workshop

Julian Silverman

> *Without a center we are lost,*
> *We wobble without taking stands...*
> *Without a center we despair of ever being real.*
> — Fritz Perls, *In and Out the Garbage Pail*
>
> *With a healthy center*
> *There is excitement strong enough*
> *To be alive...*
> *And creative...*
> *And real...*
> *And in touch...*
> *And all there...*
> *And fully aware.*
> — Ibid.

The essence of psychological growth is, as Fritz Perls wrote, "centering one's existence." It is a process of removing the blocks to one's real strength, one's wholeness. Centering one's existence is a journey to self-remembrance.

To remember one's self, one needs to learn the means whereby to center oneself in both physical space and time. To remember one's self, one needs to free oneself from the past, from the "unfinished business" which obscures the truth of one's self in the present.

This workshop concerns a *re-view* of our normal way of looking at ourselves and a *re-vision* based on *self-remembrance*. Self-remembrance makes possible the rediscovery of love within ourselves and the integration of this rediscovery into our lives in a more meaningful way.

The workshop combines individual process work with explanation. $425

Drugs, the Brain, and the Body

David Presti

Chemical substances that influence the brain and the body are more popular today than ever. From Prozac to DHEA, Redux to fen/phen, melatonin to valerian, coffee to chocolate, and marijuana to yohimbe, drugs are a central part of our culture.

This seminar provides an overview of the biological, psychological, and behavioral properties of a variety of familiar and perhaps unfamiliar drugs, ranging from chemicals that are used to alter consciousness, to ones that are used to regulate mood and alter personality, to substances that are used to promote sleep, lose weight, and maintain a youthful body. The workshop will be of value to anyone, including health professionals, wishing to deepen their knowledge about drugs that influence physiology and behavior.

C.E. credit available for nurses; see page 67.
C.E. credit for psychologists pending; see page 68.
C.E. credit available for MFCCs and LCSWs; see page 68.

$425

Week of February 8–13

The Upledger Institute's CranioSacral I

Signy Erickson

CranioSacral Therapy is a gentle, noninvasive, hands-on technique that helps detect and correct imbalances in the CranioSacral System which may be the cause of sensory, motor, or intellectual dysfunction. It is used to treat a myriad of health problems, including headaches, neck and back pain, TMJ dysfunction, chronic fatigue, motor coordination difficulties, eye problems, endogenous depression, hyperactivity, and central nervous system disorders.

Participants will learn the detailed anatomy and physiology of the CranioSacral System, its functions in health, and its relationship to the disease processes. Half of the class time will be "hands-on," developing the sensitive palpatory skills needed to detect subtle stimuli in the human body.

Class material will concentrate on palpation and its potential range as an evaluative and therapeutic process; fascial and soft tissue release techniques; and the pressurestat model which explains the mechanism of the CranioSacral System. Participants will learn a concise ten-step protocol for evaluation and treatment of the entire body. By the end of this intensive program, participants will be able to identify and localize significant restriction and imbalances in the CranioSacral System.

Please note: Registration for this workshop is done only through the Upledger Institute. Please call the Upledger Institute at 1-800-233-5880.

For more information see Special Programs, page 64.

C.E. credit available for nurses, see page 67.

$795

The Power of Growth

Seymour Carter

Everyone has unused capacities for further personal development. When these capacities are recognized and given attention, a natural force is released which, like a tide, can carry the individual to a higher level of ability and action. Fritz Perls taught how to recognize the force of avoided issues in dealing with blocked energies. When unfinished issues are confronted and assimilated, it is possible to feel potent and in charge of one's life.

In this workshop, participants will deal with these issues by examining the influence of the inner dialogue on thoughts and the nature of impasse, as well as tendencies within themselves toward psychological completion and well-being. The basis of this work is the Gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, and aikido. Each participant's process of development will be honored, encouraged, and treated as unique.

$795

Freeing the Artist: Intuitive Watercolors

Helen Jerene Malcolm

This workshop spans the spectrum from plein air watercolors to completely intuitive paintings which unfold as the work develops. Each day begins with a demonstration of the techniques involved in the watercolor process for that day. Two days will be spent on-site capturing the breathtaking views of the Big Sur mountains and coastline. Another two days will be spent exploring a method of blended color through pouring paints, saving the brightest-value whites for highlights. The blended-color process weaves back and forth from negative to positive painting, creating fresh, loose watercolors. The week progresses to watercolors painted onto thoroughly wet watercolor board, using intuition as the guide to whatever develops through the painting process.

This work contrasts subtle, mysterious areas of the watercolor with crisp, precise high lights and blends a variety of textures with vibrant and soft colors. The week is designed to free artistic expression to a state of exploration where watercolor techniques are jumping-off points to further discovery.

Please note: All are welcome, beginners as well as artists. Please bring your own supplies (a list of suggested materials will be sent upon registration). $795

Gestalt Process and A Course in Miracles: A Synthesis

Julian Silverman

> *Your task is not to seek for love, but to seek and remove all of the blocks to love's awareness.*
>
> —A Course in Miracles

In the progression of various refinements of his Gestalt awareness process, Fritz Perls described the aim of this process in various ways: as means whereby to "become a whole person," to "center one's existence," to "be in touch with the [real] world and one's self."

This workshop synthesizes Perls's Gestalt methods with the spiritually-based teachings of A *Course in Miracles.* Together they make possible the introduction and cultivation of a spiritual attitude in the mind using a powerful psychological process for integrating and balancing a person. The areas of compatibility and complementarity in the two thought-forms—Gestalt and A *Course in Miracles*—are examined and blended into a psychological-spiritual unity. The *whole person* is affirmed as one who comes to terms wholeheartedly with the spiritual center of existence. The Gestalt process enlivens the spiritual teachings and the spiritual teachings give meaning to the psychological methods.

The workshop will be both conceptual and experiential. Please bring a copy of A *Course in Miracles.*

C.E. credit available for nurses, see page 67.

$795

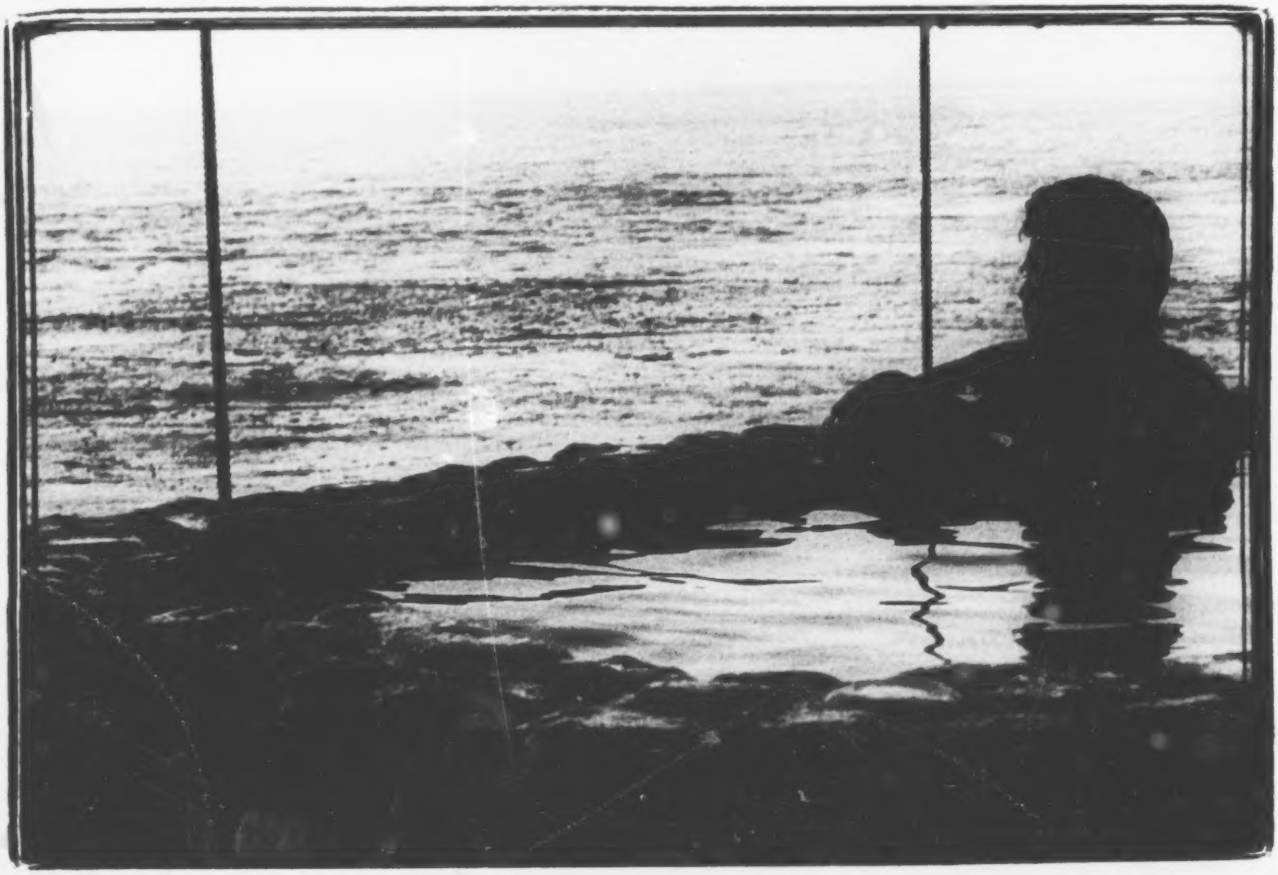
Proprioceptive Writing®: Clearing the Mind

Tobin Simon & Linda Trichter Metcalf

Proprioceptive Writing® is a method both for nonwriters who wish to write as well as for writers facing psychological difficulties that impede their work. Many of us, writers and nonwriters alike, seem so cut off from our own imaginations, emotions, and thought processes that we often cannot hear ourselves think—much less know the meaning of our unspoken thoughts. Our failure to understand ourselves frequently blocks our creative expression. But if we can learn to communicate with ourselves through Proprioceptive Writing, we can center ourselves in our work and our work in ourselves, thus dissolving expressive blocks.

"Proprioception" is a physiological term for kinesthetic sensation—feelings that originate in the body's interior. Proprioceptive Writing is a practice that uses writing to explore the psyche by taking the emphasis off writing and focusing on the experience of inner hearing, activating the auditory imagination—the key to emotion and the path toward feeling. A meditational writing practice with the power to open the heart and clear the mind, it was developed twenty years ago by Linda Trichter Metcalf and Tobin Simon after a decade of teaching writing to college students.

This workshop is appropriate for all those seeking greater imaginative freedom in their lives and in their work. $795



MARGARET LIVINGSTON

Weekend of February 13–15

Massage Intensive for Couples

George King & Brita Ostrom

For workshop description see September 19-21. $425 per participant

A New Beginning: Courage and Heart

Mary Goldenson (Devarani)

> *One day you finally knew*
> *what you had to do, and began...*
> — Mary Oliver
>
> *Courage is resistance to fear, mastery of fear,*
> *not absence of fear.*
> — Mark Twain

"In this workshop," Mary Goldenson writes, "we will courageously peer into the depths of our hearts and minds and ask the questions:

- Does my life reflect my heart's desires?
- If fear did not stop me, what might I be doing differently?
- What truths do I need to tell to live?
- To whom or what have I given power over my life? What must I do to reclaim it?
- How shall I live, knowing I shall die?

"More than the answers, our questions define where the real meaning of our life resides. Firmly grounded in the moment, we will explore ways to reconnect with our source of creativity and spirituality."

This workshop provides ways to help complete the past, be open to the present, and create the future. A safe, supportive environment will be provided. Didactic and experiential exercises will draw from Gestalt, Reichian work, imagery, dance, and meditation.

C.E. credit available for psychologists; see page 68.
C.E. credit available for MFCCs and LCSWs; see page 68.

$425

The Path of Parenting: A Spiritual Approach

Barbara Sachs

Parenting is difficult. We are given no formal education to prepare us for this profound undertaking, yet we are expected to be successful on the first try. We want to raise our children to be happy, healthy, loving adults, but we often end up tired, discouraged, and distanced from them. The purpose of this workshop is to help parents understand a child's psychological and spiritual growth, and to mirror and support the child's emerging self.

From conception on, parenting is a movement of coming together and parting. This workshop addresses the specific issue of separation. Separation at any age is hard for both parent and child. The spiritual practice of separation is one of continual letting go. As we mature we realize that real loving is letting go, letting our children be who they are—not who we want them to be. The workshop explores separation through the understanding of the Diamond Approach, using a map of maturation based on both psychological and essential development.

Participants will explore their own experience to help understand our inherent nature and spiritual essence. A method of parenting will be introduced that develops spiritual understanding and essential wisdom rather than relying on unconscious conditioning.

The format will be experiential with mini-lectures. There will be time for personal work.

$425

Finding True Love

Daphne Rose Kingma

"Love is an experience of great emotional and spiritual awakening to the unbounded bliss that is the true condition of our souls," writes Daphne Rose Kingma. "Love is our one true human quest and an intimate romantic partnership is its fondest and most luminous expression."

In this workshop, you will be guided in the spiritual and emotional preparations to attract love into your life. Focusing on the four keys to true love—Faith, Intention, Trust, Surrender—you will be led on a step-by-step journey to self-knowledge that can help you liberate your heart to love. As you move through each process—resolving emotional issues from your past, healing old relationship wounds, examining your myths about relationships, identifying your life theme (and discovering its effects upon your past relationships)—you can discover your own internal barriers to intimacy and gradually release them.

"This workshop," continues Daphne, "is for people who are looking for a love in the highest and deepest form. It is for those who want to finally heal the pain of old unresolved relationships as well as those who can't seem to bring themselves into alignment with the love that is already waiting to approach them."

Activities will include meditation, exercises, and group process. $425

Forgiveness

Julie Bowden & Maria Nemeth

Every culture has its healing rituals, ways of letting go of old attachments to make way for new possibilities. An essential component is the practice of forgiveness.

As the years go by, many of us develop a history of incomplete relationships and unfulfilled expectations. As these experiences accumulate, our trust in others and ourselves diminishes, and our commitments in life become conditional. To release these burdens is to forgive the past.

This workshop will guide participants through exercises focusing on our judgments and characterizations, with emphasis on how these distorted perceptions affect us and interfere with our relationships. This work is preparation for a powerful forgiveness exercise, designed to facilitate letting go, allowing more joy and light into our lives. $425

Week of February 15–20

Five-Day Massage Intensive

Deborah Anne Medow & Sherry Galloway

For workshop description see December 28-January 2. $795

Integrating Spiritually Transforming Experiences

Laura Lawrence

Have you ever had an intensely mystical experience? Surveys show that many people have, frequently with positive, life-changing consequences. These experiences often happen spontaneously, emerging in dreams, visions, meditation, spiritual practices, or in the context of grief or near-death experiences.

People who have had mystical experiences often describe positive after-effects. Many feel an increased sense of purpose, self-acceptance, concern for others, and concern for the planet. Unfortunately, many people also encounter difficulties integrating these spiritual awakenings with their everyday life. Mainstream psychology, medicine, and organized religion still view these events as pathological.

This workshop will offer practical suggestions for honoring, integrating, and fostering spiritual awakenings. Topics will include:

- The cultural taboo on spiritual experiences
- The most common types of spiritual awakenings
- Spirituality and your work
- Spirituality and relationships
- Spirituality and addictions

This workshop is designed for everyone interested in understanding and cultivating spiritual awakenings and spiritual awareness. It will utilize group discussion and sharing, meditation, guided imagery, music, and other practices. The goal will be to further the understanding of that mystical, magical part of ourselves, and to learn ways to integrate our spiritual self into our everyday lives.

C.E. credit available for nurses: see page 67

$795

Qigong and PNI: An East/West Healing System, A Daily Practice

Sondra Barrett & Shirley Dockstader

Never before has ancient Taoist health-enhancing Qigong been interwoven with the modern science of psychoneuroimmunology (PNI) to create a body/heart/mind medicine. These complementary disciplines integrate to form an enjoyable practice for daily life. In this workshop, through sensory awareness and stress reduction tools which dovetail with Qigong internal energy exercises, you can learn how it feels to move beyond your stress reactions into full-time well-being.

The movements incorporate breath, imagery, acupuncture self-massage, and sound, which help you experience the gates, meridians, and flow of your life force. This profoundly simple East/West practice teaches the science and art of energy balancing and cell health. Through slides and expressive arts you will see the micro-world of the cell, the molecular connections between body, heart, and mind, and enter the spiral mystery of life. The function of this work is to connect each of us to our inherent source of life force and vitality.

This workshop is designed for both beginners and those experienced with Qigong or PNI. It will also benefit individuals wanting to understand and strengthen their healing system, those looking to change lifestyle, and people in the helping professions.

C.E. credit available for nurses: see page 67

$795

Lexis: Principles and Education for Life

Laurie Phillips

What are Life's Key Principles? Is there a fundamental set of concepts which can act as a template for all of life's difficulties and opportunities? Laurie Phillips has combined many ideas discovered throughout an exceptionally varied life to produce Lexis, a holistic life-discovery program which offers these key principles. This model of life draws on ideas emanating from such diverse sources as Jung, Taoism, Zen, the *I Ching*, international business practices, communication theory, family life, astrology, art, and the many religions of the world.

The work is focused around "key word concepts" which serve to illuminate and magnify many different areas of life and gradually build into a whole picture—logical, practical, mystical, and spiritual. The program includes individual and group exercises, discussion, art, photography, writing and other forms of self-expression, psychological profiles, and astrological concepts.

The dynamic of the workshop is very much the group's own doing, and is typically serious and fun, peaceful and energetic, intimate and global. The picture that emerges of yourself and others and how we all fit into the world can give you a new fixed reference point for your life and future. $795

(plus $30 materials fee paid directly to the leader)

Mi Lugar en el Mundo (My Place in the World)

Gustavo Rabin & Sara Szpektor

> *Am I where I want to be? Am I with whom I want to be? Am I doing what I want to do? This Spanish-speaking workshop is designed to help participants use these questions to find their "right" place in the world.*

Encontrar nuestro lugar en el mundo es una tarea que muchas veces lleva toda la vida completar. Tres preguntas nos ayudan en el camino: Estoy dónde quiero estar? Estoy con quiero estar? Estoy haciendo lo que quiero hacer?

Si la respuesta a estas preguntas es "si," entonces estamos en este momento en el lugar en el mundo que nos corresponde. En el lugar adecuado, con la compañia que queremos y haciendo la tarea que nos acerca a nuestra expresión mas completa en tanto seres creativos.

Si la respuesta a cualquiera de estas preguntas es "no," lo querramos o no, estamos embarcados en un viaje de búsqueda, del que solo sabemos donde comienza.

El intenso trabajo de esta semana en Esalen ofrecerá a los participantes la oportunidad de explorar los caminos que los acercarán a responder afirmativamente las preguntas iniciales.

Este workshop es experiencial y didáctico. Nos apoyaremos en técnicas gestálticas, música, trabajo corporal y meditación para ahondar en el proceso particular de los asistentes y del grupo. Totalmente en español.

$795

February 20–27

Yoga... and a Little Bit More

Thomas Michael Fortel

Writes Thomas Fortel: "An increasing number of us are practicing hatha yoga as a Way of Being in our lives as well as maintaining and improving health, increasing vigor and mental clarity, and making spiritual connection. The practice of yoga postures develops strength, flexibility, and focus, and provides the opportunity to find and explore the rhythm of our conscious breath. A consistent yoga practice can be an important catalyst for change in our lives. So can a yoga retreat such as this.

"Our days will begin with *pranayama* (breathing exercises) and meditation. Each day follows with a morning and afternoon session of yoga. The morning practice will be more vigorous, the afternoons more restorative.

"Because the yoga practice is demanding, we'll enjoy complementary activities as well: sessions in the Art Barn, hikes on local trails, and an evening sweat lodge. Add this to the healing powers of yoga practice and the Esalen baths, and this retreat offers a way for rejuvenation and transformation."

All yoga props will be provided. Beginners and intermediates are welcome. Please have a minimum of six months' recent yoga experience.

$1220

Weekend of February 20–22

Experiencing Esalen

Experiencing Esalen Staff

For workshop description see September 26-28.
$425

Intimate Connections

Mariah Fenton Gladis

Creating stable and fulfilling relationships is a challenge that everyone faces. To be successful, human relating must be understood and accepted as an activity, an ability that requires movement, purpose, emotional capacity, and contact skills. People often believe that good relating evolves naturally, but they discover in the routine of living with families, friends, and lovers that, in truth, they have not been adequately prepared to meet the demands of loving relationships.

This workshop will focus on the nature and basic requirements of healthy relationships. It will offer participants opportunities to assess their abilities and disabilities, to develop awareness, and to practice risking positive action with others. It is for anyone who has "hit the wall" in a relationship or who has experienced being stuck at some seemingly impenetrable contact boundary and wants to break through. Particularly helpful for adult children of dysfunctional families, ACAs, and human relations professionals, this experiential and didactic workshop will blend individual and group Gestalt work, spiritual healing, bodywork, and personal metaphor.

C.E. credit available for nurses; see page 67.

$425

Waking to the Power of a New Myth

Stanley Krippner & David Feinstein

Your personal mythology is an internal guidance system that addresses the broad concerns of identity (*Who am I?*), direction (*Where am I?*), and purpose (*Why am I going there?*). The more effective your guiding mythology, the better equipped you are to meet the challenges your life presents.

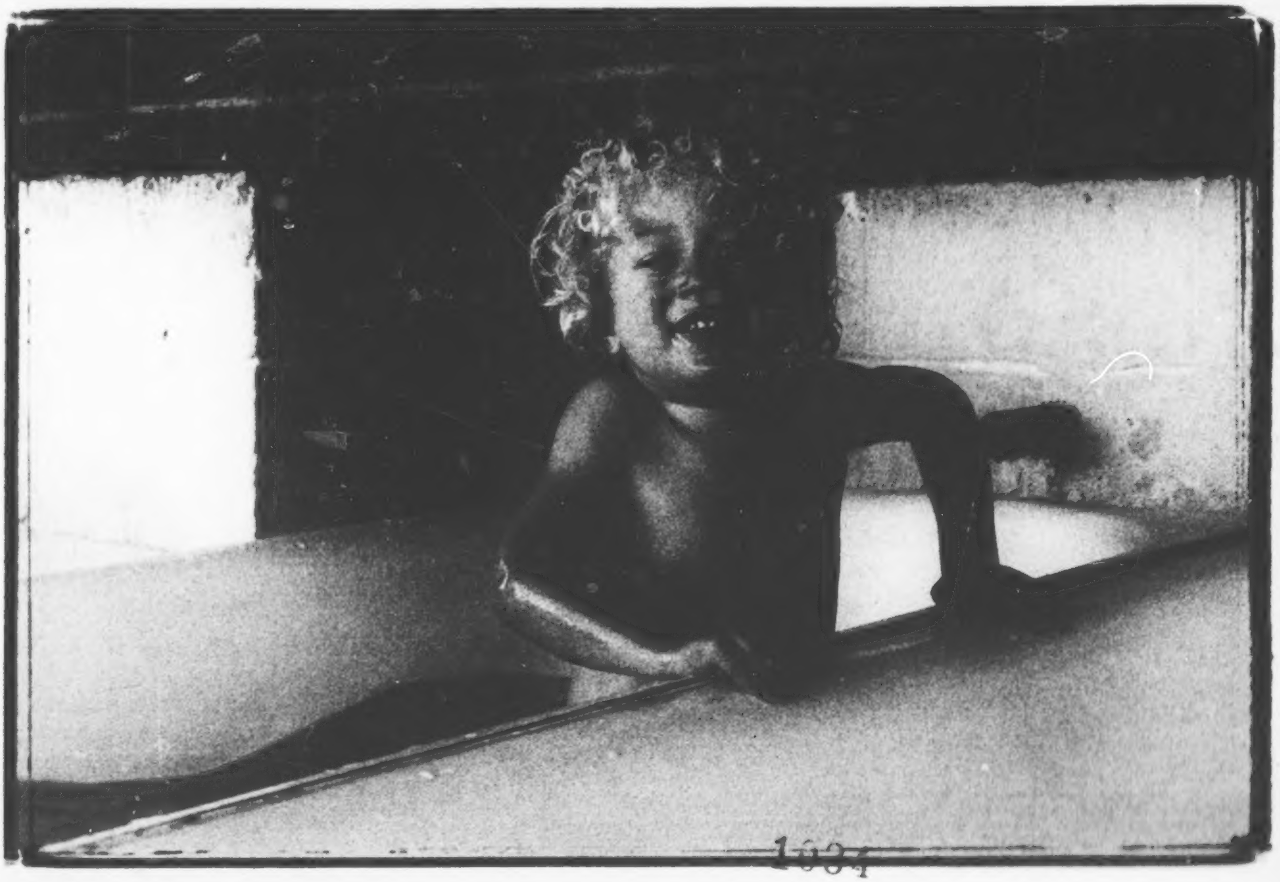
Personal myths are always evolving. This workshop will help you midwife the birth of a new guiding myth—more fitting, more vital, more spiritually attuned. Drawing upon methods from a spectrum of systems, including Jungian psychology, Gestalt therapy, psychosynthesis, ancient spiritual disciplines, and modern clinical practice, you will be led through a sequence of experiences designed to transform dysfunctional myths while reaching into inner depths for visions that nourish and inspire.

Joseph Campbell often referred people to the leaders' workshops, and a prominent reviewer said of their book: "Neither Carl Jung nor Joseph Campbell showed us how to use myth for personal and societal growth. Feinstein and Krippner begin to answer that question." This workshop will show you how to nurture and transform your guiding mythology so it may become an ever more trustworthy and life-affirming map. Participants are invited to bring a journal and to record their dreams prior to the workshop. $425

Reinventing Love

Robert Solomon & Heather Maycock Ogilvy

"Reinventing Love" is an interpersonal probe into the most highly valued of all passions, its



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promise, and its disappointments. The workshop will emphasize the essential creativity of love and the need to express and "reinvent" an emotion that is not torn between defensive individualism and independence. The group will explore the myths of love in order to find out why love goes wrong, why we choose the wrong partners, and how to choose the right one in order for love to succeed.

Participants will examine the connection between intimacy and anger, and the fragile connection between love and dependency. Individuals will be encouraged to explore their own experience and discuss the myths and images that have contributed to our most intimate (and sometimes most dangerous) feelings. Above all, the aim will be to understand why love is so important to us and why it cannot be abandoned. $425

Week of February 22–27

Creative Arts Center at Esalen

Arts Center Staff

For workshop description see September 14-19.
$795

The Subtle Self

Judy Blackstone

All spiritual traditions refer to an essential dimension of existence, calling it fundamental consciousness, true Self, unity consciousness, non-duality, and many other names. This dimension is not an abstract concept. It is the core of our own true nature and can be experienced by anyone willing to approach it with patience and openness. Fundamental consciousness is experienced as clear, mirror-like space, pervading our body and our environment, transcending the duality of self and object. It is deeper than the physical and energetic levels of our being and beyond our psychological defenses, projections, images, and archetypes. Subtle Self Work is a precise method of attuning to the clear space of fundamental consciousness.

In this workshop participants can learn how to: integrate fundamental consciousness with the body and breath/energy system; experience oneness with nature and people while remaining grounded in one's body; and see, hear, and touch on a subtler level. The Subtle Self Work attunement exercises will be combined with daily sitting and movement meditations, sound and breathwork for opening the channels in the vertical core of the body, and verbal process. There will also be discussion of the metaphysics of consciousness and how attunement to fundamental consciousness can facilitate psychological and physical healing. Please come prepared for deep, concentrated work.

Recommended reading: Blackstone, *The Subtle Self* and *The Enlightenment Process*.

C.E. credit available for nurses; see page 67.

$795

Hypnosis and Creativity

Maggie Phillips & Noelle Poncelet

Our fast-paced, anxious, and often violent world challenges us to seek opportunities to discover the timeless and enduring creative resources of our inner selves. This experiential workshop will introduce ways to tap into sources of inspiration and passion, identify and utilize obstacles to creative expression, and foster receptivity to the creative muse within.

The workshop will feature process-oriented hypnosis, Ericksonian hypnotic methods, imagery, shamanic journeying, and Arnie Mindell's process work. Activities will include group and individual hypnotic explorations; art, movement, sound improvisations, and musical expression; storytelling; dreams; and medicine walks. The leaders will create a safe environment for exploring life issues, mindfulness experiences, and creative ego states in order to release barriers and addictive patterns, balance masculine and feminine energies, and celebrate creative potentials.

Participants are invited to bring drums and musical instruments, art supplies, journals, power objects, and creative symbols.

C.E. credit available for psychologists; see page 68.
C.E. credit available for MFCCs and LCSWs; see page 68.

$795

Creating Exact Moments of Healing

Mariah Fenton Gladis

Adult children of alcoholic, dysfunctional, or abusive families (ACAs) must walk a road of recovery that requires determination, lifelong commitment, and the creation of specific moments of healing. This workshop offers participants an opportunity to take a major step toward health, helping them both to define a plan for necessary moments they must create so they can move forward and to transform their personal history from one of liability to one of strength and wisdom. Focus will be on the promotion of healing:

- With oneself—developing awareness, freedom from addictions, and healing of the body and soul from the residual effects of trauma
- With others—improving one's capacity for moving out of isolation into direct, open communication and trust, while securing healthy boundaries
- In the world—moving away from chaos and deprivation toward stability and abundance
- Spiritually—searching for the meaning of one's history and accessing that part of the self that can utilize universal blessings

This workshop will be experiential and didactic, blending individual and group Gestalt work, music, spiritual practices, and bodywork. A step-by-step recovery process developed by the leader will be incorporated throughout the workshop. The atmosphere will be one of trust and mutual support. This workshop is also appropriate for professionals who work with ACAs.

C.E. credit available for nurses; see page 67.

$795

Weekend of February 27–March 1

A Weekend with Claudio Naranjo

Claudio Naranjo is a medical doctor with a psychoanalytic background who worked with Fritz Perls in the mid-sixties and eventually formed part of the first Esalen Gestalt team. Naranjo has also received teachings from Buddhist, Sufi, and Indian tantric sources, has taught meditation, formulated the psychology of enneatypes, contributed to music therapy, founded SAT Institute in the early seventies, and has written many books (his recent books include *Gestalt Therapy: Attitude and Practice of an Atheoretical Experientialism*; *Character and Neurosis: An Integrative View*; and *The End of Patriarchy*).

He is presently involved in training psychotherapists through a novel integrative and transpersonal approach that he has developed. There will be no preestablished agenda to this weekend event. $425

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Celtic Mysticism: Awakening the Soul to Friendship

John O'Donohue

"'Friend' is one of the sweetest words in any language," writes John O'Donohue. "Your friend is the truest mirror of your light, beauty, and possibility. Friendship is an act of ancient recognition: your longing and belonging harmonize. During this workshop we will explore the dimensions and possibilities of friendship. Firstly, we will explore the Art of Inner Friendship, becoming a friend to yourself: letting go of negativity, fear, guilt, and self-doubt, discovering the springtime side of your soul. We will then explore Friendship with Nature. Here, Celtic wisdom is beautifully instructive: Landscape is the firstborn of Creation, the truest mirror of the Divine Imagination. We will also explore the possibilities of Friendship with Creativity. And finally we will discuss the most ancient friendship, Friendship with the Divine: the Beauty of Prayer, the Wildness of the Divine, and the Tenderness of Creation."

Many worlds meet in the human heart. To know yourself is to become aware of these inner landscapes and enjoy their mystery. Only the imagination can reveal and mirror these inner mysteries. The Celtic imagination is rich, vital, and tender, and has created a profound and wonderful spirituality. The workshop will explore the wild thresholds where the Celtic imagination brings earth and soul, time and eternity, visible and invisible together.

The workshop will have an experiential dimension, poetry, story, and fun. $425

Talking Straight and Fighting Fair (With Those You Love and Those You Don't)

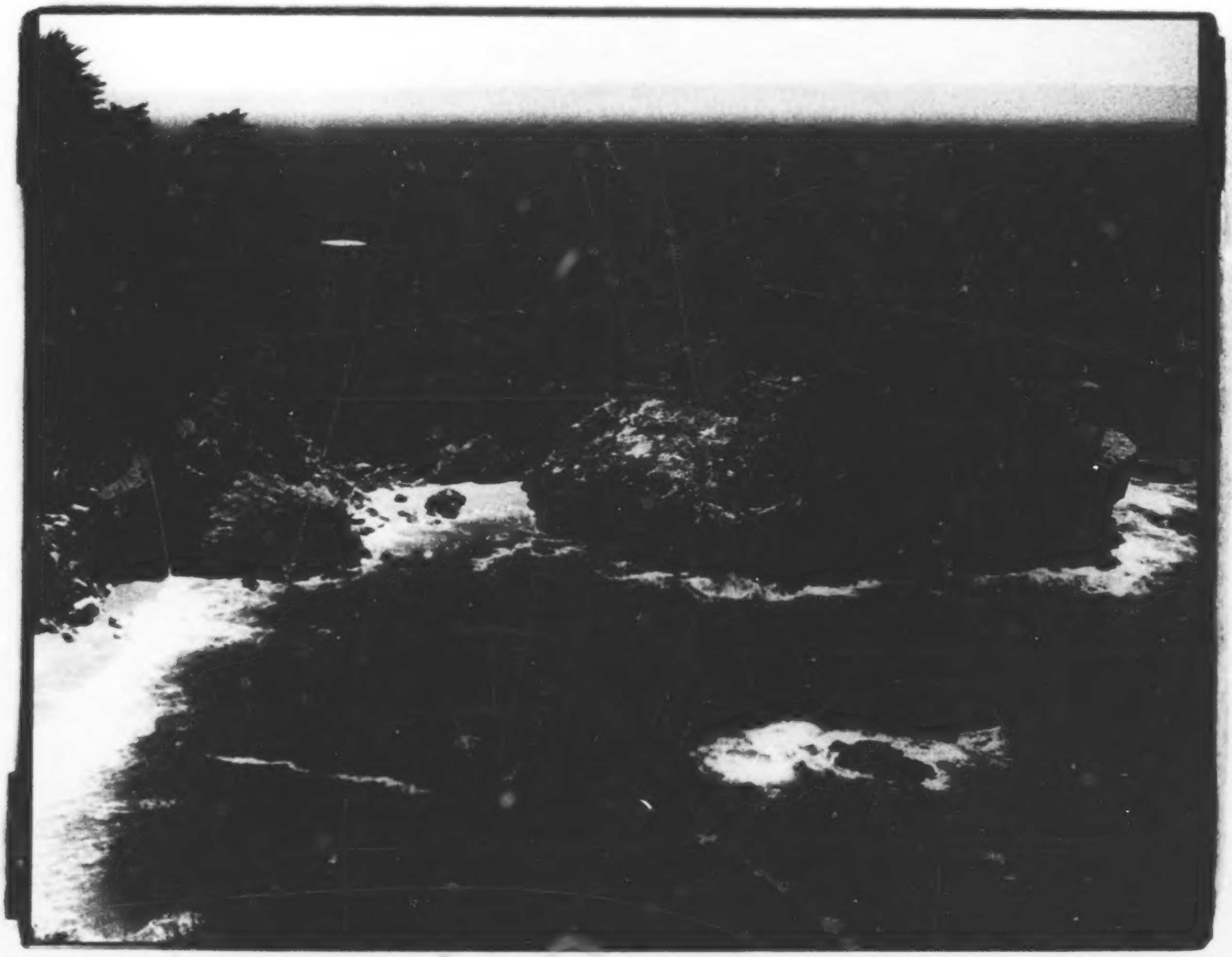
Marianne Ault-Riché

Marianne Ault-Riché is the cofounder with Harriet Lerner of the "Talking Straight–Fighting Fair" workshops upon which Ms. Lerner's best-selling book *Dance of Anger* was based. Building upon the work of Virginia Satir, Tom Gordon, and Murray Bowen, the workshop presents a lively and pragmatic approach to difficult communication with intimate partners, family members, friends, and coworkers.

The workshop will offer approaches to achieve congruency in communication, the uses of "I" language to own responsibility in relationship, and keys to recognizing and changing the patterned ways we move under stress. Marianne's current perspective is informed by her experiences as a fifth-generation feminist and a sometime Buddhist as well as by her becoming a mother of two after forty. The workshop includes lecture, video, and role play with a primary emphasis upon practical applications. It is designed for professionals and nonprofessionals alike.

C.E. credit available for nurses; see page 67.
C.E. credit available for MFCCs and LCSWs; see page 68.

$425



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MACIEK BURY

Cooking as Spiritual Practice: Finding Your Way in the Kitchen

Ed Brown

Cooking brings us excellent opportunities to directly experience the sacred and to awaken generosity, kindness, careful effort, patience, concentration, and awareness. In the same way, we can become intimate with the ingredients of our life by learning to handle them with sincerity.

"Ingredients" may include any object of awareness, from foods to thoughts, feelings, and physical sensations. By practicing Zen Master Dogen's advice—"Let your mind go out and abide in things. Let things return and abide in the mind"—we can find out what to cook up.

On Saturday afternoon participants will cook dinner for themselves, providing the opportunity through structured tastings to become acquainted with root and shoot, flower, leaf, and fruit. Activities will also include meditation, lectures, and discussions, as well as explorations into bread making, knife sharpening, and cutting techniques. The workshop is designed to enhance your capacity to cook: to build confidence in and develop your own sensibilities.

Both would-be and experienced cooks have found this workshop a useful way to cultivate fresh insights into the possibilities inherent in cooking and in oneself. Bon Appetit.

Ed Brown worked at Greens Restaurant for four and one-half years and assisted Deborah Madison in writing *The Greens Cookbook*. $425

Ageless Vitality: The Body is Living Music

Elisa Lodge

> *The secret is to hear the music that is the body. The body becomes not a doomed machine but a glorious composition.*
>
> — Larry Dossey, M.D.

Ageless vitality arises when we feel a deep sense of trust for the intuitive wisdom in our bodies. When the body, its movements, breath, and speech become more musical, fluid, and vital—rather than mechanized, controlled, and predictable—responsiveness to the body's inherent knowledge and creative resources is more available.

The workshop will include individual and group exercises, Authentic Movement, and expressive arts to evoke natural vitality and energetic aliveness.

The focus will be on regaining the ability to:

- Tune into inner rhythms to flow with the heartbeat of our essential nature
- Redirect emotional buildup into aesthetic expression
- Sit, stand, and walk with fluent, vibrant aliveness
- Exercise energy to circulate more freely to the task at hand
- Develop powers of self-affirmation, bringing renewed vitality and joy into life and work

Time will be devoted to discovering how we deplete our natural ability to be self-healing and self-renewing, and how we can become "artists of being," utilizing our natural genius to re-create our lives into melodious and harmonious expression. $425

✳ SPECIAL PROGRAMS

The programs listed below are either longer than the standard Esalen workshop or part of an ongoing series. Prices quoted below for these programs are for standard accommodations as described in Reservation Information, page 4. Sometimes bunk bed space is available at a reduced rate. Scholarships are also available; please see Scholarship Information on page 5.

The Upledger Institute Series

The Upledger Institute was founded by John E. Upledger, who pioneered the field of CranioSacral Therapy nearly twenty-five years ago. Dr. Upledger is a Doctor of Science, an Academic Fellow of the British Society of Osteopathy, and a member of the Alternative Medicine Program Advisory Council of the National Institutes of Health. From 1975 to 1983, Dr. Upledger served as clinical researcher and professor of biomechanics at Michigan State University. During those years he supervised a team of anatomists, physiologists, biophysicists, and bioengineers in experiments testing the existence and influence of the craniosacral system. The results of those studies explained the function of the craniosacral system and its use in treating malfunctions of the brain and spinal cord.

The Upledger Institute teaches noninvasive modalities such as CranioSacral Therapy to doctors and health care practitioners of all disciplines. Curricula range from the structural/functional anatomical perspective to approaches that explore the physical, emotional, mental, and spiritual origins of pain and dysfunction.

During this catalog period, Esalen will be offering CranioSacral II (**September 28-October 3**) and CranioSacral I (**February 8-13**). This work is sequential and each workshop requires completion of the previous Upledger course, either at Esalen or elsewhere.

November 2-30

28-Day Massage Practitioner Certification Program

Ellen Watson, David Streeter & Esalen Massage Staff

The Esalen monthlong massage program provides professional instruction in fundamental massage skills. This training includes anatomy, movement, meditation, ethics, and self-

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care. The daily sessions consist of lecture, demonstration, and supervised hands-on practice. Special attention will be given to developing a center from which learning can easily occur and a balance between technique, intuition, and creativity can be achieved.

Following successful completion of the program, students wishing to fulfill certification requirements have six months to complete and document thirty massage sessions. Upon payment of a $50 processing fee, a California state-approved Certificate of Completion will be issued.

This is a professional training group with limited admission. Please request an application form when making reservations.

C.E. credit is available for nurses; see page 67.

Standard accommodations: $3590

Bunk bed room, if available: $2540

Healthspring Outreach and Education

The Healthspring Project extends Esalen's work in the healing arts and sciences to the outside world. It is an independent service-oriented program of Esalen teachers and their associates. Healthspring offers a global information network linking visitors to Esalen with centers, teachers, and health professionals in somatics and psychology located in their home area. (These listings are public information and are not meant to be an endorsement of any individual or institution.) Some of our practitioners and teachers travel in the United States and internationally and are available for private sessions and classes. If you are interested in being contacted, let us know.

The Healthspring library offers books on health and healing, somatic studies, psychology, bodywork, nutrition, and related studies, which may be borrowed by students while at Esalen. Donations of appropriate books are greatly appreciated.

For access to this program, write to Laurie Lioness Parizek at Esalen, c/o Healthspring.

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FUTURE PROGRAMS

LISTED HERE are some of the special programs scheduled for the months ahead. This is not an invitation to register, but information to assist you in your long-range plans to participate in an Esalen workshop. Dates are subject to change; please call the Esalen Office or see the next catalog for more specific information.

March, 1998

28-Day Massage Practitioner Certification Program

Peggy Horan & Dean Marson

Spring, 1998

12-Day Emotional Healing Workshop

Terry Hunt

RECENT INVITATIONAL CONFERENCES

In its continuing commitment to the fields of education, religion, philosophy, and the physical and behavioral sciences, Esalen regularly sponsors invitational conferences that bring together experts who share their research and points of inquiry. As host, Esalen covers room and board expenses for participants as a way of advancing these particular studies. These are invitational conferences only and are not open to the public. Recently held programs and their conveners are listed here.

EMANUELA GARDNER

Living Mindfully with HIV

April 27-May 2, 1997

Cosponsored by Zen Hospice Project and Esalen Institute, this was the third annual conference for individuals living with HIV. The aim of the conference was to provide participants with tools for living as fully as possible with HIV. Twenty participants in all—women, people of color, straight and gay men—met to find common ground and to "embrace all that we have kept at arm's length."

The retreat was led by Frank Ostaseski, founder of Zen Hospice Project, and Norman Fischer, Abbot of the San Francisco Zen Center. Through meditation, experiential exercises, archetypal collage work, yoga, and restorative time in nature, participants found it possible to touch "a place of rest in the midst of chaos." The Esalen massage crew offered free massages to all conference attendees and the Gazebo staff prepared a special celebratory dinner. The conference closed with a tea ceremony to offer this retreat's work to all suffering beings and to express gratitude for the preciousness of this life.

Zen Hospice Project is establishing a meditation group for people with life-threatening illness to provide ongoing support. Plans for the 1998 retreat are already underway.

CONTINUING EDUCATION PROGRAMS

FOR NURSES

The Board of Registered Nursing has approved Esalen as a provider of continuing education for registered nurses, provider number 01152. Only those programs listed below offer continuing education credit. Workshop leaders have final responsibility in applying for C.E.U. eligibility; therefore a workshop accredited in the past may not necessarily be accredited today. There is a $10 processing fee for C.E.U. certificates, payable at the end of the workshop when you turn in your evaluation form to the office. If you wish to receive a certificate, please notify the office at the time of registration.

Please note: *Two-day workshops offer 10 hours of C.E. credit and five-day or longer workshops offer 30 hours.*

If you need additional information on C.E. courses for nurses or future C.E. outreach programs, please contact Sherry Sanders Galloway, R.N., Continuing Education Coordinator, 408-667-3000.

September 5-7
- Weekend Massage Intensive
- The Subtle Self

September 7-12
- The Transformative Power of Grief
- In Search of the Healing Self: Movement, Touch, and the Healing Process

September 12-14
- Time Shifting: Creating Time for Your Life
- Therapeutic Touch: Healing for Everyone—Everyone a Healer

September 14-19
- Continuum
- Healing Our Hearts

September 19-21
- Why Men Are the Way They Are

September 21-26
- The High-Performance Mind: Awakened Mind Brainwave Training
- Five-Day Massage Intensive

September 28-October 3
- Turning On the Light: A Choice to Live Consciously
- The Upledger Institute's CranioSacral II
- Taoist Chi Kung: Enhancing Vitality

October 3-5
- The Awakened Mind: Brainwave Training
- Pandora's Gifts: On Secrets, Health, and Healing
- Maps of the Jungle: Negotiating the Primitive Dimensions of the Workplace

October 5-10
- Intuition and the Dance of Attention
- Reflexology—Then and Now

October 19-24
- Gestalt Practice
- Trigger Point Massage: A Sensitive Approach
- Vocal Awareness: Empowerment Through Voice

October 24-26
- Taking Care of Yourself While Helping Others: Survival Tools for Service Professionals

October 31-November 2
- Healthy Back, Healthy Mind: User-Friendly Yoga for Backs and Stress
- The Core Self: Return to Innocence and Choice

November 2-30
- 28-Day Massage Practitioner Certification Program

November 7-9
- Moving into Health: Feldenkrais® and Energetic Movement

November 9-14
- Healing Without Medicines/Healing With Medicines: Qigong and the Medical Knowledge of Yin-Style Bagua

November 14-16
- The Delight of Immediacy: Sensory Awareness

November 21-23
- Stress Reduction: An East/West Approach
- The Way of Council

November 23-30
- Healing from Trauma: A Seven-Day Intensive

November 30-December 5
- Intermediate/Advanced Massage Intensive
- Soul Dramas: Past-Life Regression and Spiritual Healing for (Helping) Professionals

December 5-7
- Introduction to Gestalt Practice
- The Art of Leadership: Communication, Creativity, Vision
- Self-Healing Through Bodywork and Movement

December 7-12
- Gestalt Practice
- Living a Spiritual Life in a Practical World
- SIKE: Healing and Health through Ki Energy

December 12-14
- Taking Better Care of Yourself: An Eclectic Physician's Guide
- Mindfulness Meditation: An Introductory Weekend

December 19-21
- A Solstice Celebration: A Christmas Gift to Yourself

December 21-26
- Spiritual Healing: Laying On of Hands

December 26-28
- Weekend Massage Intensive

December 28-January 2
- Five-Day Massage Intensive

January 2-4
- Acupressure Energy Workshop

January 4-9
- Feeling and Creativity: Reinvigorating (Ad)ventures in Life
- To Be Ripe to Die, To Be Ready to Live

January 9-11
- The Heart of Sports Massage

January 11-16
- The High-Performance Mind: Awakened Mind Brainwave Training
- Chakra Integration: A Dynamic Approach to Health and Healing

January 16-18
- Intuition and the Dance of Attention
- Grief: A Path to Wholeness
- Mixed Matches: Working with Cross-Cultural Couples, Families, and Organizations

January 18-23
- You Don't Have to Be Good
- Nourishing Ourselves as Caregivers—Rediscovering Intention in Service

January 25-30
- The Subtle Art of Meditation

January 30-February 1
- Rekindling the Spirit in Work
- Hanna Somatics: Mastery of Muscles and Emotions

February 1-6
- Gestalt Practice

February 6-8
- Drugs, the Brain, and the Body

February 8-13
- The Upledger Institute's CranioSacral I
- Gestalt Process and *A Course in Miracles*: A Synthesis

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February 15-20

- Qigong and PNI: An East/West Healing System, A Daily Practice
- Five-Day Massage Intensive
- Integrating Spiritually Transforming Experiences

February 20-22

- Intimate Connections

February 22-27

- The Subtle Self
- Creating Exact Moments of Healing

February 27-March 1

- Talking Straight and Fighting Fair (With Those You Love and Those You Don't)

FOR PSYCHOLOGISTS

Esalen has been approved as a provider of continuing education for psychologists in the State of California, accredited by the California Psychological Association, provider number ESA001. Workshops for which C.E. credit has been approved are listed here. Those workshops for which C.E.U. applications have been filed and approval is pending are noted in the Seminars section. For current status information, contact Brita Ostrom at 408-667-3040.

Please note: *Two-day workshops will offer 10 hours of C.E. credit and five-day workshops will offer 26 hours. There is a $10 fee for each certificate of completion.*

September 5-7

- The Home Within the Heart: Ojibwe Tribal Healings (ESA001-74)

September 7-12

- The Transformative Power of Grief (ESA001-75)

September 12-14

- Time Shifting: Creating Time for Your Life (ESA001-81)

September 19-21

- Why Men Are the Way They Are (ESA001-101)

September 21-26

- The High-Performance Mind: Awakened Mind Brainwave Training (ESA001-58-02)

September 26-28

- Communication and Partnership ((ESA001-82)

October 3-5

- Pandora's Gifts: On Secrets, Health, and Healing (ESA001-84)
- Maps of the Jungle: Negotiating the Primitive Dimensions of the Workplace (ESA001-76)

October 31-November 2

- The Core Self: Return to Innocence and Choice (ESA001-89)

November 9-14

- I-You-Us: Pleasure, Intimacy, and the Search for Connectedness (ESA001-85)

November 14-16

- Narcissism and Intimacy: Love that Wounds—Love that Heals (ESA001-96)

November 16-21

- The Courage to Be You (ESA001-87)

January 11-16

- The High-Performance Mind: Awakened Mind Brainwave Training (ESA001-88)
- Completions and Transitions (ESA001-93)

January 16-18

- Mixed Matches: Working with Cross-Cultural Couples, Families, and Organizations (ESA001-80)

January 18-23

- Life Energy Process® (ESA002-78-01)

February 13-15

- A New Beginning: Courage and Heart (ESA001-100)

February 22-27

- Hypnosis and Creativity (ESA001-99)

FOR MFCCs & LCSWs

Esalen has been approved as a provider of continuing education credit for MFCCs and LCSWs by the California Board of Behavioral Sciences. Approved workshops are listed below and are noted in the Seminars section. For any questions, contact Brita Ostrom at 408-667-3040.

Please note: *Two-day workshops will offer 10 hours of C.E. credit and five-day workshops will offer 26 hours. There is a $10 fee for each certificate of completion.*

September 5-7

- The Home Within the Heart: Ojibwe Tribal Healings

September 7-12

- The Transformative Power of Grief

September 12-14

- Time Shifting: Creating Time for Your Life

September 19-21

- Why Men Are the Way They Are

September 21-26

- The High Performance Mind: Awakened Mind Brainwave Training

September 26-28

- Communication and Partnership

October 3-5

- Pandora's Gifts: On Secrets, Health, and Healing
- Maps of the Jungle: Negotiating the Primitive Dimensions of the Workplace

October 31-November 2

- The Core Self: Return to Innocence and Choice

November 2-7

- Opening to Ourselves and Others

November 9-14

- I-You-Us: Pleasure, Intimacy, and the Search for Connectedness

November 14-16

- Narcissism and Intimacy: Love that Wounds, Love that Heals

November 16-21

- The Courage to Be You

November 21-23

- Stress Reduction: An East/West Approach

December 19-21

- Relationship: A Spiritual Journey

January 11-16

- The High Performance Mind: Awakened Mind Brainwave Training
- Completions and Transitions

January 16-18

- Mixed Matches: Working with Cross-Cultural Couples, Families, and Organizations

January 18-23

- Life Energy Process®
- Nourishing Ourselves as Caregivers—Rediscovering Intention in Service

January 23-25

- The Conscious Heart: Seven Shifts of Consciousness that Create Intimacy

January 30-February 1

- Rekindling the Spirit in Work

February 6-8

- Drugs, the Brain, and the Body

February 13-15

- A New Beginning: Courage and Heart

February 22-27

- Hypnosis and Creativity

February 27-March 1

- Talking Straight and Fighting Fair (With Those You Love and Those You Don't)

WORK STUDY PROGRAM

EMANUELA GARDNER

THE WORK STUDY PROGRAM is a 28-day program for those interested in an intense and complete involvement with the Esalen environment. It is a work- and service-oriented program, emotionally and physically challenging, and only rarely is it restful. Participants work thirty-two hours per week in one of Esalen's departments (kitchen, house-keeping, garden/farm, maintenance, or grounds) and participate, along with staff and long-term students, in that department's program.

During most evenings and one weekend intensive, work students are together in one of two groups (see below) exploring different practices and approaches available at Esalen, with specifically assigned leaders who are with the group throughout the month, coordinating the study schedule and facilitating many of the evening sessions.

The selection of work students is done by Dorothy Thomas, the Work Study Coordinator, in consultation with department supervisors. Since this is a work and service program, preference is given to applicants who are open and willing to learn about themselves within the work context as well as within the evening and weekend study/process groups. Applicants with particular skills or physically limiting conditions are urged to mention them on the application. Because the work can be physically challenging (lifting, bending, etc.), it may not be suitable for all who wish to apply. It is also necessary for applicants to be fluent in English.

First-month work students, in particular, are assigned to departments largely on the basis of community need (usually the kitchen or housekeeping). No work students will be assigned to the office until they have fulfilled a minimum of one month in one of the departments, either during a current or a previous stay.

The study portion of the program is divided into two groups each month: each emphasizes one type of growth practice, such as Gestalt, meditation, creative arts, massage, or somatics work. Applicants may state their preference for the group they want and must be prepared to stay at Esalen for the entire month.

Please note: *This program is designed to explore and apply human values and potentials in both the evening groups and the workplace. It is not intended as a substitute for therapy or as a "cure."*

It is sometimes possible to receive college unit credit for participating in the Work Study Program. Please check with your college or university for eligibility requirements.

Work Study Programs scheduled for this catalog period are:

September 14-October 12

Patrick Douce will share the essence of his work with Moshe Feldenkrais, Balinese healers, and Indonesian Silat martial-art-for-health systems. This program will focus on movement and touch to increase the sensitivity, flexibility, coordination, relaxation, and freedom of the body. Individual problem areas will be approached in order to improve chronic stiffness and pain. Group experience and interaction will help facilitate balance in the overall growth of each participant.

The focus of a month with **David Schiffman** will be on the theme of transition. It is geared for people facing major changes who would like an opportunity to create a time for sanctuary and a mood of mutual support. The intention will be to cultivate an individual style of approaching change that is heartfelt, open-minded, and resourceful in spirit. Traditional methods of self-inquiry (Gestalt practice, bioenergetics, psychosynthesis) will be combined with innovative methods incorporating music, meditation, poetry, ritual, and prayer to foster this spirit.

October 12-November 9

Maria Lucia Sauer Holloman will lead a monthlong program teaching spiritual massage and healing, the laying on of hands. This practice integrates both hands-on and energetic work. Yoga, meditation, artwork, and Tibetan and bioenergetic exercises will be incorporated to complement this energy work and to help bring participants in tune with their bodies.

A month with **John Soper** will center on ways to improve the quality of one's life. Gestalt practice will be the vehicle for personal growth in a group setting. The work will create a safe environment from which to experiment and take risks. As new and unfamiliar ways of behavior and expression emerge, group members can begin to see themselves and others with more acceptance, empathy, and compassion for the pain and suffering which has led to so much distortion of human behavior. Each individual's personal journey will be respected.

November 9-December 7

Eduardo Eizner will lead a month concentrating on emotional release work and self-awareness, incorporating Gestalt practice, games, group and individual process, rituals, movement, and bodywork. The program will emphasize the development of self-awareness in relationship with others. Participants will focus on the willingness to both accept responsibility for and remain true to their own experience while communicating with others.

In a program of Jungian-based Gestalt psychodrama, **William Pennell Rock** will lead a monthlong exploration into the archetypal form of stories of lovers who come together in the end. This archetypal form provides a key to wholeness which will be used to clarify and enhance the inner development and relationships of participants. The sessions will be highly structured into a ritualized process based on the love story archetype and will include meditation, movement, art, discussion, sharing, guided fantasy, psychodrama, Gestalt, and ceremony. The work requires considerable focus, but, as the sage who composed the epic Hindu love story, *Ramayana*, declared, whoever participates in this form will be blessed.

December 7-January 4

In addition to teaching the basics of Esalen integrative, long-stroke massage, **Kathleen O'Shaughnessy** will utilize ancient and contemporary meditation forms, including Zen practice, Continuum movement/sound/breath explorations into the nervous system (developed by Emilie Conrad Da'oud), hatha yoga, the Jungle Gym, and the Arica Gym as modes for centering, self-understanding, and finding doorways to the inner world.

Eric Erickson will lead a group devoted to the development of integral practices. Gestalt practice, meditation, movement exercises, and the experience of nature will be explored as complementary awareness practices which, when combined, integrate mind-body-spirit into a greater whole and enhance personal development and transformation.

January 4-February 1

Helen Jerene Malcolm will guide a month of Vision Painting, the creation of a visual journal through color, light, and form. Painting will be used in a subtle process designed to expose the limitations of the conditioned mind. In an atmosphere of exploration and acceptance, participants can learn to suspend judgment and enable the creative impulse to play, take risks, and face fears. Emotional awareness, visualization, meditation, music, and dream images will be used to evoke expression from an inner source of wisdom and intuition.

Please note: There will be a $40 materials fee paid directly to the leader.

Carolyn Braddock will focus on healing from bodily trauma, including sexual and emotional trauma, physical illnesses and surgeries, body image issues, and loss from accidents. The program will use a body-centered approach, incorporating breath, sound, and movement into a healing journey. Participants will work toward identifying and releasing old patterns and developing new ones. Video analysis, group process, Gestalt, bodywork, experiential exercises, and gentle martial arts exercises will all be incorporated.

February 1-March 1

With an emphasis on the practice of massage, **David Streeter** will explore the inner power of the human being. He will combine the essence of Zen meditation with movement from the martial arts and yoga. These principles will be applied to the art of massage and the art of being in the world.

David Schiffman. See September 14-October 12.

March 1-29

This monthlong program will focus on the theme of oneness and separateness. **Judy Blackstone** and **Zoran Josipovic** will provide ways to increase our capacity to love and our ability to be alone. Gestalt, movement, freeing the voice, nature-communion, Subtle Self Work, and meditation will help develop healthy boundaries, spiritual awareness, and self-expression.

The basis of a month with **Seymour Carter** will be the Gestalt method, supported by studies in various body disciplines, including sensory awareness, bioenergetics, and aikido. Each participant's process of development will be honored, encouraged, and treated as unique.

Inasmuch as the Work Study Program is a complete program in itself, please do not plan to take regularly scheduled catalog workshops during your stay. Professional services, such as massage and counseling, are available at staff rates.

Fees: A deposit of $400 in U.S. currency is required with your application. The work scholar fee is $750 for the first month, $700 for the second month, and $650 for the third month. Work students may be invited to remain for a second or third month depending on space available and community needs. Occasionally it is possible to stay for a longer period as an Extended Student. There are no scholarships available for the Work Study Program.

Housing: Accommodations are shared (occasionally co-ed), with up to four people to a room, usually at South Coast Center, a staff complex located 1.5 miles north of Esalen.

Please note: Application is not registration in the program. Registration is made only after approval of application and upon receipt of deposit. The balance of the fee is due on arrival and is nonrefundable thereafter. Of the original deposit, you will be refunded the following amount if you choose to cancel: 14+ days prior to start, $300; 8-13 days, $200; 2-7 days, $100; 0-2 days, $50.

Please mail the application form (see next page) with your personal statement and deposit to:

Work Study Program
Esalen Institute
Big Sur, CA 93920

or fax to:

Work Study Program
408-667-2724

For more information contact Dorothy Thomas at the above address or phone: 408-667-3010; fax 408-667-2724;
E-mail: dnt@esalen.org

WORK STUDY PROGRAM APPLICATION

PLEASE PRINT LEGIBLY.

Name ☐ Male ☐ Female Today's Date

Phone: Day ( ) Evening ( ) Fax ( )

Home Address City/State/Zip

Country E-mail Address Date of Birth Age

Occupation Place of Employment

Do you have any limiting physical/emotional conditions (i.e. bad back, severe depression) which might affect your full participation in this program? ☐ Yes ☐ No If yes, please specify:

If a former Work Scholar, list dates for the past 2 years.

Are you currently taking any medication? ☐ Yes ☐ No If yes, please specify:

Please note: When focused programs continue with the same leader for more than one month, participants must be prepared to stay at Esalen for the full duration of that particular program.

The Work Study Program is for 28 days, beginning and ending on Sunday. Please list the dates/leaders/programs of your choice, listing two alternative dates as well. (We try to accommodate your preferred choices but cannot always do so.)

	DATES			
Choice 1		to		Preferred Leader/Program
Choice 2		to		Preferred Leader/Program
Choice 3		to		Preferred Leader/Program

If we cannot guarantee your preferred leader/program, do you wish to apply for that month's alternative program and be on a waiting list for your preferred choice? ☐ Yes ☐ No Other

Work students may be invited to remain for a second or third month, depending on space available and the needs of the Esalen community. Please indicate your availability for such an invitation (no obligation): ☐ No extension ☐ One-month extension ☐ Two-month extension

Will you be bringing a motor vehicle? ☐ Yes ☐ No ☐ Unknown at this time

Assignments to departments are made according to community labor needs (usually kitchen or housekeeping). However, if you have particular skills that you're willing to use, especially in housecare, food preparation, maintenance, mechanics, construction, or gardening, please mention them here.

☐ Please check here if you have emergency medical skills (M.D., R.N., or E.M.T.) and are willing to use them during your stay.

Attach a personal statement about your interest in the Work Study Program and why you'd like to participate.

All applicants are required to sign a standard release from liability and assumption of risk form as a condition of participation in the Work Study Program. This form will be mailed to you upon acceptance to the program.

Payment of $400 deposit by:

☐ Check (U.S. funds only), attached and payable to Esalen Institute

☐ MasterCard ☐ VISA ☐ American Express

Card No. Expiration Date

Name (if different from name above)

Authorizing Signature

Please Note: No pets, drugs, or violence allowed.

WILDERNESS PROGRAMS

October 12-17

Heart of Big Sur: Journey into the Santa Lucia Mountains

Grandfather Fred Nason, Tom Little Bear Nason & Steve Kestrel Chambers

This wilderness journey seeks to reawaken the spirit of the wild, to expand and deepen your connection to yourself, to the earth, and to nature. With wilderness as the primary teacher, you will work with local Native California Indian traditions and contemporary awareness practices to enhance your contact with nature.

You will journey directly into the heart of Big Sur's Santa Lucia Mountains to Pine Valley, the ancestral summer home of the Esselen Indians, whose village sites, stone tools, and sacred rock paintings are still found among the sandstone caves and boulders.

Guide Grandfather Fred Nason will provide mules and horses to carry in food and equipment, allowing you to hike the six miles from the trailhead to base camp with only a light day-pack. From base camp, there will be optional day-hikes and trail rides (6-10 miles) that lead to caves with Indian petroglyphs, along mountain streams to inspiring waterfalls, through valleys and canyons of oak and pine, and to sacred mountaintops for breathtaking views.

Little Bear will share his love of the land and the teachings passed down from his ancestors who have danced, prayed, and sung among these mountains for countless generations. You will be guided to sacred healing sites to join in ceremonies that can help you come into balance with yourself and all of the web of life on Mother Earth. Steve Chambers will offer hikes to introduce local areas of natural history, including the geology, plants, and animals of the Ventana Wilderness.

All meals are vegetarian and of exceptional quality. No previous wilderness or horseback riding experience is necessary, although you should be ready for vigorous physical activities.

A complete information packet will be sent upon registration. $795

(or $950 to ride a gentle saddle-horse)

Esalen Wilderness Programs Refund Policy

Most expenses in wilderness programs are incurred preparing for your arrival. The Esalen Wilderness Program refund policy reflects the fact that few of these expenses can be recovered.

To reserve a space in a wilderness workshop, a nonrefundable deposit of $200 is required. The balance of the fee is due 14 days before the program begins. If you cancel prior to 30 days before the program begins, your nonrefundable deposit may be applied to other Esalen programs, to be used within one year. If you cancel from 30 days up to the starting date of the trip, your deposit is forfeited.

MARGARET LIVINGSTON

AUDIO RECORDINGS

The Dolphin Tape Series

Each new tape list has a somewhat different emphasis in its selection of titles and speakers. In addition to the many well-known titles from familiar speakers included for the special attention of new customers, there are several additional tapes from some old favorites, the most recent recordings from others, and a few entirely new speakers, events, and subjects.

Dolphin Tapes has no complete catalog, just overlapping tape lists. When you place an order, let us know your field of interest or your favorite speakers. We may have more information on some of them. Many tapes are in stereo. Tape length is normally 1 to 1 1/2 hours.

Single-tape titles are $10:

Abraham/McKenna/Sheldrake: TRIALOGUES: Preview and Sampler, 1989-90
Abraham/Thompson: *Eccentric Sunday Morning: Chaos and Order*, 1993
Anne Armstrong: *On Being a Psychic*, 1971
Gregory Bateson: *The Limits of Science*, 1978
Robert Bly: *Six Powers of Poetry*, 1983
David Brower: *Breaking the Species Barrier*, 1971
Barry Commoner: *Human Meaning of Environmental Crisis*, 1971
David Darling & Al Huang: *Dancing Cello, Dancing Tao*, 1989
Ram Dass: *Yoga of Daily Life*, 1970
Big Sur Drums: *The Sky Children*, 1968
James Fadiman: *Guided Fantasy and Fairy Tales*, 1972
David Finkelstein: *A New Quantum Logic*, 1976
Stanislav Grof: *A New Paradigm for Psychotherapy*, 1980
Willis Harman: *Origin of the Psychedelic 1960s*, 1977
Arthur Hastings: *Transpersonal Realities*, 1979
Gerald Heard: *The Power of Wonder*, 1954
John Heider: *Living in the Tao*, 1987
Albert Hofmann: *LSD and the Nature of Reality*, 1978
Aldous Huxley: *Human Potentialities* (MIT Cambridge), 1961
Laura Huxley: *Recipes for Living and Loving* (Guided Imagery), 1963
Robert Johnson: *The Roots of Modern Masculinity*, 1990
Stanley Keleman: *Biological Roots of Consciousness*, 1970
Jack Kornfield: *The Simplicity of Spiritual Practice*, 1982
Jack Kornfield: *On Buddhism: A Personal Story*, 1983
Timothy Leary: *American Culture: 1945-1985* (College of Marin), 1977
Janet Lederman: *Early Childhood Experience* (Gazebo), 1987
John C. Lilly: *The Dolphin Experience*, 1969
John & Toni Lilly: *Integrating Science and Mysticism.*, 1981
Abraham Maslow: *Self-Actualization*, 1966
Terence McKenna: *Surfing on Finnegan's Wake*, 1993
Terence McKenna: *Hot Concepts and Melting Edges*, 1994
Terence McKenna: *Laws and Freedom, Habits and Novelty*, 1994
Terence McKenna: *Personal Update, Complexity and Meaning*, 1996
Humphrey Osmond: *Early Psychedelic History*, 1967
Joseph Chilton Pearce: *Intelligence of the Heart*, 1992
Joseph Chilton Pearce: *Unconflicted Behavior*, 1994
Fritz Perls: *Gestalt Therapy and How It Works*, 1966
Carl Rogers: *My Philosophy and How It Grew*, 1972
Rogers/Bateson: *Dialogue on Thinking, Feeling, Learning*, 1975
Will Schutz: *Principles and Philosophy of Encounter*, 1970
Daniel Sheehan: *Philosophy of Christic Institute*, 1991
Rupert Sheldrake: *Morphic Resonance and Memory*, 1985
Sheldrake/Pearce: *Resonant Fields of Heart and Brain*, 1993
John "Jay" Shelfer: *Taoist Chi Energy Breath Movement*, 1993
Julian Silverman: *A Lighthearted Course in Miracles*
Huston Smith: *The Nature of Reality* (Boston), 1979
David Steindl-Rast: *The Body, Sensuousness, and Spirituality*, 1990
Richard Tarnas: *The Passion of the Western Mind*, 1993
Charles Tart: *On the Paranormal*, 1971
Wilson Van Dusen: *The Nature of Humanness*, 1969
Alan Watts: *Divine Madness*, 1968
Carl Whitaker: *On Becoming a Professional Therapist*, 1989
Arthur M. Young: *The Reflexive Universe*, 1973

Two-tape titles are $16:

Walt Anderson & Ted Roszak: (2) *The Upstart Spring* (Esalen), 1984
Angeles Arrien: (2) *Cross-Cultural Shamanic Practice*, 1991
Gregory Bateson: (2) *Balinese Culture and Shamanism*, 1976
Ram Dass: (2) *One Man's Journey to the East*, 1969
David Finkelstein: (2) *Ancient, Medieval, and Classical Physics*, 1984
Bruce Kumar Frantzis: (2) *Taoist Philosophy and Practice*, 1994
Buckminster Fuller: (2) *The Critical Path* (Maui), 1982
Stanislav Grof: (2) *The Birth Trauma*, 1981
Stanislav Grof: (2) *The Cosmic Game*, 1987
Jean Houston: (2) *The Possible Human* (Boston), 1979
Robinson Jeffers's Poetry: (2) *A Dramatic Celebration* (Carmel), 1972
Timothy Leary: (2) *The Power of Imprinting*, 1982
Terence McKenna: (2) *The Magical Mystery Tour*, 1989
Sogyal Rinpoche: (2) *Training for the Moment of Death*, 1982
Daniel Sheehan: (2) *Christic Institute Update and JFK*, 1992
Daniel Sheehan & Sara Nelson: (2) *Politics and Natural Law*, 1995
Frederic Spiegelberg: (2) *India and the Saints*, 1964
Alan Watts: (2) *Eastern Religion and Western Therapy*, 1971
Watts/Grof/Silverman: (2) *The Science of Madness*, 1968
Janet Zuckerman: (2) *The Feeling Process*, 1987

Four-tape titles are $34:

Ralph Abraham: (4) *The Chaos Revolution*, 1994
James Fadiman: (4) *A Weekend of Stories*, 1984
David Finkelstein: (4) *Indeterminacy and Undecidability*, 1978
Roland Fischer: (4) *Creative, Psychotic, and Ecstatic States*, 1969
Buckminster Fuller: (4) *Integrity Day* (Marin), 1983
Abraham Maslow: (4) *An Informal Weekend in Big Sur*, 1966
Terence McKenna: (4) *Conversation at the Edge of Magic*, 1994
Terence McKenna: (4) *Eros, Chaos, and Meaning's Edge*, 1994
Terence McKenna: (4) *Deeper and Broader Questions*, 1994
Rupert Sheldrake: (4) *Resonance and the Habits of Nature*, 1987
Rupert Sheldrake: (4) *Rebirth of Nature: Revival of Animism*, 1990
David Steindl-Rast: (4) *Mysticism as a Frontier Experience*, 1985
David Steindl-Rast: (4) *Living in the Now*, 1988
David Steindl-Rast: (4) *Enjoying Poetry*, 1992
Andrew Weil: (4) *New Insights into Addiction*, 1987
Colin Wilson: (4) *Human Evolution and a New Psychology*, 1968
Arthur M. Young: (4) *The Reflexive Universe Interviews*, 1983

The Dolphin Vinyl Album Tape Sets:

Angeles Arrien & Robert Bly: (6) *Love in the Western World*, 1984	$56
Gregory Bateson: (6) *Steps to an Ecology of Mind*, 1980	$56
John C. Lilly: (6) *Ego, Self, and Essence*, 1971	$56
John C. Lilly: (6) *The East Coast Workshop*, 1973	$56
Abraham Maslow: (6) *The Eupsychian Ethic*, 1969	$56
Joseph Chilton Pearce: (6) *Journey to the Heart*, 1990	$56
Rupert Sheldrake: (6) *Resonance and Presence of the Past*, 1985	$56
Andrew Weil: (6) *All You Wanted to Know About Drugs*, 1993	$56
Robert Anton Wilson: (6) *The "Coincidance" of Joyce*, 1985	$56
Ruthy Alon: (6) *Lessons in the Feldenkrais Method* (Series I or II)	$60
Terence McKenna: (8) *Collected Talks: Series I* (1982-83) or II (1983-86)	$66
Terence McKenna: (8) *The Esalen Scholar-In-Residence Series*, 1989	$66
Julian Silverman: (8) Commentaries on *A Course in Miracles*, 1980	$66
Colin Wilson: (8) *The New Analytic Philosophy*, 1967	$66
Colin Wilson: (8) *New Pathways in Human Evolution*, 1990	$66
Buckminster Fuller: (8) *The Pajaro Dunes Tapes*, 1977	$72
Moshe Feldenkrais: (6) *Awareness Through Movement Lessons* (Series I)	$72
Terence McKenna: (8) *True Hallucinations* (A Talking Book), 1984	$72
Abraham/McKenna/Sheldrake: (10) TRIALOGUES *at the Edge*, 1989-90	$84
Virginia Satir: (10) *Conjoint Family Therapy*, 1968	$84
Esalen Symposium: (12) *Wilhelm Reich: His Life and Work*, 1974	$96
Gregory Bateson: (12) *Informal Esalen Lectures*, 1975-1980 (Archives)	$96

Please add $3.00 to your complete order for handling and mailing (add $3.00 more if you wish priority mail). Overseas orders add $1.00 per tape for mailing. California residents include 7.25% tax. Institutional purchase orders please add 10% to tape cost for invoicing and deferred payment. Allow 4 to 6 weeks for delivery (most orders are mailed within two weeks).

Please mail your order and your check payable to:
DOLPHIN TAPES, P.O. Box 71, Big Sur, CA 93920

Advertisement: Dolphin Tapes is a private company independent of Esalen.

BIOGRAPHICAL INFORMATION

A

Jeremiah Abrams *is a therapist, author, pastoral counselor, and teacher, working to shift the psychological paradigm of healing from ego- to soul-centered. His books include the best-selling* Meeting the Shadow *and the forthcoming* 26 Ways to Recognize Your Shadow. *p. 46*

Mark Abramson *is a dentist who integrates meditation into his multi-disciplinary approach to the treatment of chronic pain. Cofounder of the Sequoia Hospital Stress Reduction Clinic, he is also an aikido black-belt. p. 34*

Carol Adrienne *is the coauthor (with James Redfield) of* The Celestine Prophecy: An Experiential Guide, *and author of* The Numerology Kit *and* Your Child's Destiny. *She has been an intuitive counselor, teacher, and lecturer since 1976. p. 19*

Ati Akarta (Igor Kungurtsev) *is a meditation teacher in the tradition of* Advaita-Vedanta. *He has an MD in psychiatry and is an adjunct professor at the* California Institute of Integral Studies *and* John F. Kennedy University. *p. 50*

Ronald Alexander, *a mind/body psychotherapist in Santa Monica and core faculty member at Ryokan College, has explored Buddhist meditation and healing disciplines for twenty-six years. Consultant to the entertainment industry, he specializes in leadership skills and creativity. p. 30, 38*

Valerie Andrews *is the author of* A Passion for this Earth: Exploring a New Partnership of Man, Woman, and Nature. *She is the director of the Sacred Words Project and a member of the Guild for Spiritual Guidance. p. 41*

Anne Armstrong *has been doing transpersonal counseling for over thirty years and has trained professionals to use their intuitive abilities. p. 24, 49*

Angeles Arrien, *a native Basque, is an author, anthropologist, educator, and corporate consultant whose teachings are based on the universality of values, ethics, and experiences revealed through cross-cultural myths, symbols, and the arts. p. 50*

Lauren Artress *is a Canon of San Francisco's Grace Cathedral, creator of the Labyrinth Project, and president of Veriditas, the Worldwide Labyrinth Project. She is an Episcopal priest and a licensed psychotherapist. p. 32*

Marianne Ault-Riché *teaches family therapy at the University of California at Berkeley and has a private practice in Palo Alto. She edited the book* Women and Family Therapy, *and has co-produced two educational videotapes. p. 62*

B

Nancy Bacal, *lyricist, screenwriter, and longtime Esalen leader, edited Leonard Cohen's anthology* Stranger Music *and wrote and produced* Raga, *a film starring Ravi Shankar. She conducts ongoing writing workshops in Los Angeles, San Francisco, and Honolulu. p. 55*

Oliver Bailey *is a practitioner and instructor of Esalen massage. His background includes training in Gestalt practice, neurolinguistic programming, intuitive work, and meditation. p. 45*

Richard Balaban *is a clinical psychologist in private practice in Bloomington, Ind. His focus is on joyfulness and the creation of a sense of self and community. p. 17*

James Baraz *has taught vipassana insight meditation since 1977. Cofounder of Spirit Rock Meditation Center in Marin County, Calif., he leads retreats internationally. He teaches classes in Berkeley, where he also has a counseling practice. p. 32, 40*

Edmundo Barbosa *is a body-oriented psychotherapist from Sao Paulo, Brazil. He is the founder and director of Revida, a center for work with cancer patients, and Iniciativa Gaia, an institute for human growth in Brazil. p. 47*

Sondra Barrett, *a biomedical scientist and educator, is associate professor at California Institute of Integral Studies, project director of California Pacific Medical Center, and coauthor of* Making Waves. *p. 59*

Ellen Bass *has supported, encouraged, and inspired writing for over twenty years. She has published a dozen books, including poetry, nonfiction, and children's stories. p. 51*

Therese Baxter *is a classically trained actress and certified instructor of Physio-synthesis with twenty years' experience in the Alexander Technique. She has trained in Ki healing since 1984 and has a private practice in Los Angeles. p. 39*

Tandy Beal, *dancer, choreographer, actress, comedienne, and dreamer, has performed as a solo artist and with her own ensemble in major cities and festivals throughout the world. She was recently appointed director of the New Pickle Circus. p. 23*

Deborah Berger-Reiss *is a Los Angeles-based psychotherapist, writer, and lecturer whose advice column, "Dear Deborah," is syndicated nationally. p. 46*

Brian Bergstrom *is a structural bodywork practitioner and yoga instructor with over fifteen years' experience. He has a private practice in Palm Springs, Calif. p. 14*

Daniel Bianchetta *has been teaching meditation and intuitive practice at Esalen for over two decades. A photographer as well as Esalen's media coordinator, his color photographic work interests are the Big Sur coast and Native American rock art. p. 47*

Judith Blackstone *is a meditation teacher, psychotherapist, dancer, and founder of* Subtle Self Work, *a method of realizing the integration of the body, authentic self, and spiritual consciousness. She is co-director of Realization Center in Woodstock, N.Y. p. 14, 61, 70*

Charlie Bloom *is a teacher, consultant, and therapist specializing in relationship issues. He has designed and facilitated experiential seminars since 1982, and co-directs The Empowerment Network with his wife Linda. p. 38*

Linda Bloom *is a psychotherapist, seminar leader, and co-director of The Empowerment Network. She has facilitated relationship workshops throughout the U.S. as well as in Japan. p. 38*

Michael Borack *is a psychologist in private practice with adults and children. He consults widely to families and family courts around parenting, divorce, and custody issues. His special interest is in the role of fathering in the lives of men. p. 34*

Julie Bowden, *pioneer in the children of alcoholics (COA) field, is cofounder of the National Association of COAs. She coauthored* Recovery: A Guide for Adult COAs *and* Genesis: Spirituality in Recovery. *p. 17, 58*

Carolyn Braddock *is a body-centered therapist and consultant in private practice in Lakewood, Colo. She authored* Body Voices *and trains professionals in post-traumatic stress disorder, using breath, sound, and movement. p. 35, 70*

Judith Bradley *is a physical therapist who has been an instructor with The Upledger Institute since its inception in 1985. She has broad experience in manual therapy, with a special interest in the treatment of babies and children. p. 22*

Devers Branden *is coauthor, with her husband Nathaniel, of* What Love Asks of Us. *She also works as a business consultant. p. 20*

Nathaniel Branden *is a practicing psychologist in Los Angeles who does phone therapy with clients nationwide. He is a psychological theorist who has authored sixteen books, including* The Art of Living Consciously, The Six Pillars of Self-Esteem, *and* Taking Responsibility. *p. 20*

Ed Brown *is a zen priest, cook, teacher, and author whose latest book is* Tomato Blessings and Radish Teachings: Recipes and Reflections. *He has practiced zen and cooking for over thirty years. p. 63*

Robin Burnside *is co-manager of the Esalen kitchen and former chef/owner of two successful restaurants. She has over twenty-five years of professional cooking experience. p. 44*

C

Julia Cameron, *author of the bestseller* The Artist's Way, *is a published songwriter, poet, and award-winning playwright. She has also had an extensive journalism career writing for such diverse publications as* The New York Times *and* Rolling Stone. *p. 29*

Felicia Carroll *has credentials in educational psychology, child development, and counseling psychology. She is the director of the Counseling Center for Children, Adolescents, and Their Families, Inc. in Santa Barbara and has a private practice there. p. 40*

Seymour Carter, *longtime Gestalt teacher at Esalen and in Europe, is a lifelong student of the ever evolving theories and models of psychotherapy. He combines studies in family systems theory with Buddhism, sensory awareness, and other body-oriented practices. p. 44, 56, 70*

Michell Cassou *is the founder of an original approach to painting as a tool for self-discovery. Cofounder of the Painting Experience Studio in San Francisco, she is recognized for her work exploring the spirituality of the creative process. p. 26*

Steve Kestrel Chambers *is an expert wilderness guide with a deep respect and love for the Big Sur Mountains which he feels privileged to share with those who hike with him. p. 25, 72*

Dorothy Charles *is a Gestalt practitioner and the assistant director of Esalen's Gazebo School. p. 37*

Randy Cherner *conducts a three-year apprenticeship training program for practitioners in the field of somatic education. He is founder of a somatics center in Corte Madera, Calif. p. 24, 49*

Gerald S. Cohen *is a lecturer on the subject of consciousness and healing. He is the executive director of the Foundation for Mind-Being Research in Los Altos, Calif. p. 43*

Stephen Cohen, *Gestalt practitioner and longtime golf hacker, is founder and president of The Shivas Irons Society, a nonprofit organization dedicated to enhancing golf's beauties and virtues. p. 14*

Emilie Conrad-Da'oud *is the founder of Continuum. Her innovative approach to movement has enhanced the creativity of artists in many fields and has led to new insights in the healing process. p. 17*

Phil Cousineau is an author, filmmaker, and adventure tour leader. His most recent books are Soul: An Archaeology: Readings from Socrates to Ray Charles and Design Outlaws: On the Frontier of the 21st Century. p. 41

Virginia Coyle is an organizational consultant, wilderness and rites-of-passage guide, and council trainer. Since 1981 she has been a pilgrimage leader, part-time staff member, council trainer, and board member at the Ojai Foundation. p. 35

Joel Crohn is a social-clinical psychologist with a private practice in San Rafael and Kensington, Calif. He is on the faculty of the California School of Professional Psychology and the Asian Family Institute. p. 49

Stewart Cubley, originally trained as a scientist and engineer, painted for the first time in 1974 and soon thereafter began a second career as a painter. He is cofounder of the Painting Experience Studio in San Francisco. p. 25, 55

Dale Cummings, certified Radix® teacher and marriage and family counselor in West Los Angeles, Santa Cruz, and San Francisco, is director of training for the Radix® Institute. p. 46

Rabbi William Cutter was trained in the Ford-Esalen project in confluent education. He is a professor of modern literature and education at Hebrew Union College in Los Angeles. p. 25

D

David Darling is a cellist, teacher, and composer. He is cofounder of Music for People, an organization dedicated to self-expression through music and improvisation. A few of his latest recordings include 8-String Religion, Cello, and Darkwood. p. 45, 46

Lama Surya Das is a Buddhist scholar, poet, and translator of Tibetan texts. He is founder of the Dzogchen Foundation of America and author of The Snow Lion's Turquoise Mane: 150 Wisdom Tales from Tibet. p. 19

Prema Dasara began her dance studies at age three, embarking on a career that carried her through ballet and modern dance to the sacred dances of Bali, India, and Tibet. Her work has been praised by the Dalai Lama. p. 34

Genny Davis is a spiritual healer, minister, teacher, and author with twenty years of professional experience. She is president of the Center for Spiritual Healing, Inc., which offers certified ministry programs and apprenticeships. p. 45

Laura DeNuccio (Ma Prita), longtime Esalen group leader, somatic-spiritual practitioner, dancer, and earth steward, has twenty-five years' international experience guiding people in breathwork, vision, movement, and meditation. Her current interest: swimming with wild dolphins in Hawaii. p. 21, 42

Shirley Dockstader, a teacher in body-mind practices for twenty-five years, integrates hatha yoga and qigong into high-performance athletics and immune system strengthening. Founder of Mind and Movement, she is coauthor of Making Waves. p. 59

Patrick Douce, one of Moshe Feldenkrais's first American students, has lived at Esalen since 1972. Since 1986 he has lived half of each year in Bali where he is developing programs with Indonesian Silat martial-arts-for-health schools. p. 15, 31, 69

E

Eduardo Eizner is an Argentinian-licensed psychotherapist from Belgrano University in Buenos Aires. He is an Esalen staff member and director of Gazebo School Park. p. 40, 70

Sigrid Emerson has been a certified personal trainer since 1989 and has worked internationally. Her training and experience include aerobics, weight training, yoga, and Alexander Technique. p. 19

Eric Erickson is a long-term student of Gestalt and Eastern philosophical traditions. p. 70

Signy Erickson is in private practice in Sisters, Ore., treating patients of all ages with a wide variety of conditions, using CranioSacral Therapy and SomatoEmotional Release as the basis of her work. Her special interest is in pediatrics and neurological disorders. p. 56

F

Warren Farrell, author of Why Men Are The Way They Are and The Liberated Man, has been a pioneer in both the women's and men's movement, and has appeared on over 1,000 television and radio shows. p. 18

David Feinstein, a clinical psychologist, is coauthor of Mortal Acts, Rituals for Living and Dying, and Weaving the Energies, Fitting the Field. He has taught at the Johns Hopkins University School of Medicine. p. 60

Rabbi Steven Fisdel is a teacher and author who has lectured on Kabbalah for over twenty-five years. His current book is titled The Practice of Kabbalah. p. 43

Thomas Michael Fortel, longtime yoga practitioner and teacher, has been a frequent guest teacher of the Esalen Movement Program. He teaches in the San Francisco Bay Area and leads retreats and workshops nationally. p. 59

Joyce Frazee, a Gestalt practitioner in private practice, is the senior supervisor of the Gestalt Training Institute of Vancouver, Canada. She leads workshops in the U.S., Canada, and Europe. p. 36, 37

Hal French has received multiple teaching awards at the University of South Carolina, and has authored several books on Asian religion. He lectures and leads study tours internationally. p. 24

Mallory Fromm received his doctorate in oriental studies, has trained in Ki healing in Japan since 1981, and is an instructor of aikido. He has led Spinal Integration/Ki Energy (SIKE) workshops in the U.S. and Japan. p. 39

G

Sherry Sanders Galloway is an Esalen massage staff practitioner and teacher whose focus is sports massage, balanced with Esalen bodywork. A practicing RN, she specializes in emergency medicine and psychiatric intervention. p. 58

Mariah Fenton Gladis, longtime Gestalt practitioner and trainer, founded and has for fourteen years directed the Bucks County Institute. She is director of the Pennsylvania Gestalt Center for Psychotherapy and Training. p. 60, 61

Marcia Shantipriya Goldberg has taught yoga, meditation, and psychospiritual evolution throughout North America for twenty years. From 1988-95 she was spiritual director of the Kripalu Community and Retreat Center in Pennsylvania. p. 20

Mary Goldenson (Devarani) is a clinical psychologist, chiropractor, and certified Radix® teacher in Los Angeles. She has a private practice specializing in relationship therapy and transitions. p. 20, 23, 34, 40, 48, 58

Joe D. Goldstrich is Board-certified in cardiology and internal medicine. He has lived at Esalen and has given workshops here for sixteen years. p. 40

David Gordon has been a concert and opera soloist for twenty-five years, in thousands of performances on four continents. He is a master teacher of vocal expression in both Eastern and Western traditions. p. 20

Bruce Gregory is a psychologist in private practice who specializes in mind-body healing and health psychology. He works with corporate executives who are experiencing difficulties with leadership skills. p. 15, 23

H

Eleanor Criswell Hanna, professor of psychology at Sonoma State University, is editor of Somatics, director of the Novato Institute for Somatic Research and Training, and author of How Yoga Works and Biofeedback and Somatics. p. 54

Steven Harper coordinates Esalen's Wilderness Programs. He has led both traditional and experimental expeditions internationally for over twenty years. His work focuses on wild nature as a vehicle for awakening. p. 22, 23

Jill Harris is a longtime student and practitioner of Sensory Awareness who has recently been co-leading workshops with Charlotte Selver. p. 32

Rachel Harris was in the 1968 Esalen Residential Program. She is a psychotherapist in private practice in Princeton, N.J., and a consultant for executives on leadership and interpersonal skill development. p. 30

Robert Helm is a senior member of the Esalen massage/bodywork staff. p. 36

Kabir Helminski is a Shaikh of the Mevlevi Order, which traces back to Rumi. He has been teaching within the Sufi tradition for more than twenty years and is the author of Living Presence: A Sufi Way to Mindfulness and the Essential Self. p. 27

Gay Hendricks has been a psychologist and body-centered therapist for twenty-eight years. He is the author of Learning to Love Yourself, and the coauthor of The Conscious Heart, Conscious Loving, and At the Speed of Life. p. 51

Kathlyn Hendricks, a movement and body-centered therapist, trains mental health professionals internationally, and is the coauthor of The Conscious Heart, Conscious Loving, and At the Speed of Life. p. 51

Harville Hendrix is founder/president of the Institute for Relationship in New York and author of Getting the Love You Want: A Guide for Couples and Keeping the Love You Find: A Guide for Singles. He is the originator of Imago Relationship Therapy. p. 24

Deborah Ardell Hill is a licensed massage therapist and reflexologist experienced in a variety of modalities, including shiatsu and craniosacral. She also incorporates the chakras and meridians as a framework for looking at the body. p. 24

Martina Hoffmann is a painter, sculptor, and Reiki master whose art explores women's connection to the Goddess. Her work is featured in the books Return of the Great Goddess and One Source. p. 42

Maria Lucia Sauer Holloman has practiced spiritual healing in Brazil and the U.S. since 1982. She has been a resident student and teacher at Esalen and conducts trainings and seminars internationally. p. 43, 69

Jonathan Horan is a professional actor, certified massage practitioner, and currently on the teaching faculty of the Moving Center. p. 13

Chungliang Al Huang teaches Tai Ji philosophy, East/West synthesis, and the art of movement meditation. He is the founder-president of the Living Tao Foundation and director of Lan Ting Institute in the Sacred Mountains of China. p. 36, 46, 47, 48

Elaine Hughes, author of Writing from the Inner Self and several other books on writing, has been combining meditation with writing exercises in her teaching for over twenty years. p. 45

Helen Hunt is the founder of the New York Women's Foundation and the Dallas Women's Foundation. She is also founder and president of the Sister Fund and a board member of the MS Foundation. p. 24

Terry Hunt *is a licensed psychologist and a certified bioenergetic therapist specializing in addictive disorders and adults from dysfunctional families. He is coauthor of* Emotional Healing *and* Secrets to Tell, Secrets to Keep. *p. 32*

Leigh Hyams *is a painter/teaching-artist at UC Berkeley Extension, JFK University, and Atsitsa in Greece. A Fulbright Scholar whose work has been exhibited internationally, she leads art tours for museums and universities. p. 35*

I

Ione *is a writer, director, playwright, and author of the memoir* Pride of Family: Four Generations of American Women of Color. *She is also a psychotherapist who facilitates access to dreams, myths, and ancestral memories. p. 38*

J

Cynthia Johnson-Bianchetta *is a photographer and a movement artist with Esalen's movement arts staff. Former director of the Weston Photographic Gallery, she also teaches for the Taos Institute of Arts. p. 47*

Alan Jones *is Dean of Grace Cathedral in San Francisco and author of seven books on the spiritual life, the most recent being* The Soul's Journey. *p. 32*

Blackwolf Jones *is an Ojibwe elder who received the teachings of the Ojibwe traditions for forty-five years. He is a teacher, psychotherapist, and coauthor of* Listen to the Drum, The Healing Drum, *and* Earth Dance Drum. *p. 14*

Arthur Samuel Joseph *is a teacher and professor of voice and is the creator of* Vocal Awareness, *a method that integrates mind/body/spirit through the vocal arts. p. 28*

Zoran Josipovic *is a counselor, meditation teacher, and co-director of* Realization Center *in* Woodstock, N.Y. *He is a longtime student of Eastern contemplative traditions and coauthor of* Zen for Beginners. *p. 70*

K

Sharon Kagan *is an exhibiting artist and teacher of the creative process, with master's degrees in performance art and psychology. She has extensively studied the roles of faith and hope in the psychology of children of holocaust survivors. p. 53*

Kykosa Kajangu *is the spiritual child of the great Zulu shaman,* Vusumazulu Credo Mutwa. *He is a seeker of visions from the Bashi community of memory, a scholar of African cosmology, and the author of* African Prophetic Poems. *p. 16*

Mel Kimura-Bucholtz *holds degrees in psychology, philosophy, and literature, and trained with* Milton Erickson. *For the past twenty-five years his work has involved bringing out individuals' unique skills, capacities for self-healing, and outstanding performance. p. 43*

George King *has been a teacher of "somatic poetry" for over three decades. He has worked with major ballet companies worldwide and was personal masseur for* Rudolf Nureyev *and* Edward Villella *when they toured the* U.S. *p. 58*

Daphne Rose Kingma *is a therapist, lecturer, and teacher of relationships as a spiritual art form. She is the best-selling author of seven books on relationships, including* Coming Apart, True Love, Heart and Soul, *and* The Men We Never Knew. *p. 58*

Galway Kinnell *is a former* MacArthur Fellow *whose* 1982 Selected Poems *won the* Pulitzer Prize *and the* National Book Award. *He teaches at* NYU, *living part-time in* New York *and part-time in* Vermont. *His most recent book is* Imperfect Thirst. *p. 33*

Pauline Kirby, *a teacher and health practitioner for over twenty-five years, has a background in both traditional medicine and a variety of complementary medical practices including acupuncture, herbs, and homeopathy. p. 46*

Stanley Krippner *is professor of psychology at* Saybrook Institute *and the* California Institute of Integral Studies *and coauthor of* Dreamworking, Dream Telepathy, *and* Realms of Healing. *p. 60*

Ron Kurtz *developed the* Hakomi *method and is founder of the* Hakomi Institute. *He is the author of* Body-Centered Psychotherapy *and is currently writing a book on psychotherapy as a spiritual practice. p. 52*

L

Stephen LaBerge *is a scientist dedicated to the transformation of human consciousness. He teaches and researches conscious or "lucid" dreaming at* Stanford University. *p. 42*

Carol LaDue *is a* Focusing *teacher, speaking coach, bodyworker, and the director of the* Pool of Listening Wisdom. *She facilitates people in the embodiment of a meaningful life with compassion, respect, and humor. p. 50*

Barbara Larrivee *is an educator, author, and consultant who leads workshops in change, community building, and conflict resolution. She is professor of advanced studies at* California State University at Santa Barbara. *p. 51*

EMANUELA GARDNER

Dale Larson, associate professor and director of the Graduate Health Psychology Program at Santa Clara University, is a clinician, researcher, former Fulbright Scholar, international lecturer, and author of The Helper's Journey. p. 23

Sarah La Saulle is a psychotherapist and teacher who specializes in healing blocks to self-love and creativity. She is in private practice in Santa Monica, Calif. p. 53

Laura Lawrence is a Board-certified psychiatrist in private practice in Dallas, Texas. She has presented workshops nationwide to professionals and to the public on the uses of meditation in psychotherapy and methods for integrating psychotherapy and spirituality. p. 58

Barbara Lee is a circlemaker who has worked with groups for the past seventeen years. Her primary focus is on the heart-centered remembrance of the Divine. p. 39, 53

Lenore Lefer facilitates retreats for women of all ages, people with heart disease, and people with cancer. A former psychotherapist, she works in Northern California and conducts professional psychosynthesis training groups in the U.S. and Russia. p. 27, 30

Mel Lefer has been a research participant and teacher at Dr. Dean Ornish's Preventive Medicine Research Institute for twelve years, and has shown reversal of his own heart disease without surgery. He has practiced and taught Integral Yoga for twelve years. p. 24

George Leonard is the author of Mastery, The Silent Pulse, and The Transformation. He is a fourth-degree black belt in aikido and founder of Leonard Energy Training (LET). p. 28, 55

David Levenson is an internist whose medical practice is devoted to stress reduction, pain management, counseling, and the treatment of obesity. Cofounder of the Sequoia Hospital Stress Reduction Clinic, he is also a long-term mindfulness meditator. p. 34

Master Share K. Lew, a youthful 79, is a healer and Taoist priest from Wong Lung monastery in Southern China with over half a century's experience teaching Taoist health practices such as Chi Kung. p. 22

Elisa Lodge is an expressive arts therapist with thirty years' experience teaching body/mind practices. She is a professional actress and performing artist. p. 63

Arleen Lorrance has been a consciousness coach, group facilitator, and author since 1970. She originated The Love Project and The Love Principles, and is the founder and artistic director of The Theatre of Life. p. 55

Olga Luchakova is a spiritual teacher in the tradition of Kundalini Yoga, Vedanta, and Hesychasm. A former medical doctor and scientist, she is on the adjunct faculty of the Institute of Transpersonal Psychology and John F. Kennedy University. p. 50

Nancy Kaye Lunney, formerly a vocal coach and accompanist, is the originator of Singing Gestalt, which utilizes lyrics and songs as a means of self-expression. She is director of programming at Esalen. p. 19

Fred Luskin is a fellow at the Complementary and Alternative Medicine Program at Stanford where he researches the spiritual aspects of care for heart disease. He was coordinator of Stanford's Health Psychology Masters program and is a licensed therapist. p. 20

Carol Lynch is a registered art therapist and licensed marriage and family therapist with a private practice in New Jersey. She integrates art therapy, psychodrama, and emotional release work in her practice. p. 35

Jerry Lynch is a sports psychologist working with professional, Olympic, and collegiate champions, author of five books (including Thinking Body, Dancing Mind with Al Huang), and director of the TaoSports Center for Excellence in Santa Cruz, Calif. p. 36

M

Helen Jerene Malcolm, artist, consultant, and teacher, works with a visionary consulting team designing long-range vision paintings for individual clients and Fortune 500 corporations. p. 56, 70

Noel Mapstead is a local fine artist and potter. He has studied and exhibited extensively in New York and is now at home with Big Sur clays using traditional firing techniques. p. 15, 39, 48

Bonnie Mark is a psychotherapist specializing in child, adolescent, and family therapy. Author of The Handbook of Infant, Child, and Adolescent Therapy (Vols. I and II), she consults and supervises at the Reiss-Davis Child Study Center and teaches at UCLA extension. p. 46

Dean Marson is a practitioner and instructor of Esalen massage who uses self-care techniques as a means of introducing people to the pleasure and potential of human touch. p. 20, 43

Donna Martin is a psychotherapist from Canada with an extensive background in yoga and yoga therapy, addictions counseling, and stress/pain management. She is a certified Hakomi therapist who teaches internationally with Ron Kurtz. p. 52

Kim McCourt is a licensed marriage and family counselor and a senior associate at the Lomi School. Her bodywork practice incorporates craniosacral, intuitive hands-on energy work, orthopedic massage, and shiatsu. p. 50

Erica Helm Meade has used myth and poetry to invoke the sacred in ritual and healing for over twenty years. She is a psychotherapist in private practice in Seattle and the author of Tell it by Heart: Women and the Healing Power of Story. p. 26

Deborah Anne Medow, Esalen workshop leader and bodywork practitioner since 1969, teaches ashtanga yoga, massage, creative movement, Gestalt awareness, and related healing disciplines throughout the U.S. and Europe. p. 13, 37, 58

Brian Melvin is a drummer and percussionist who has recorded seven albums and appeared with musical giants such as Herbie Hancock, Jaco Pastorius, Wayne Shorter, Bob Weir, Joe Henderson, and Roy Hargrove. His most recent recording is Live in Vegas. p. 28

Linda Trichter Metcalf, formerly a professor of English and humanities, cofounded the practice of Proprioceptive Writing and has been teaching it since 1976. She is codirector of the Proprioceptive Writing Center in Portland, Maine. p. 57

Deena Metzger is a novelist, poet, playwright, and essayist. Her most recent books are Writing For Your Life, the novel Looking For the Faces of God, and a book of poetry, A Sabbath Among the Ruins. p. 27

Charles Miedzinski is a cofounder of the Arts and Consciousness program at JFK University. He has taught his transformative arts approaches integrating sacred arts, psychology, and spiritual practices, at numerous universities for twenty-five years. p. 22

Sukie Miller, former director of education at Esalen, founded the Institute for the Study of the Afterdeath. She is the author of After Death: Mapping the Journey. p. 47

Oscar Miro-Quesada is a Peruvian-born transpersonal psychologist and teacher of cross-cultural shamanism who apprenticed with two renowned Peruvian curanderos. He is a Fellow in Ethnopsychology with the OAS and leads sacred tours to Peru and Bolivia. p. 15

Phillip Moffitt, an aikido black belt, somatic educator, and twenty-year practitioner and teacher of yoga, is coauthor of The Power to Heal. As editor-in-chief and co-owner of Esquire, he was named one of the fifty top entrepreneurs of the 1980s. p. 25

Beverly Kitaen Morse is a marriage and family counselor in private practice in Santa Monica and a senior instructor at the Rosenberg-Rand Institute for Integrative Body Psychotherapy. p. 30

Robert Moss is a shamanic counselor, former professor of ancient history and philosophy, and student of the Western mystery traditions. Australian-born, he first encountered the ways of a dreaming people through his friendship with Aborigines. p. 18

Charles Muir, a professional yoga instructor for twenty-five years, is director of the Source Schools of Tantra Yoga in Hawaii and California. He is coauthor (with his wife) of Tantra: The Art of Conscious Loving. p. 34

Arthur Munyer is a Trigger Point specialist who has been a student and practitioner of various bodywork and emotional release disciplines for over twenty-five years, most of them at Esalen. He has a private practice in Carmel, Calif. p. 27

Michael Murphy founded Esalen Institute (with Richard Price) in 1962 and helped initiate Esalen's Soviet American Exchange Program. He is the author of Golf in the Kingdom, Jacob Atabet, and The Future of the Body. p. 55

Alexander Murray is professor of flute at the University of Illinois and codirector of the Urbana-Midwest Center for the Alexander Technique. He served for many years as principal flute of the London Philharmonic and the Royal Opera. p. 48

Joan Murray is codirector of the Urbana-Midwest Center for the Alexander Technique. A former dancer and ballet mistress, she is internationally acknowledged as an innovative Alexander Technique teacher. p. 48

N

Claudio Naranjo, growth disciplines theorist and former Esalen resident, introduced meditation as an adjunct to therapy and was first to teach the enneagram as personality map in the U.S. He has given the opening address at all the International Gestalt Conferences. p. 61

Grandfather Fred Nason is an elder of the Esselen Tribe who has spent his whole life guiding people into the Santa Lucia Mountains of Big Sur. His forte is his love, knowledge, and stories of life in the Wilderness. p. 25, 72

Tom Little Bear Nason is a seventh generation spiritual leader of the Esselen Tribe of Big Sur and a wilderness guide who is dedicated to helping others to mend the sacred hoop of life. p. 25, 72

Maria Nemeth, a clinical psychologist, has been leading seminars for twenty-five years emphasizing successful communication and the development of excellence with ease. p. 58

Steven Newmark is a psychotherapist, author, and lecturer on singles issues. He is the creator of the videos What Women Really Want, The Art of Meeting Men, and How to Meet Women. p. 32

Andrew Nugent-Head is the China Director of the Association for Traditional Studies. He has lived in Beijing since 1987, where he works and studies with the last generation of traditional masters born and educated pre-1949. p. 31

Andy Nusbaum is a twenty-five year member of the P.G.A., a longtime teacher, and a founding board member of The Shivas Irons Society. He is committed to the mysteries, beauties, and transformative capabilities of the game of golf. p. 14

O

Violet Oaklander, author of Windows to Our Children, combines Gestalt Therapy philosophy, theory, and practice with a variety of projective techniques in her therapeutic work with children. Her approach has received national recognition. p. 40

John O'Donohue is a Catholic priest, philosopher, poet, and storyteller. Born in Ireland and steeped in Celtic mysticism, he is the author of Echoes of Memory, a poetry collection, and Stone as the Tabernacle of Memory. p. 62

Heather Maycock Ogilvy, a psychologist in Menlo Park, Calif., has been in private practice for more than twenty years, working with adults and children. She is a longtime Esalen group leader. p. 60

Sharon Olds teaches writing workshops in the Graduate Creative Writing Program of New York University and at the Squaw Valley Community of Writers. She has published many books of poems, including The Father and, most recently, The Wellspring. p. 47

Judith Orloff is a psychiatrist in private practice in Los Angeles. She is assistant clinical professor of psychiatry at UCLA and the author of Second Sight, her story of learning to reconcile her talents as a clairvoyant with the rational world of science. p. 47

Kathleen O'Shaughnessy has an extensive background in Soto Zen, the major psychotherapies, movement therapy, nutritional healing, shamanic states, bodywork, and the practicalities of transpersonal crisis. p. 36, 70

Frank Ostaseski is founding director of the Zen Hospice Project and Esalen's Spiritual Teacher in Residence. He leads workshops throughout the U.S. and Europe, maintains a grief-counseling practice, and is a longtime Buddhist practitioner. p. 49, 50

Brita Ostrom, a licensed MFCC, has led massage and other workshops at Esalen for twenty-two years. She is trained in Gestalt awareness work and participated in Esalen's two-year somatics education project. p. 18, 58

P

Robert Palmer is an Ojibwe descendant, steeped in tribal traditions, who is certified in child psychiatry, Gestalt, and Radix. He is clinical faculty at the Stanford Department of Psychiatry and leads workshops nationally. p. 14

Laurie Lioness Parizek blends traditional and innovative ways of healing, working with the chakras and the energy body. She pilots the Healthspring Project, extending Esalen's work in the healing arts and sciences to the rest of the world. p. 20, 48

Larry Payne, a pioneer in the field of yoga and back care, is president of the International Association of Yoga Therapists, and featured in the video Healthy Back, Healthy Mind. p. 29

Laurie Phillips is a psychoanalytical psychotherapist practicing in Christchurch, England, specializing in dreamwork. He has run communication training programs worldwide for organizations such as Smith, Kline Beecham, IBM, and Mobil Oil. He is also a serious astrologer and artist. p. 61

Maggie Phillips is a psychologist and director of the California Institute of Clinical Hypnosis. She leads workshops on hypnosis and personal growth and is coauthor of Healing the Divided Self. p. 59

Char Pias, Esalen Massage Staff member since 1980, is a facilitator and founding member of the Esalen Arts Center. She is a licensed graduate and minister of the Center for Spiritual Healing in Tiburon, Calif. p. 45

Diane Kennedy Pike, author of Life As A Waking Dream, has been teaching consciousness skills since 1972. She draws on Eastern and Western wisdom in her practice of integrated spirituality and conscious living. p. 55

Noelle Poncelet is a psychologist and trainer in hypnotherapy in the U.S. and Europe. She is also on the international faculty of the Foundation for Shamanic Studies. p. 61

Dennis Portnoy is a licensed counselor specializing in burnout prevention and codependency in the workplace. He conducts trainings for organizations, medical groups, and schools, and is the author of Overextended and Undernourished: A Self-Care Guide for People in Helping Roles. p. 28

David Presti is a clinical psychologist and psychopharmacologist who works in alcohol and drug abuse treatment at the San Francisco VA Medical Center and teaches in the Division of Neurobiology at the University of California in Berkeley. p. 56

Christine Stewart Price is a teacher and ongoing student of Gestalt practice and other approaches to developing awareness. p. 27, 38, 53, 55

Carol Proudfoot-Edgar leads workshops on integrating shamanic methods and Native American teachings, with a special interest in Bear Medicine. She is a certified shamanic counselor and teaches for Michael Harner's Foundation for Shamanic Studies. p. 53

Q

Janet Quinn is a contemplative, a writer, a professor of nursing, a teacher, researcher, and practitioner of Therapeutic Touch, an international lecturer on healing, and a Recycled Catholic. p. 15, 16

R

Gustavo Rabin is a clinical psychologist who focuses on relationships, life's transitions, and spiritual creativity. He has a private practice in Los Angeles. p. 18, 59

Shiva Rea practices body-centered healing arts including hatha yoga, world dance, bodywork, and somatic psychology. On faculty in UCLA's World Arts and Culture department, she also teaches yoga and movement arts from her base in Santa Monica, Calif. p. 40

Paul Rebillot, a group leader at Esalen for more than twenty years, combines Gestalt methodology with theater and ritual. He teaches in Europe and throughout the U.S. p. 44

Stephan Rechtschaffen, founder/president of Omega Institute, is a physician concerned with holistic approaches to wellness and longevity. He uses concepts of time as the focus for developing optimal health. p. 16

Layne Redmond, percussionist and recording artist, has created a form of rhythmic and drumming exercises drawn from years of studying hatha yoga, Buddhist meditation, Ericksonian hypnosis, and percussion techniques from the Middle East, Africa, and India. p. 31

Patricia Reis has an MFA from UCLA and a degree in depth psychology from Pacifica Graduate Institute. Author of Through the Goddess: A Woman's Way of Healing, she has a private psychotherapy practice for women in Yarmouth, Maine. p. 14

Rhiannon is an acclaimed jazz singer/improviser/storyteller as well as an inspiring vocal teacher. Her current performing and teaching collaborations include Bobby McFerrin and Robert Hall. p. 37

Gabriele Rico, professor of English, creative arts, and humanities at San Jose State University, lectures widely on the application of brain research to the creative process. She is the developer of the groundbreaking clustering process. p. 19

Lama Tharchin Rinpoche is a high lama fully trained in Tibet. He has accomplished long-term solitary retreat (eight years) and is the tenth lineage holder of the Repkong tantric yogis of Tibet. p. 26

William Pennell Rock was educated in behavioral sciences, philosophy, and comparative religions. The author of Performing Inside Out, he has led workshops worldwide in Jungian-based Gestalt psychodrama, which he is developing into a new kind of performing art. p. 70

William Roll is professor of psychology and psychical research at the State University of West Georgia and a lay Zen monk. He is the author of the classic The Poltergeist and more than 100 research articles. p. 25

Jack Rosenberg, a psychologist and director of the Rosenberg-Rand Institute of Integrative Body Psychotherapy in Venice, California, is the author of Body, Self, and Soul. p. 30

Gabrielle Roth is an artist, healer, and philosopher. She is the author of Maps to Ecstasy: Teachings of an Urban Shaman and is musical director of The Mirrors. p. 13

Ilana Rubenfeld, thirty-year pioneer in the integration of body-mind-spirit and originator of the Rubenfeld Synergy® Method, is a certified teacher of Alexander Technique, Feldenkrais Method®, and trained with Fritz and Laura Perls in Gestalt practice. p. 43, 45

Adam Rudolph is a percussionist/composer who has collaborated with Hassan Hakmoun, Yusef Lateef, and Don Cherry. His repertoire includes West African healing music, North Indian tabla, North African trance music, and Tibetan multiphonic singing. p. 40

S

Stephano Sabetti, founder of the Life Energy Process®, has a doctorate in psychology and trains therapists internationally. He is also an organizational consultant. p. 50

Barbara Sachs trained as a psychotherapist and Ridhwan teacher and was clinical director of counseling at JFK University. She raised her two children as a single parent, integrating her passions: parenting, spiritual life, and psychology. p. 58

André Salvage has been teaching self-defense for over eighteen years. A consultant to Park Grove Hospital and the L.A. Commission on Assaults Against Women, he has developed nationwide assault prevention seminars. p. 16

Karel Samsom is an entrepreneur and teaches creativity, innovation, and environmental entrepreneurship at the University of Vermont and at Nijenrode University in his native Netherlands. p. 46

Audrey Savage, Gestalt practitioner and body therapist, works with women's issues, sexuality and spirituality, and the tarot. She is the author of The Fourth Woman and Twice Raped. p. 44

Lisa Schachter is a therapist experienced with individuals, couples, and families in both a psychiatric hospital setting and in private practice. She is trained in psychodynamic theory and a body-oriented approach. p. 32

Melody Schaper is a movement artist and teacher. A Laban Movement Analyst and teacher of the Alexander Technique, she focuses on awakening, clarifying, and enhancing expression through the body. p. 24

Howard Schechter integrates insights and practices from a variety of Eastern and Western psychological and spiritual traditions. He is founder, professor, and former chairman of the Department of Organization Development at the California Institute of Integral Studies. p. 39, 53

David Schiffman is a longtime group leader at Esalen. His primary interest is in facilitating people in transition toward a more heartful, unstrained existence. p. 13, 25, 30, 39, 49, 52, 69, 70

Meir Schneider healed himself of congenital blindness at age sixteen using the Bates vision exercises. He is the founder and director of the Center and School for Self-Healing in San Francisco and Tel Aviv. p. 38

John Seed is founder and director of the Rainforest Information Center in Australia. He has worked to protect the Australian rainforests since 1979. p. 16

Charlotte Selver, student of Elsa Gindler, introduced sensory awareness in the U.S., and has been closely connected with Esalen and the San Francisco Zen Center since their beginnings. p. 32

Judith Serrano has a Master's degree in applied linguistics and is a Ph.D. candidate in bilingual education at the University of Washington. Bilingual and bicultural, she has taught Spanish using Accelerated Learning for more than fifteen years. p. 35

Phyllis Shankman is a licensed counselor in Santa Monica and a longtime Esalen group leader. She is founder and director of The Mountains AIDS Foundation, which offers retreats and groups for people living with HIV/AIDS. p. 35

Paula Shaw, a professional actress and acting teacher for over twenty years, conducts workshops in expanding self-expression, well-being, and creativity for non-actors across the United States and Canada. p. 51, 52, 54

Mercedes Shriver is a professional artist working in fabric, glass, and visual design for over twenty years. She shows extensively from San Francisco to New York and is also a yoga teacher. p. 42

Bruce Silverman is a drummer, psychotherapist, and ritualist who directs The Sons and Daughters of Orpheus, a Bay Area healing community. He is on the faculty of Matthew Fox's University of Creation Spirituality in Oakland. p. 49

Julian Silverman is a psychologist and educator. He harmonizes a spiritual vision with the theory and methods of both Gestalt psychotherapy and community psychology. p. 56, 57

Tobin Simon is cofounder of Proprioceptive Writing and codirector of the Proprioceptive Writing Center in Portland, Maine. He is formerly a professor of English and humanities. p. 57

Huston Smith is widely regarded as the most eloquent and accessible contemporary authority on the history of religions. A leading figure on the comparative philosophy of religion, he has taught at MIT and the University of California, Berkeley. p. 46

Marion Solomon is a psychodynamic marital therapist and writer specializing in the problems of intimate relationships. She is coordinator of mental health training programs at UCLA Extension and in private practice in West Los Angeles. p. 33

Robert Solomon is a professor at the University of Texas and has been giving seminars at Esalen for fourteen years. He is the author of many books, including The Passions and About Love. p. 60

John Soper is a Gestalt practitioner with a background in international business. He is deeply aware of the need to improve the environment. p. 69

Kathleen Riordan Speeth is a therapist and writer trained in Western psychology and philosophy and experienced in Buddhist, Sufi, and Hindu practices. Her interests include Bach, Spinoza, Rilke, and roses. p. 31

David Streeter, a certified sports massage practitioner on the Esalen massage staff, has taught yoga and anatomy and worked as an athletic trainer. Before joining the Esalen faculty, he lived as a Camaldolese monk. p. 18, 30, 47, 53, 64, 70

Keiko Suga is a ceramic artist whose focus is on traditional pottery-making techniques using local clays. p. 15, 19, 48

Sara Szpektor has a doctorate in clinical psychology and has been in private practice for twenty years. Working with couples, families, and groups, she combines Gestalt practices, strategic counseling, and spiritual development. p. 18, 59

T

Howard Teich is a psychologist in San Francisco and Sonoma, Calif. He has lectured and published extensively on the practical use of solar/lunar psychology and mythology as the basis of matter, life, and thought. p. 49

Vicki Topp is a senior practitioner and instructor of Esalen massage and somatic bodywork. She currently teaches workshops and training groups internationally and is a student of Body-Mind Centering®. p. 13, 43

V

Robert Venosa is considered one of the outstanding masters of Fantastic Realism. His work has been the subject of three books, Manas Mana, Noospheres, and One Source. p. 42

W

Ellen Watson practices and teaches massage and movement at Esalen where she has studied since 1984. She coordinates the Esalen Movement Arts Program. She loves her work. p. 30, 64

Judyth Weaver, a Reichian-based psychologist and professor of somatic psychology, is a certified teacher of sensory awareness and T'ai Chi Ch'uan. A longtime student of Buddhism and Taoism, she has led workshops at Esalen since 1969. p. 39

Tim Wheater studied flute under James Galway and was one of the original members of The Eurythmics. A performer and composer with more than fourteen albums to his credit, his focus is on the potential of music to heal and inspire. p. 29

Gordon Wheeler is a senior faculty member of the Gestalt Institute of Cleveland and editorial director of GIC Press. He has written extensively on the Gestalt model, with special emphasis on male development, men's issues, and intimacy. p. 34

Patti (Lawrence) White is a teacher and healer certified in Feldenkrais®, CranioSacral Therapy, Whole Brain Learning®, Integrated Awareness®, and Ericksonian hypnotherapy. She incorporates Holophonic sound and other modalities to harmonize and integrate body, mind, and spirit. p. 55

Scott Wirth is a San Francisco Jungian analyst/psychologist specializing in work with gay men. He co-edited and contributed to Same Sex Love and the Path to Wholeness. p. 29

Anna Wise has been training brainwaves for high performance and meditative states for over twenty years. A member of the Academy of Certified Neurotherapists, she is the author of The High-Performance Mind: Mastering Brainwaves for Insight, Healing, and Creativity. p. 19, 22, 48

Nina Wise is a performance artist whose provocative and original works have been honored with seven Bay Area Critics' Circle awards and three National Endowment for the Arts fellowships. Her written pieces have appeared in numerous magazines. p. 42

Roger Woolger is a Jungian analyst who brings Buddhist meditation and body release work to his regression process and spiritual healing. Author of Other Lives, Other Selves, and The Goddess Within, he trains therapists in Europe and America. p. 37

X

Xie Peiqi is the only known person to know the complete Yin-style Bagua system, including both its martial and healing sides. In 1993, Dr. Xie began working to fully document and test the methods he has used to cure patients declared terminal. p. 31

Y

Anne Yeomans, a psychotherapist in Concord, Mass., has used psychosynthesis as the central framework for her work for over twenty years. She has worked with women's groups in the U.S., Canada, Russia, and Lithuania. p. 27

Z

Jack Zimmerman is a teacher, administrator, and consultant to schools, business organizations, and intentional communities. Since 1980 he has been active at the Ojai Foundation as a council trainer, relationship facilitator, and president (since 1991). p. 35

ESALEN INSTITUTE RESERVATION FORM

This form is for your convenience in reserving a space in Esalen workshops. If you wish to make reservations for more than one person, please photocopy this form so that each registrant has his/her own form, unless you are registering as a couple with the same address and phone number. A nonrefundable deposit for each person registering and each workshop applied for must accompany this form. (Please see Reservation Information, page 4, under Fees and Reservations, Making Contact with Us, and Cancellation and Refund Policy.)

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Please mark your first and second choices for housing after referring to page 4 for accommodation descriptions and rates. Total cost includes workshop fees, lodging, and meals.

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